



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 12th April 2021

Forthcoming Dates for your Diary

2nd April
World Autism Awareness Day

12th April
All students return to school



St Julie's On Environmental Awards Shortlist!

We're delighted to announce that St. Julie's has been shortlisted in the Liverpool Echo's Environment Awards. The awards celebrate those making innovative choices and outstanding efforts to leave a positive environmental footprint, and St. Julie's has been shortlisted as a finalist in the 'Green School Of The Year' category. The grand ceremony will be online this year, and we'll find out the result on the 28th April. Well done to everyone who has played their part in helping us to reach the grand final!



Poets To Be Published!

Poets in Years 7 and 8 have let their imagination run free as 27 students have been selected for publication in the Young Writers' Company 'Imagine' competition! This latest competition was based around a set of suggestions under the title of 'Imagine', and publication is likely to take place in May. You can [read more here](#).



Easter Eggs Galore!

Every Lent, St. Julie's puts out a special appeal to collect in chocolate Easter Eggs for the Micah Foodbank. This year was no exception! 1804 Society member, Zoe, did a video appeal broadcast in last week's Friday LIVE @ 8:55 broadcast and we've managed to amass an astonishing 412 eggs which we hope will bring a smile to children's faces on Easter Sunday.

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Letter from Liverpool City Council for All Parents

Please [click here](#) for a copy of a letter from Steve Reddy and Matt Ashton from Liverpool City Council with important information for testing and safety over the Easter break.

Covid Home Testing

The next set of home testing kits have been issued to students today, and students participating in home testing should **continue to test twice weekly** during the Spring break.



Merit Assemblies

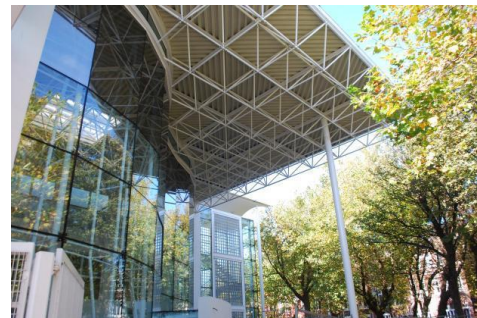
The welcome return of carefully managed assemblies has allowed us to round off our term with our celebratory merit assemblies! These have proven a great opportunity to recognise all the hard work and achievement that has been going both in school and during lockdown since January. Well done to all of our winning forms!



Not Holy Week

Next week – **Holy Week** - is the most important week in the Christian Calendar but, of course, schools are on holiday, so we've marked NOT Holy Week! So, in Sacred Time this week, we've taken a journey through NOT Holy Week with a series of 2 minute video reflections taking us back

through the mists of time to events in Jerusalem over 2000 years ago. From Palm Sunday through the Last Supper, the Trial before Pilate, the Crucifixion and, most importantly, the Resurrection, we've reflected on those events and been challenged to think what they mean for us now. You can catch all 5 NOT Holy Week reflections [right here!](#)



Liverpool JMU Scholarships

As one of LJMU's partner schools our Year 13 students have been invited to apply for one of their generous scholarships. Any Year 13 student who has applied to LJMU this year is invited to complete the application form. LJMU takes a range of things into account when allocating scholarships including widening participation diversity criteria and engagement in outreach programmes offered by LJMU to schools and colleges. Successful applicants could receive up to an extra £1,000 to £5,000 depending on their circumstances and the scholarship applied for.

More details can be found at the [JMU website](#).

JCQ Guidance for Parents and Students – Summer 2021

We've received the latest guidance from JCQ provided for students and their parents for those involved in qualification in the Summer 2021 awards season. A copy of the guidance [can be found here](#).

Safeguarding: Domestic Violence

Recent national news events have reminded us that abuse and violence, especially against women

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and girls, remains as much of a problem as it has ever been.

At St Julie's Catholic High School, we stand alongside all those who may be suffering or have previously suffered abuse or violence in the home.

If you or someone you know is suffering in this way then help can be found - [view the links on our school website](#) or contact a member of the school Safeguarding Team at safeguarding@stjulies.org.uk

Safeguarding: Safety Outside

With good weather being forecast for the Easter break and many amenities closed it's worth taking a moment to revisit information about [water safety](#) and [rail safety](#).



Mental Health Training For Parents

Underpinned by therapeutic models, Liverpool CAMHS Training is designed to educate and empower professionals, parents and carers as we strive to improve the knowledge and understanding of mental health among children and young people. Training sessions are online, many are bite-sized, and they're aimed at parents and carers, so [please look here](#) to see what's on offer.



Kooth Parents' Session

This week we had an informative virtual session delivered by the Liverpool engagement lead for Kooth.com.

Kooth is available for 10-25-year-olds in Liverpool, this service supports wellbeing by providing free, safe and anonymous peer support, self-help resources and online counselling. If you couldn't make it to the session you can still find out about this really valuable service at kooth.com.

Parents were also introduced to Qwell. Qwell is for adults aged 26+ in Liverpool now have access to Qwell.io to support their mental health and wellbeing.

School Calendar for Half Terms 5 and 6

A printable copy of the school calendar for half terms 5 and 6 has been published on the website. Please be aware that events can be subject to change and the most up to date information can be found on the calendar link on our website.



CSE: Where To Get Support

It's CSE Awareness Month, and here's some important information that it's always good to know.

If you suspect a child may be a victim of Child Sexual Exploitation you have options for reporting it.

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Reporting

If you think a child is in immediate danger, contact the police on **999**. If you are worried about a child but they are not in immediate danger, you should share your concerns.

Contact the NSPCC

Helpline on [0808 800 5000](tel:08088005000) or by emailing help@nspcc.org.uk. Our trained professionals will talk through your concerns with you and give you expert advice.

Contact your local child protection services. Their contact details can be found on the website for the local authority the child lives in. For Liverpool, it is www.liverpool.gov.uk

Contact the police.

There is a [guide for parents/carers](#) who think their child may be caught up in County Lines or be the victim of CSE.

Where to get help for children

Talk to trained counsellors on the 24 hour helplines run by [Childline](http://www.childline.org.uk) on **0800 11 11** and the [NSPCC](http://www.nspcc.org.uk) on **0808 800 5000**. There are several websites and organisations that offer professional support for young people who think that they are the victim of CSE: www.nspcc.org.uk
www.childrenssociety.org.uk
www.barnardos.org.uk
www.paceuk.info

Year 11 and 13 Formal Assessment Timetable

The final timetable for Formal Assessments for students in Years 11 and 13 has now been published and a copy is [available to view here](#).



In School Stars!

Congratulations to all of our 'in school stars' this week who have gone above and beyond and impressed their teachers. Many thanks to Emily, Grace, Isabella, Phoebe and Elif for sharing their photos with us this week.



Careers Subject Focus: History and Geography!

If Humanities subjects are your thing, check out this week's career focus: jobs that use Geography and History. By clicking below you can learn more about jobs that use these subjects and watch interviews and clips with people who work as volcano vloggers, ecologists and archaeologists, for example.

[Geography](#)
[History](#)

Don't forget that we've also got loads of subject specific careers information in the [subject pages of our Careers Website](#).

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Careers Updates

This week we've got details of some live virtual events during the Easter break run by the University of Liverpool, all about accessing University and finding out what to expect. Find out more in the latest posts at our [dedicated careers site](#).



SEND Support Helplines

Helplines for Settings and Families
In response to the current coronavirus pandemic, Liverpool Local Authority's SEND Support Services would like to offer advice and support to our settings and families during this difficult time.

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
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

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 have increased during periods of lockdown. 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

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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.

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.

Covid Reporting

Please continue to review the [information sent out each week in the bulletin](#) with regard to the importance of notifying school immediately if your child tests positive for COVID-19. Please continue to contact school in any of the normal ways - the main switchboard (0151 428 6421) during working hours; or reception@stjulies.org.uk or safeguarding@stjulies.org.uk for out of hours notifications. School have taken all reasonable steps to raise awareness of this. Thank you.

Microsoft Office 365 Licencing

All students at St. Julie's are licenced to install the Microsoft Office 365 suite on up to five computers at home at no cost. You can find out more about how to complete the installation in this [remote learning guide](#).

COVID-19 (coronavirus) absence: A quick guide for parents / carers	What to do if...	Action needed	Back to school.
My child has COVID-19 symptoms	Child should attend school if they are well enough to do so.	Child should attend school if they are well enough to do so.	When the child has completed 14 days of self-isolation, even if they test negative during these 14 days.
My child tests positive for COVID-19 (coronavirus)	Child should attend school if they are well enough to do so.	Child should attend school if they are well enough to do so.	When the quarantine period of 14 days has been completed for the child, even if they test negative during these 14 days.
Someone in my household has COVID-19 symptoms	Child should attend school if they are well enough to do so.	Child should attend school if they are well enough to do so.	When school / other agencies inform you that restrictions have been lifted and you should then return to school again.
Someone in my household has tested positive for COVID-19 (coronavirus)	Child should attend school if they are well enough to do so.	Child should attend school if they are well enough to do so.	When conditions allow, an existing offer of isolation, see page 10.

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Latest Covid Absence Information Poster

Please [click here for a quick guidance poster](#) for parents about Covid related absence, which has some helpful links in too.

Covid-19 Information and Risk Assessment

All parent/carers can access the school's Covid-19 risk assessment [here](#).