



# St. Julie's Catholic High School

## Weekly Newsletter

Week beginning 13th April

### Forthcoming Dates for your Diary

**13th April**  
Students return for the summer term.

**23rd April**  
Year 10 Parents' Evening



### Celebrating 175 Years of Notre Dame Education in Liverpool!

On Wednesday 25th March, the Solemnity of the Annunciation of the Lord, our whole school joined students from Notre Dame Catholic Academy and elsewhere in celebration of the 175 years of Notre Dame education enjoyed by the young people of Liverpool. Our Mass was celebrated by Archbishop John Sherrington, and you can read much more about it inside this newsletter!



### Celebrating Achievement at Notre Dame Awards Evening

On Thursday we joined together in the school Sports Hall for a joyous celebration of achievements from the previous year, with presentations of awards from Mrs Smith, our Chair of Governors. Read more and see pictures later in this newsletter and [on our website!](#)



### National Call Up for Year 9 Footballer!

Congratulations to Jessie in Year 9 who has been honoured by ESFA with selection to represent her country in a forthcoming international fixture! Jessie took part in the Inspire Sports Elite Regional Finals last weekend having previously earned selection for the North Squad. They played squads from the South East, South West

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Year 7: [Mrs C Maguire](#)  
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and Midlands. The final squad of 16 selected players will represent the English Schools' Football Association U15 Schoolgirls in the forthcoming international fixture at Cirencester Town FC against Wales, with the match taking place on the 23rd May. This is a fantastic achievement for Jessie who has a long history representing City and County on the pitch. We wish her every success on this next important step of her footballing journey.



## Students Spread Joy In Local Retirement Home

Performing Arts students have taken creativity beyond the classroom with a heartwarming project designed to tackle loneliness and build meaningful connections across generations. Partnering with residents at Woolton Acre retirement home, students worked to bring cherished memories to life through singing, acting, and dancing. The project culminated in a special visit to the retirement home, where students delivered a vibrant and uplifting performance. Blending music, storytelling, and movement, the show celebrated the residents' life experiences while creating moments of joy and reflection for everyone involved. Following the performance, students and residents spent time together sharing stories, and getting to know one another. These conversations proved just as powerful as the performance itself, forging genuine connections and leaving a lasting impression on both groups. It was an unforgettable afternoon, one that we're sure will be treasured by students and residents alike, and you can [see some photos here](#).



## Congratulations to Indoor Cricket Champions!

Congratulations to St. Julie's students Alexandra and Lucy who lifted the U14 DCC Cricket trophy at Greenbank Sports Centre on Sunday! The players were representing Liverpool Cricket Club and reached the final of the indoor tournament, facing Northern Cricket Club over whom they ultimately prevailed! The students had slightly different routes into the game. Lucy, currently in Year 8 has been playing since Year 1 when her primary school had a visit from some All Stars and she loved the game straight away. Alexandra, currently in Year 7, entered the game by joining a family friend who played in a visit to her cricket club. Since then she has recently made it into the Lancashire Under 12 team. Along with her Lancashire team mates, she recently attended a mash up event at Manchester United's Football Academy held for International Women's Day. There, players from both disciplines tried out each other's drills and skills! Congratulations to both players on a fantastic tournament, and we wish them the very best of success in the forthcoming summer season.



## Performing Arts Students at Book Launch!

On Monday night, we were incredibly proud to be invited to

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perform this year's winning NOW Festival piece *'Behind Closed Doors'* at the official launch of *'What If'*, a powerful children's book by former St Julie's student Sophie Melia, exploring the impact of ACES. Our students delivered a deeply moving performance, bringing their story of young carers to life with such honesty and emotion. It was an evening filled with reflection, empathy, and important messages, a reminder to all of us, especially young people, to be kind and to check in on one another. We couldn't be prouder of how our performers represented St Julie's and helped share such an important story.



## BREAKING NEWS: Year 7 Cross Country Champions!

Just as we were going to press we got word that our Year 7 cross country runners have topped the league and been announced as Liverpool City Champions! After four races across the year with over 120 runners competing, our team of Holly, Danielle, Katy and Eliza brought home the win for St. Julie's! The city title is a fitting tribute to Miss Knisz who helped to coach and prepare the runners for their races through the year. Congratulations to our runners for an outstanding display of competitiveness, stamina and resolve.



## Exploring Human Biology with LJMU Nurses!

Last Friday our Key Stage 3 students enjoyed an exciting and insightful visit from the Liverpool John Moores University (LJMU) Nursing team, who delivered a series of interactive lessons exploring cardiovascular health and the vital importance of the first 1,000 days of life.

The sessions provided students with a unique opportunity to learn directly from healthcare professionals, deepening their understanding of how the heart functions and why healthy habits established early in life can influence long term wellbeing. The nurses explained that the first 1,000 days are a crucial period of growth and development. Students particularly enjoyed conducting hands on experiments designed to model blood vessels in both healthy and unhealthy individuals. Using simple but effective materials, they explored how lifestyle factors such as diet, exercise, and smoking can impact the elasticity and efficiency of blood vessels. By comparing models that represented clear, flexible vessels with those showing restricted flow, students gained a powerful visual understanding of medical conditions.

These engaging activities not only captured students' curiosity but also encouraged them to think critically about the choices that contribute to a healthy heart. The visit highlighted the relevance of science in everyday life and inspired many students to consider future careers in healthcare.

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We extend a huge thank you to the LJMU Nursing team for delivering such an informative and inspiring experience. Their expertise, enthusiasm, and hands on approach made the day both memorable and meaningful for our students.



## Strong Second for Year 7 Netballers

On Monday our Year 7 contested the Liverpool City Netball Tournament at Archbishop Blanch, facing 15 teams from across the city.

The team performed brilliantly, with some early round results including:

St Julie's 5-1 Belvedere  
St Julie's 2-0 Bellerive  
St Julie's 1-0 Bluecoat  
St Julie's 1-0 Calderstones

The final was a tense match, with St. Julie's protecting a narrow 1-0 lead until the last minute of the game that saw fellow finalists St Hilda's net in the last minute! Two minutes of added time saw St Hilda's score again in a dramatic climax to the tournament.

Well done to Abigail and Annabelle, our players of the day, and to all of our players for a great tournament. Congratulations to tournament victors St Hilda's for a great game!



## Celebrating Success at Merit Cup Assemblies!

We've been embracing and celebrating all of our achievements from the past term in our end of term merit cup assemblies! The assemblies are held for each Year Group, and see points allocated for behaviour, punctuality and positive attitudes to learning, as well as rewarding students who demonstrate our school values in their daily life. The winning for each year gets to attend the traditional winners' breakfast banquet!



## Merit Cup Breakfast of Champions!

On Friday morning we rounded off the term with our feast for winning forms of the Merit Cup. This term saw Mr Eccles and the catering team once again provide a delicious breakfast with tasty options for all. Congratulations to all of our well deserving winners!

On Wednesday 25th March, the Solemnity of the Annunciation of the Lord, our whole school joined students from Notre Dame Catholic Academy and elsewhere in celebration of the 175 years of Notre Dame education enjoyed by the young people of Liverpool.

The Mass was celebrated by Archbishop John Sherrington, accompanied by our local deanery priests, Fr Ed Cain, Fr Tim Buckley, Fr Stephen Pritchard, Fr Colin Fealey, Fr Peter McGrail, Fr Peter Murphy, Fr David Potter and Fr Aidan Prescott, with Fr Tony O'Brien from the Cathedral and Fr Mike Fitzsimmons and Deacon Paul Mannings from the Archdiocesan Education Department.

Such a celebrated assembly shows the very high regard in which the Sisters are held, and we were proud and honoured to have so many of the Sisters in attendance at the Mass, alongside some familiar faces including Mr Alderman, Mr Willis and Mr Anderson.

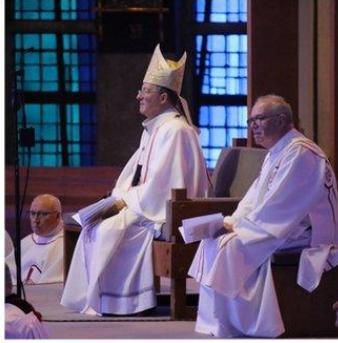
The day was not without some logistical challenges, but a fleet of 18 buses and a some careful organisation saw our whole school gather on the steps of the Cathedral for a memorable photograph before we enjoyed our celebration.

We [received a warm welcome from Sr Catherine Darby](#) SNDdeN, Provincial Moderator, who gave an opening address.

The Mass featured contributions from staff and students of St Julie's and Notre Dame, and we enjoyed an insightful address from Archbishop John who spoke in detail of the incredible history of the Sisters in Liverpool, and the far reaching impact of their work from modest beginnings.

We were very honoured to have Sr Lorraine Connell SNDdeN, a member of the Congregational Leadership Team of the Sisters of Notre Dame, in attendance having flown in from Rome the previous evening. [She spoke of her delight](#) at being able to attend such an occasion and to be able to speak directly to so many students. As well as reminding students about the international breadth and scope of the Notre Dame family she asked us all to remember that every member of our school community 'stands on the shoulders of giants'.

We would like to thank our students, our school staff, our colleagues at Notre Dame, the Sisters themselves, our wonderful priests, our Archbishop and the entire team at the Cathedral and everybody else who helped us to turn an ambitious plan into a wonderful celebration. If you would like to see any of the service the live stream is [available on demand](#).





On Thursday we joined together in the school Sports Hall for a joyous celebration of achievements from the previous year, with presentations of awards from Mrs Smith, our Chair of Governors.

Our event began with a piano recital from Haley, who played 'A Dream is a Wish' from Cinderella, followed by a welcoming address from Mrs Smith.

We then enjoyed a very moving dance that explored the difficulties of relationships within the families of people affected by Alzheimer's disease.

We then moved into the main business of the evening, the distribution of awards! Our prize categories ranged across subjects and our named prizes in honour of members of the Notre Dame family, before the choir took centre stage with a performance of 'Run' by Snow Patrol.

Awards resumed with the presentation of our Notre Dame Value awards followed by the awarding of our Spirit of Francoise prizes, with citations for each recipient delivered by Dr. McGinn.

Mrs McCourt then stepped forward to give an inspiring Head Teacher's address reflecting on the incredible potential within the room, before we completed awards with the presentation of our Notre Dame awards, including our flagship award, the Spirit of St Julie Award. This award acknowledges the student who truly lives out the example of St Julie, and the recipient this year is Amelia in Year 10.

Our evening concluded with a reflection from our Chaplain and a rousing chorus of 'Qu'il Est Bon!' Congratulations to all of our winners on a fantastic evening for our school community!



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### Musicians Take To The Stage for Band Night!

On Monday this week a host of musicians – some familiar faces and some fresh – tore up the stage with a set of 20 fantastic songs at our band night. The open event allows any band to perform and is free from the constraints of exam performances. The event saw an eclectic programme and tremendous enthusiasm from performers and audience alike. Well done to everyone on a great night!



### Celebrating with Merseyside Police and LFC

On Monday a group of Year 9 students who have been working on a programme about Physical Abuse programme enjoyed a celebration at Anfield Stadium. The programme was delivered as a joint initiative between Merseyside Police and the LFC Foundation and has taken place in multiple sessions across the term, with PC Mark working alongside LFC Foundation staff. The celebration event was a wonderful day out with some really engaging workshops that reinforced the importance of making positive choices in life. Thanks to the LFC Foundation and Merseyside Police for a great day!



### Maximising Potential: A fantastic session with Jasper from Maximise Training

On Friday, Year 13 students had the opportunity to take part in an inspiring and high-energy session with Jasper from Maximise Training, and it was nothing short of amazing! We were pleased to welcome Jasper back to St Julie's as he shared top tips on revision, exam planning, and how to make the most of the time students have left in school before the exams begin. Jasper encouraged students to be creative in their approach to studying, offering practical exam tips and stressing the importance of goal-setting to stay on track. Along with these valuable insights, Jasper also emphasised the significance of taking some time out for self-care, highlighting the need to consider their own mental health during the exam period, and the importance of looking after their sleep and diet. Jasper was incredibly impressed by how engaged and motivated Year 13s were throughout the session. He praised their enthusiasm, energy and welcoming attitude. His straight-talking style combined with his enthusiasm and interesting life stories is sure to help the girls embrace a positive, "can-do" attitude toward their exams and school over the coming weeks. We'd like to thank Jasper for his time and look forward to seeing him again next year.

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## Understanding Neglect: supporting young people together

At this time of year, as we reflect on care, compassion, and community, it is important to raise awareness of how we can best support the wellbeing of all young people.

Neglect is a term used in safeguarding to describe the ongoing failure to meet a child or young person's basic needs, which may affect their health, development, or wellbeing over time. It is important to understand that neglect is not about one-off situations or occasional difficulties, but rather patterns that may develop when families and individuals are facing challenges or need additional support.

Neglect can take different forms, and understanding these can help us recognise when support may be needed:

- **Physical neglect** – when basic needs such as food, clothing, or a safe living environment are not consistently met
- **Emotional neglect** – when a young person does not receive enough emotional support, care, or attention
- **Educational neglect** – when a young person is not supported to attend or engage in education
- **Medical neglect** – when necessary healthcare or treatment is not accessed or followed up

Neglect can happen for many reasons. Families may be experiencing stress, financial

pressures, mental health difficulties, or a change in circumstances. It is important that we support each other, with understanding and empathy, as early support can make a significant difference. By working together -students, families, schools, and support services - we can help ensure that **every** young person feels safe, valued, and able to thrive. If you or someone you know may need support, there are organisations that can help:

- Barnardo's – offers advice, support, and services for young people and families
- Liverpool City Council – provides local safeguarding and family support services
- NSPCC – You can contact their helpline on 0808 800 5000 or by emailing [help@nspcc.org.uk](mailto:help@nspcc.org.uk). Their child protection specialists will talk through your concerns and give you expert advice.
- Childline – young people can call 0800 111 for free; use the online contact form at [www.childline.co.uk](http://www.childline.co.uk) or talk to a trained counsellor via their website [1-2-1 counsellor chat | Childline](#)
- Students can also [click here](#) to read this updated guide to Neglect, produced in collaboration with the NSPCC, Childline and the Science Policy and research unit
- The school safeguarding team, are also here to listen and help in a supportive and confidential way.

Together, we can continue to build a community where every young person feels cared for, supported, and hopeful about their future.

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Online safety: Get started    Talk about being safe online    What should you trust online?    Parental controls

Speak to an expert    Where to report something    Learn about online issues



Find practical information from trusted places to help you feel more confident on the steps you can take to protect your child online.

With so many apps, games, and websites out there, it's easy to feel overwhelmed. But the good news is you're not alone.

## Help Your Child Stay Safe Online

Together with the Department for Science, Innovation and Technology (DSIT), the DfE has published new resources on the 'Kids online safety' website ([Kids online safety](#)) to help parents and carers understand and get support for online bullying and gaming.

These new sections are designed to help families and give them more confidence in talking to their children about what they're doing and experiencing online.

The updated content includes:

- how to spot the signs of online bullying
- guidance and support if a child is being bullied
- practical tips to help make online gaming safer
- information on age ratings and parental controls for games

## Vacancy for School Cleaning Assistant

We're currently advertising a vacancy for a cleaning assistant, if you or anyone you know might be interested you can [find out more information here](#).



## Help us shape a vision for young people in our Church!

The Archdiocese wants all young people to flourish and to know that they are cherished by God and are

a vital part of the Church and are inviting young people to some open meetings to explore how they can best accompany young people. Your voice is crucial.

**What will happen:** You will meet others and have your chance to share your experiences and ideas about how the Church might best respond to the needs of young people today. All feedback will be carefully listened to as part of a diocesan wide process planning youth ministry for the years ahead.

**Who's invited:** The Archdiocese want to hear from adults, young adults and 11-18 year olds. Please join us. (Under 18s must be accompanied by an adult.) Come to **ONE** of our open meetings.

MONDAY 20TH APRIL 7-  
9.30pm            St Joseph's Crow  
Orchard Rd, Wrightington, Wigan  
WN6 9PA

TUESDAY 21ST APRIL 7 -  
9.30pm            St Monica's Fernhill  
Road, Bootle, Merseyside, L20 9GA

The process is being facilitated by Danny Curtin, who worked in youth ministry and youth work in the Church for many years. For more information, contact Sarah McGeehan on [s.mcgeehan@rcaol.org.uk](mailto:s.mcgeehan@rcaol.org.uk) or 07415099048



## Support Services from River Young People

River Young People Support Services provides free and confidential support for young people impacted by drug or alcohol use. They work closely with schools to offer accessible, student-centred support and aim to make referrals

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and engagement as straightforward as possible, whether they are using substances themselves presently or in the past – or feel effected by someone else's substance misuse. You can find [more information here](#).



### Responsible Parking

Please [click here to read a copy of a letter](#) circulated by Mrs McCourt last week referring to parking and stopping whilst picking up and dropping off students.



### Healthy Schools and Controlling Infection

As we enter the period of seasonal illnesses we're working hard as a school to manage infectious diseases within the school community and following relevant guidelines. You can help to keep your child healthy by [considering this government advice](#). Most mild illnesses - such as a runny nose, sore throat, or slight cough - do **not** require time off school, unless your child has a temperature. There's [more guidance on that here](#). It's always helpful to book medical appointments outside of school hours where possible. Where this isn't possible, they should bring their child to school before, and return after, if they are well enough. Pupils can attend appointments in their school uniform.

Vaccinations are a key line of defence against flu and other

preventable illnesses. When children and young people receive all the recommended vaccines in the national immunisation programme, it helps protect their health and support the wellbeing of the whole school community. School Age Immunisation Services (SAIS), commissioned by NHS England, deliver these free vaccinations in schools. This autumn, all school children in England (from reception to year 11) will be offered a [flu vaccination](#) at school. There's more information about vaccination programmes in secondary schools [here](#).



### Punctuality Procedures at St Julie's

At St Julie's, we believe punctuality is crucial for a successful and positive school day. Arriving on time ensures every pupil is ready to learn and minimises disruption for all.

#### Why Is Punctuality So Important?

- Sets good routines for life
- Ensures no learning is missed
- Minimises disruption for others

You can read our [punctuality procedures in detail 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

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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](#).

### 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](mailto: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](mailto: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](mailto:ASDtrainingteam@liverpool.gov.uk)  
**Children's Occupational Therapy Service**

Please contact the Children's <https://learnliveuk.com/network-rail-secondary-school-safety-talk/OccupationalTherapist> who is

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[Careers Website](#)

supporting the child for advice or alternatively for general enquiries please email [chot@liverpool.gov.uk](mailto: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](mailto: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](#).

### Neglect

Everyone deserves to feel safe, cared for, and to have their basic needs met. Being taken care of means that someone is giving us what we need physically and emotionally, as well as making sure individuals are getting an education and access to things like the doctor when needed. If you are struggling; or you think someone you know is being neglected, then it's important to get support. Click here [Neglect | Childline](#) to learn more about accessing support; the types of support you could access. This page contains a contact number: 0800 1111; a contact form and offers different ways of obtaining help including a 1-2-1 chat with a counsellor [Get Support | Childline](#)

### 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](mailto:safeguarding@stjulies.org.uk) email

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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](mailto:referrals@rasamerseyside.org) or visit our website [www.rasamerseyside.org](http://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 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.EHWB@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

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

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)