



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 11th November 2024

Forthcoming Dates for your Diary

11th November
Armistice Day

12th November
Antibully 'Odd Sock' Day

25th November
Year 11 Mock Examinations Begin



Year 10 Are The MVPs!

A team of Year 10 students have been doing terrific work this week using skills developed on the Mentors in Violence Prevention programme. The programme explores a series of 'scenarios' involving a range of behaviours, such as labelling, hate crime, manipulation and online abuse. This week during PSHE the teams delivered important sessions to students in Year 7. Standing in front of a class can be a demanding experience and our mentors can be proud of their delivery. You can read more in the [full story on our website](#).



Recipe for Success!

This week our Year 11 Hospitality and Catering students have been donning their whites and putting their skills to the acid test - the practical exam! Well done to all our talented chefs, and we wish them all well with their theory exams.



Dragons' Den Pitch With Girls On The Go!

This week the team from Girls on the Go came in to school to deliver a Dragon's Den enterprise workshop to year 10 business students. Within the workshop students were asked to create and deliver a two minute pitch on an idea for their next event.

**ST. JULIE'S
STUDENTS
WHO ARRIVE
ON TIME
HAVE
HIGHER
READING
ABILITY**

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| W/C 25/11/24 | AM | | PM | |
|--------------|---------------|------|---------------|-------|
| Monday | RE | 105 | Spanish (W) | 75 |
| Tuesday | English Lit | 135 | Sci Bio | 105* |
| Wednesday | Maths | 90 | Dance | 90 |
| | | | Food | 80 |
| | | | Music | 90 |
| Thursday | English Lang | 105 | Sociology | 100 |
| Friday | Sci Chem | 105* | Maths | 90 |
| Monday | Maths | 90 | RE | 105 |
| Tuesday | Sci Phys | 105* | Business | 90 |
| | | | Geography | 90 |
| Wednesday | History | 120 | Sociology | 60 |
| Thursday | Business | 90 | Spanish (R&L) | 60+45 |
| | Geography | 90 | | |
| Friday | PE | 150 | History | 105 |
| | Drama | 105 | | |
| | Art Practical | | | |

*Science exams are 75 minutes for Trilogy Combined science and 105 minutes for Triple Science

Year 11 Mock Examinations

Mock examinations for Year 11 students will commence on 25th November and run for two weeks. The overall exam timetable is shown above, but students will receive individual timetables on paper and available through the MCAS student app shortly after half term.

Students had to demonstrate consideration budgeting, venue and staffing requirements. The students demonstrated exceptional leadership and teamwork and Girls on the Go were incredibly impressed with their ideas. The workshops have resulted in Girls on the Go offering some of our year 10 students the chance to help out at their next big fashion show that will take place in January 2025!



Year 11 Support Evening

On Thursday this week we welcomed students from Year 11

and their parents and carers to a study support evening focussing on revision techniques. Delivered by the English, Maths and Science departments, the session saw students and parents given information about the exams in these subjects and how best to revise. Students were issued with resource packs containing carefully selected revision material. The session was a great success with parents and students both saying how informative and helpful the session was. We're very grateful for the tremendous support shown by parents and carers who attended the event in strength. Any student who was unable to attend will receive a revision pack in school.

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ANTI-BULLYING WEEK 2024

CHOOSE RESPECT
#ANTIBULLYINGWEEK

Monday 11th to Friday 15th November

ODD SOCKS DAY 2024
Tuesday 12th November

#OddSocksDay #ChooseRespect

Antibullying Week

Antibullying week this year runs from the 11th to the 15th November, and to avoid a clash with Remembrance Day the annual 'odd sock' solidarity day will be marked on Tuesday 12th November. We're inviting students in **Year 7** to take part if they wish to, attending in odd socks and making a donation which can either be made in cash or through ParentPay. Thank you for your support.



Welcome Back to Art Student

Art and Textiles students in Year 13 have benefited from the experience of St Julie's alumnus Sandra who is now in the third year of her Fine Art BA. Students listened intently as she shared her experiences of university and the transition from A Level Art to degree level studies. Sandra shared her portfolio including work she produced in an overseas oil painting course in Florence. Topics discussed with the students included course content, wider university life, collaboration with other artists and opportunities for internships and curation of exhibitions. The session concluded with a Q and A and students left feeling inspired and felt more confident about the prospect of studying a creative course at University! Thank you to Sandra for sharing her time and talents with us this week.



Taste of the NHS!

This week three Year 12 students attended a Nursing Career day at the Royal Liverpool Hospital. The event was designed to offer aspiring nurses the opportunity to hear from a range of guest speakers to gain an insight to this rewarding career. Amber, Lauren and Ruby were able to listen to different speakers who shared their experiences of nursing and what their day to day lives can look like on the ward. Guest speakers all specialised in different areas of nursing, so it allowed students to consider different aspects of nursing they were potentially interested in. A real benefit of the day was being able to listen to different nurses sharing the steps they'd taken to reach their chosen position. Students also listened to honest opinions about the different wards the nurses had worked on and the challenges and rewards they had faced. The event was informative, gave our attendees lots of helpful tips and will enable them to make

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informed decisions about their next steps. We'd like to thank the organisers and Mrs Mannings for arranging this opportunity. To learn more about NHS careers, please [click here](#).



Students Compete in Netball League

We'd like to give a massive well done to the 41 students who took part in the netball league fixture on Wednesday. We welcomed teams from two schools to St Julie's making a total of 15 teams playing at one time. There were some amazing successes across all five St teams representing St. Julie's!



Being part of our St. Julie's community is an excellent opportunity for students to develop both academically and socially with a sense of belonging and of being valued. Attendance at school therefore promotes excellent wellbeing.

Interacting with teachers and other students in a school environment is the best way that students can learn and reach their full potential. In addition, attending school keeps students safe and allows access to extra-curricular opportunities and pastoral support from staff.

Furthermore, social interactions with peers allow students to develop important social and communication skills in a supportive environment. Teaching and support staff at St. Julie's Catholic High School are trained to identify signs that may indicate a learning difficulty and can ensure that these signs are addressed, providing the support that your daughter needs to excel.

Our skilled staff can also recognise and respond to signs that your daughter has an emotional, mental health or wellbeing issue. There is access to a committed and dedicated team of pastoral staff and

also to a number of specialist external agencies whilst attending school. During a period of absence feelings of anxiety and isolation can develop.

You can help with maintaining great attendance by being alert to the early signs of your child not wanting to go to school, such as moodiness, headaches or stomach aches. Act upon these signs early, and don't be afraid to speak to your daughter's Progress Leader.

Y7: Mrs Navarro
Y8: Miss Corrigan
Y9: Miss Homer
Y10: Mrs Monks
Y11: Miss Murphy
6F: Mrs Lyons

Attendance Newsletter: Half Term 2

This week we circulated our Attendance Newsletter for half term 2 to parents, and this edition has a focus on attendance and mental health. You can meet the support team and hear some tips and advice from some of our students with outstanding attendance. You

can [see a copy right here](#).

| | | |
|------|-----------|--------------------|
| 100% | 0 days | 0 lessons missed |
| 99% | 1 day | 6 lessons missed |
| 98% | 3 days | 18 lessons missed |
| 97% | 1 week | 30 lessons missed |
| 96% | 1.5 weeks | 45 lessons missed |
| 94% | 2 weeks | 60 lessons missed |
| 93% | 2.5 weeks | 75 lessons missed |
| 92% | 3 weeks | 90 lessons missed |
| 90% | 3.5 weeks | 105 lessons missed |

The Importance of Attendance

In a world where we face a constant barrage of performance statistics it can be easy to think that a figure that's over 90% must be pretty good. With attendance that's really not the case, as you can see in the table above. A student with 94% attendance has missed two full weeks of schools – that's 60 lessons! Remember, school attendance matters.



Register As An Alumnus

Are you a former pupil at St. Julie's? Would you like to join our register of alumni? We're always happy to hear from former students, and we'd love to hear about your progress and life experiences that might be helpful in guiding and inspiring our current students. Even if you'd just like to keep in touch and receive our newsletter, you can [fill in the registration form here](#).

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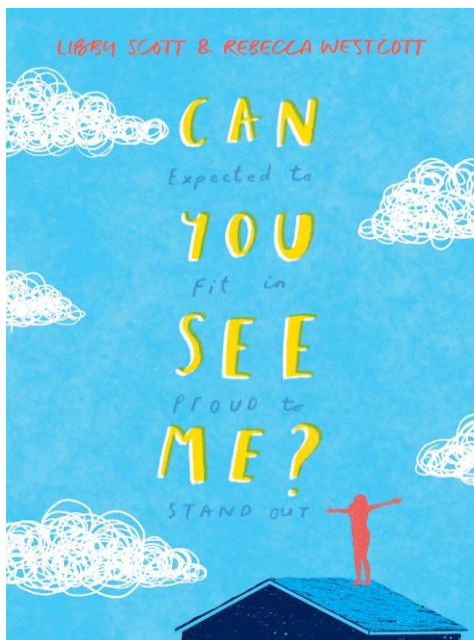
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Recommended Read for November

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Can You See Me?' By Libby Scott and Rebecca Westcott.

*Tally is **eleven years old** and she's **just** like her friends. Well, **sometimes** she is. If she tries **really hard** to be. Because there's something that makes Tally **not** the same as her friends. Something she can't cover up, no matter **how** hard she tries: Tally is **autistic**. Tally's autism means there are things that **bother** her even though she **wishes** they didn't. It means that some people **misunderstand**, her and feel **frustrated** by her. People think that because **Tally's autistic**, she doesn't realise what they're thinking, but Tally sees and hears - and notices - **all of it**. And, honestly? That's not the easiest thing to live with.*

Dangerous parking

Please can all parents be reminded not to park on double yellow lines, zig zag markings or drop their daughter off on the pelican crossing. We are very concerned about the safety of all students. Road safety awareness is delivered through our PSHE programme but it is essential that we work in

partnership to maintain the safety of all students. Police Community Support Officers will continue to visit the area and issue fixed penalty notices for obstructing driveways and parking illegally. We have also communicated road safety concerns with local councillors and the highway agencies. The safety of students and pedestrians is paramount.



Education Welfare Helpline

New for September 2023 is an Education Welfare Helpline. This is available to all parents with attendance queries and is available 9am - 5pm weekdays.

You can contact the service on **0151 233 3916**.

SENISS Helpline: 07591837693

If your child has special educational needs and you are wanting to know more on how to support their learning at home then please ring for professional advice, support or practical strategies.

Monday: 1pm – 4pm, Wednesday: 9am – 4pm, Friday: 9am – 12pm
Alternatively, you can email your concern to seniss@liverpool.gov.uk
Educational Psychology Service Helpline: 0151 233 5978

If you are concerned about your child's emotional wellbeing or managing their behaviour then please ring for professional advice, support or practical strategies.
Monday to Friday: 9am – 4.30pm
Alternatively, you can email your concern to epsadmin@liverpool.gov.uk

ASD Training Team:

07522800193/07515501854

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Advice and strategies for families of children and young people with autism or social communication needs.

Monday to Friday: 9am – 12pm
Alternatively, you can email your concern to
ASDtrainingteam@liverpool.gov.uk
Children's Occupational Therapy Service

Please contact the Children's [https://learnliveuk.com/network-rail-secondary-school-safety-talk/Occupational Therapist](https://learnliveuk.com/network-rail-secondary-school-safety-talk/Occupational%20Therapist) who is supporting the child for advice or alternatively for general enquiries please email chot@liverpool.gov.uk
Liverpool Sensory Service
Please contact the Sensory Specialist Teacher who is supporting the child for advice or alternatively for general enquiries please email sensoryservice@liverpool.gov.uk

Hub Of Hope

[The Hub of Hope](#) is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Parent Chat Live

[Action for Children Parent Chat](#) is a free and confidential live chat with a qualified parenting coach in the UK. Staff are there to talk about family life, caring for children or managing your wellbeing as a parent. The chat service is a safe space for a parent to share their concerns. There will be someone to listen, take time to understand a parent's situation, and work with the parent to find possible solutions. If appropriate, they may suggest ideas for where to get extra support.

Liverpool Citizens Support Scheme

If you find yourself in crisis you can apply for support to get food and

basic necessities for you and your family including gas and electric vouchers (urgent needs) and furniture and household essentials (home needs).

An emergency or crisis might be a fire or flood, or you have had to move due to violence or fear of violence, or you are leaving care or prison and need support to stay in the community. There are [more details available here](#).

Domestic Abuse:

There is clear evidence that nationally and locally the frequency of incidences of domestic abuse increased during and following the pandemic. If you or someone you know is suffering from domestic abuse then the following resources will be of use:

- Merseyside Police provide a range of [local and national helplines](#), including a vital resource for adults ['#It's abuse'](#).
- The [Bright Sky app](#) is an excellent resource for victims of domestic abuse.
- The [Hideout](#) resources provide support for children who have witnessed or suffered from domestic abuse

Members of the Safeguarding Team are in school every day during lockdown and can be contacted in the usual way, with the safeguarding@stjulies.org.uk email address being the best way to make contact out of hours.

Mental Well-being Support

Children and young people, parents and carers in crisis can call the **Alder Hey CAMHS crisis care line** 24 hours a day, seven days a week on 0151 293 3577 or freephone 0808 196 3550
They should only present to Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

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Anxiety UK – Charity providing support if you have been diagnosed with anxiety
Phone: 03444 775 774 (Mon to Fri 9.30am-5.30pm)

CALM – Campaign against living Miserably, for Men ages 15-35
Phone: 0800 58 58 58 (daily 5pm-midnight)

Mental Health Foundation – support for mental health concerns
<https://www.mentalhealth.org.uk/>

MIND – Meeting mental health needs
Phone: 0300 123 3393 (Mon-Fri, 9.00am-6.00pm)

No Panic – support line for panic attacks and OCD
Phone: 0844967 4848 (daily 10.00am-10.00pm)

Give Us A Shout
Immediate support by text for people of all ages.
<https://giveusashout.org/>
Text 'SHOUT' to 85258

PAPYRUS – Suicide prevention team
Phone: 0800 068 4141 (Mon – Fri, 10.00am – 5.00pm, 7.00pm - 10.00pm, weekends, 2.00pm-5.00pm)

Rethink Mental Illness – supporting mental health all ages.
Phone: 0300 5000 927 (Mon -Fri, 9.30am-4.00pm)

Samaritans – supporting those experiencing feelings of despair
Phone: 116 123 (free 24 hour helpline)

Kooth Guidance for Adults

Kooth is a free, online self-referral counselling service for young people that has had some really positive feedback. The guide for adults, [available here](#), gives more information about the kinds of services that young people can access and explains about how the system works.

Microsoft Office 365 Licencing

All students at St. Julie's are licenced to install the Microsoft

Office 365 suite on up to five computers or mobile devices at home at no cost. Students can visit <https://www.office.com> and sign in using their school email address and password and then look for the 'Install and more' option.