



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 12th May 2025

Forthcoming Dates for your Diary

12th May
Public Examinations Commence

12th May – 18th May
Mental Health Awareness Week

23rd May
Year 13 Leavers Service



Year 7 Footballers Win National Tournament!

Congratulations to our Year 7 Football team who competed at the Girls' School Association's National Football Festival and went all the way through the tournament undefeated! The tournament, hosted by King's High in Warwick, saw squads of ten players from GSA member schools across the country competing in 7-a-side matches. Well done to all of our players on a fantastic tournament win!



Girls Out Loud Mentor Visit

On Wednesday this week we were pleased to welcome back our 'big sister' mentors from 'Girls Out Loud' who were keeping in touch with their mentees to monitor progress through the programme and offer support. Our students are really feeling the benefit of their mentors now, and we thank them for their ongoing support!



Graduation For The Brilliant Club

Congratulations to all of our graduates from the latest cohort of the Brilliant Club! Having completed their research work with their PhD tutors the students proudly made the trip to the University of Manchester for their graduation ceremony. We're hugely proud of their achievement!

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



*Faithful God,
You guide us on the path of life
and your goodness is our constant
companion.*

*Be with our new Shepherd, Pope Leo XIV,
in his service of the Church.
Fill him with the power of your Spirit,
the peace of your presence
and the compassion of Christ.*

*May he walk with you,
in wisdom and humility,
and lead us, together with all God's people,
to embody your love for the world.
Amen.*



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[Wellbeing Website](#)
[Careers Website](#)



And We're Off!

This week our premises team carried out an important milestone task in our examination preparation. 200 exam desks have been precisely laid out in the Sports Hall in readiness for the exam season. On behalf of all of our exam candidates we'd like to thank their parents, friends and family members for their help in preparation and their ongoing support in the challenging weeks to come. Good luck to all of our candidates!



Fundraising for Teenage Cancer Trust

On Thursday 15th May students in Year 7 are participating in a sponsored run to fundraise for the Teenage Cancer Trust. This will be followed Friday 16th May blue and red ribbons will be available for sale in the school dining rooms, followed by a cake sale during morning break. Thank you for your continued support of our fundraising efforts in school.

MENTAL HEALTH AWARENESS WEEK

mind

home
work
education
family
friends

Mental health is everything

housing
money
sleep
environment
physical health

Mental health is everything,
everywhere, everyone.
Join the fight so no mind is left behind.
Get involved at mind.org.uk/MHAW

Mental Health Awareness Week

The week commencing 12th May is mental health awareness week. Signposting and support for parents, students and staff can be found on the [St. Julie's Wellbeing Microsite](#).



Study Tips From The University of Liverpool

KnowHow Schools is a service provided by the University of Liverpool Libraries to offer support to sixth form and college students in a range of academic skills, as well as to show them what an Academic Library has to offer. They have online and interactive tutorials for students, as well as downloadable material, and the opportunity to book an on-campus visit with a tour and relevant skills session with a member of our team. They hold a

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number of academic skills sessions are suitable for students completing EPQ or NEA project work. For more information, and to download their excellent free resources, [click here](#).

Year 12 STEM Experience Day

A group of Year 12 Science students will be visiting the University of Liverpool for a STEM insight day in the coming weeks. These events offer students hands-on workshops in subjects like chemistry, engineering, and computer science, along with campus tours and insights into university life. It's a great opportunity to explore STEM careers, gain practical skills, and enhance future university applications. We look forward to hearing all about it on their return!

LJMU and Creative Careers Day: nursing, midwifery and paramedic science

Liverpool John Moores University offers subject-specific taster days for Year 12 students interested in nursing, midwifery, and paramedic science. These sessions provide a practical introduction to healthcare careers through hands-on activities in simulated clinical environments. Students can engage in CPR training, learn basic life support skills, and explore the daily responsibilities of healthcare professionals. The taster days are designed to help students make informed decisions about pursuing a career in healthcare and to enhance their university applications. We hope our attendees have a great experience at the event!

EPQ Presentations a Resounding Success

The Extended Project Qualification (EPQ) is an independent research project that allows students to explore a topic of their choice in-

depth. It offers an opportunity to develop skills in critical thinking, research, and time management, while also enhancing students' ability to work independently. The EPQ culminates in a 5,000-word report and a presentation where students must showcase their findings to an audience, typically teachers and peers. The benefits of completing an EPQ are significant: it helps students develop valuable skills that are highly regarded by universities and employers, such as self-discipline, problem-solving, and communication. The project also allows students to explore a topic they are passionate about, making it a unique and rewarding learning experience that sets them apart in future applications. This week our Sixth Form EPQ students delivered their individual presentations to students and staff. Topics ranged from the effect of antibiotics on teeth to travel to exoplanets; the importance of teacher feedback and the development of modern dance. We'd like to thank the students for such an interesting and diverse showcase of their work.



GCSE Revision Materials

Please [click here for a copy of a letter circulated by Miss Gawley](#) recently with details of revision materials aimed at students taking GCSE exams this summer.

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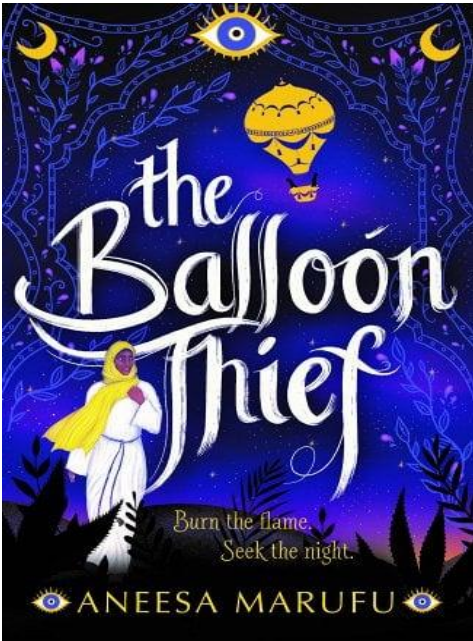
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100%	0 days	0 lessons missed
99%	1 day	6 lessons missed
98%	3 days	18 lessons missed
97%	1 week	30 lessons missed
96%	1.5 weeks	45 lessons missed
94%	2 weeks	60 lessons missed
93%	2.5 weeks	75 lessons missed
92%	3 weeks	90 lessons missed
90%	3.5 weeks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



Recommended Read for May

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Balloon Thief' by Aneesa Marufu.

For Khadija, the only escape from her father's arranged betrothal is the sky.

When she spots a rogue hot air balloon fighting against its ropes, she leaps at the chance for adventure. Khadija soon finds an unlikely ally in a poor glassmaker's apprentice, Jacob. But Jacob is a hāri, and Khadija a Ghadaean. The hāri are oppressed and restless – their infamous terrorist group, the Hāreef, have a new fearsome leader. And the ruling Ghadaeans are brutal in their repression. Soon, a deadly revolution threatens their friendship and their world. The Hāreef use forbidden magic, summoning jinn – wicked spirits made of fire – to enact their revenge, forcing Jacob and Khadija to choose what kind of a world they want to save...



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](#).

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

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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

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).

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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](#).

Young Carers Support

Barnardo's Action with Young Carers offers assessments and support for young carers. You can find out more from their [information leaflet](#) or [at the website](#).

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.

RASA (Rape and Sexual Abuse)

Merseyside is a specialist service providing support to anyone who has been impacted by any form of sexual violence at any time in their lives. You can call us on 0151 558 1801, email referrals@rasamerseyside.org or visit our website www.rasamerseyside.org

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

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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.

Resources for Parents in Knowsley

[Advanced Solutions](#): 0151 486 1788

Listening Ear: St Nicholas Centre,
70 Church Road, Halewood, L26 6LB
0151 488 6648

Children in care (under 18?) Polaris
Knowsley.EHWP@coreassets.com
07967 381 035

[Knowsley CAMHS](#) 0151 351 8610

[Kooth](#)

[Mental Health Support Teams](#)

[Zuntold](#)

Domestic Abuse
[Merseyside Domestic Violence Service](#) 0780 272 2703 mdvs.org

[Ruby Project](#) ruby@pss.org.uk

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)