



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 13th May 2024

Forthcoming Dates for your Diary

16th May
'Wear Green' Day

24th May
Year 13 Leavers' Mass

24th May
Year 7 to 12 Students finish at 1:30pm



Congratulations to National Champions!

Congratulations to the new national English Schools' Football Association U13 Girls Champions. The team from Liverpool fielded a massive four players from St. Julie's! The players competed at the national final held this year at the Bet365 Stadium, the home ground of Stoke City. With outstanding team play and individual brilliance the players overturned a two goal deficit and then added another brace to secure a 4-2 win and lift the trophy. [Read more here.](#)



Prize Winning Performance at Choir Competition!

On Tuesday evening, St Julie's choir performed at the Catholic Secondary School Choir Competition in the Liverpool Cathedral Crypt. Students performed two pieces, a liturgical performance of 'Gloria', followed by 'You Will Be Found' from the musical, Dear Evan Hansen and you can [read more about it here.](#)



Presentation for Talented Designer

This week we welcomed fashion designer Kirsty Doyle back into school to meet with Holly who had entered the design competition with The KD Club and Radox Grand National. Although Holly wasn't the overall winner she was chosen by Kirsty to receive a special commendation for her design which showed natural artistic flair and

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

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creativity that shone. Holly received a certificate and gift box full of essentials to get her started as a young fashion designer. Whilst in school Kirsty also visited the art department to see how Talula had brought her entry to life, turning her drawings into a fully wearable dress. Both Holly and Talula's designs will be displayed in an art gallery along with some other competition entries - we'll let you know more as we get it!



Congratulations to International Dance Champions!

Congratulations to Iyla in Year 9 and Lillia in Year 7 who were part of the troupe that won the international Destination Dance competition on Sunday! The students dance with Boom Productions dance school in Old Swan and compete regularly across the country. The 'Destination Dance' competition saw them dance against 900 other acts to prevail. It's not uncommon for tournament winners to talk about their difficult journey to the title, but in this case it's quite literal - the team coach broke down! You can read more about that adventure in the story [published in the Liverpool Echo](#).



Festival Performers Secure Funding!

Live simply, sustainably and in solidarity

Focus: Live sustainably

Trashed food ends up in a landfill, where it rots and emits methane - a powerful greenhouse gas that contributes more to global warming than CO2.

Tip: Live sustainably

Toss your leftovers in a compost bin instead. If you're a gardener, adding compost to your soil will enrich it while increasing moisture retention, reducing the amount of watering you'll need to do.

Dear God, open our eyes to our wastefulness. Help us to make small changes that together can make a big difference to creation. Amen.

After the success of this year's Now Festival performance, St Julie's applied to work with Youth Bank, an organisation who have been granted funding by the NSPCC to produce projects in Liverpool to tackle violence. Last week, students attending a meeting in Alder Hey where they pitched their idea, a secondary school tour delivering their performance, educating students on ACEs and signposting students to where they can find support. Additionally, they pitched to have their performance professionally filmed to allow their message to be spread further. After a challenging interview where students answered important questions such as their aim, target audience and funding allocation, we were delighted to hear that they had been successful and have been granted £1000 towards the tour and filming.

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Wellbeing Ambassadors Complete TOTEM

Over two days last week our wellbeing ambassadors across year 8-10 have been taken part in Merseyside Youth Associations peer mentoring course TOTEM. Designed and developed by young people for young people, 'Talking Openly To Embrace Mental Health' (TOTEM) gives them the skills to become confident peer mentors with a specific focus on mental health and emotional wellbeing; empowering them to champion mental health and tackle stigma within their school or organisation. This peer mentor course focuses on mental health- specifically, it enables young people to recognise the signs and symptoms, understand what mental health is, build resilience and teach them how to have a conversation with someone who is struggling with their mental health. The two day course finished with a Dragons' Den style activity, where the groups worked together to plan how they will implement peer mentoring within their school. The groups did a fantastic job at pitching their ideas and answered some tough questions from the 'dragons'. We look forward to seeing these ideas come to life in school. Well done to all involved.



Wear Green Day – Supporting the Mental Health Foundation

On Thursday 16th May, we are holding Wear Green Day, where students are asked to wear a green ribbon to show their support towards Mental Health and help raise money for the Mental Health Foundation Charity. Green ribbons will be available to purchase on the day, or you can purchase your own, where we are asking for a donation, if you can. It would be great to see as many students and staff as possible taking part!



The Sound of Silence

Last week, Hannah and Camille took on the challenge of a sponsored silence raising money for the Alzheimer's Society, a charity they both have a personal connection with. After being silent for an entire day, they raised a grand total of £343.43! Well done to both students for their dedication to charity work.

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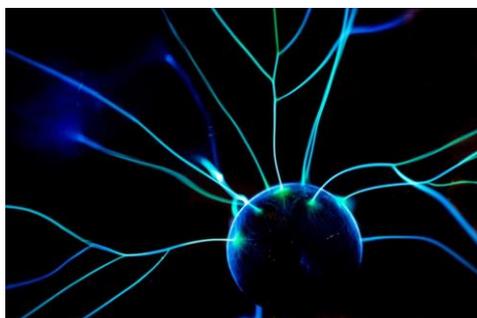
Exam Season Gets Off to Flying Start!

The exam season has started in earnest with students in Year 11 sitting their first GCSE paper. We're very proud of the excellent start made as students began the season smoothly and positively. Thank you to all of our parents and carers for their hard work in supporting our exam candidates at this stressful time!



Key Stage 4 Science Resources Sheet

Students in Key Stage 4 will shortly be receiving a sheet with QR codes linking them to valuable online resources that will help with Science learning. You can [find a copy of the sheet here](#).



Year 11 Masterclasses

One of several initiatives for student support during the exam season is a series of masterclasses that run throughout the entire season for students in Year 11. A copy of the entire schedule is [available for parents here](#).



Year 8 Options Evening

On Thursday 06 June 2024 from 5pm to 7pm there will be a presentation in the Dorothy Stang Theatre at 5.45pm and again at 6.15pm for pupils in Year 8 and their parent/carers. During the presentation we will explain the Key Stage 4 curriculum, the options process and the subjects on offer. The rest of the evening will consist of a subject marketplace in the sports hall, where pupils and parents will have the opportunity to hear more about the courses on offer at Key Stage 4 from specialist subject staff. Parents of students in Year 8 should have received a [copy of this letter](#), which includes a reply slip.

Year 10 Chemistry Revision Sessions

The planned day for Year 10 Chemistry revision sessions with Mrs Jones has moved from Tuesday to Wednesday. Revised dates and topics are below:

Date	Topic
15/5/2024	Covalent bonding
22/5/2024	Giant Covalent structures
5/6/2024	Metallic Bonding
12/6/2024	Balancing equations
19/6/2024	Relative formula mass
26/6/2024	Moles- Higher

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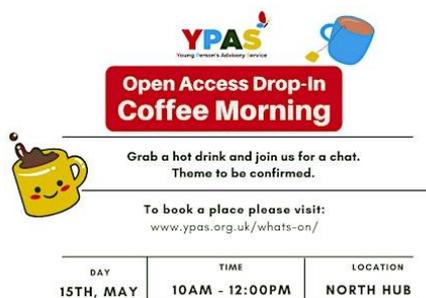
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3/7/2024	Limiting Reactants-Higher
10/7/2024	Concentration of solutions



Y.P.A.S. Open Access Coffee Morning

The Y.P.A.S. parenting team are holding an open access coffee morning at their North Hub in L14. You [can reserve a place here](#).

ADDvanced Solutions Community Network Sessions

Wednesday 15th May 2024

5:00pm – 6:30pm Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.

Monday 13th May 2024 9:30am – 11:00am Introduction to Autism: Our topic for discussion this week is Autism (ASD). We will be looking at the characteristics that indicate a diagnosis of Autism Spectrum Disorder, how autism can present differently in individuals, and identifying strategies to support autistic children and young people.

Monday 20th May 2024 9:30am – 11:00am Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour

associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.

Belle Vale sessions

Tuesday 7th May 2024 9:30am – 11:30am Embedding Routines at home: Do you struggle to get routines in place at home? This week we will be looking how to support our neurodiverse children and young people by creating effective and sustainable routines for our families.

Tuesday 14th May 2024 9:30am – 11:30am Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach in this session for families.

Tuesday 21st May 2024 9:30am – 11:30am Neurodevelopmental Conditions and Toileting: This session will consider toileting issues specifically around neurodevelopmental conditions. Come along with any questions or concerns you have and we will seek to work towards a solution together.

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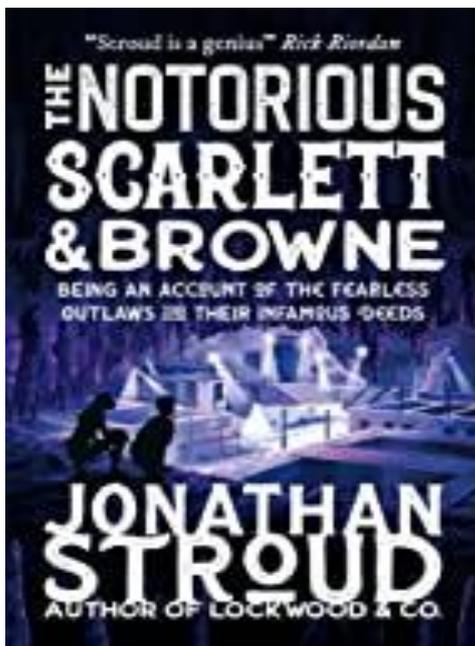
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Recommended Read for May

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Notorious Scarlett and Browne' by Jonathan Stroud.

Scarlett McCain and Albert Browne have outwitted their pursuers and escaped into the wilderness once more, and it's not long before they become famous for their audacious heists across the Seven Kingdoms. Yet neither is fully able to escape the shackles of the past – as they discover when a dangerous job turns sour.

Soon old enemies and sinister new threats are pressing in on every side, and Scarlett and Browne must pull off an impossible mission and strike out against The Faith Houses and the Brothers of the Hand if they are to save the people they hold most dear.



Applications for Sixth Form Now Open!

The application window for students wishing to enrol at St. Julie's Sixth Form in September 2024 is now open. Students currently attending St Julie's can [apply here](#), and external candidates can [apply 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

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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).

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

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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.

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 at home at no cost. You can find out more about how to complete the installation in this [remote learning guide](#).