



# St. Julie's Catholic High School

## Weekly Newsletter

Week Beginning 13th October 2025

### Forthcoming Dates for your Diary

**16<sup>th</sup> October**

Year 7 Welcome  
Mass 6:00pm

**17<sup>th</sup> October**

Year 7 Retreat Day  
Rescheduled from  
previously published  
date

**23<sup>rd</sup> October**

Year 9 Parents'  
Evening  
3:45-6:00pm

OUR SCHOOL HAS ACHIEVED THE

## Wellbeing Award for Schools

*Promoting emotional wellbeing and  
mental health across our school*

In partnership with  
  
NATIONAL  
CHILDREN'S  
BUREAU

Accredited by  
 OPTIMUS EDUCATION

# 2025 - 2028

### St. Julie's Retains Wellbeing Award!

We're delighted to report that on the 30th September our school completed the rigorous reaccreditation procedure for the Wellbeing Award for Schools.

During the full day assessment, our assessor scrutinised an extensive portfolio of evidence as well as meeting with members of the Leadership Team and holding extensive discussion with staff, parents, governors and students. Our assessor noted that: "all stakeholders were overwhelmingly positive about wellbeing in the school" and went on to report that "the students are clearly proud of their school and talked about the high level of pastoral care that they receive. They are able to access individual support from members of the pastoral team but know that they can approach other staff with any issues they may be experiencing. They feel that there are good relationships between the staff and students."

The re-accreditation is about far more than standing still, and in our report we have further development points to take forward. Mrs McCourt recognised this in her report comments: "This recognition is a testament to the unwavering commitment of our staff, students, governors, and wider community to fostering a culture where wellbeing is not only valued but deeply embedded in every aspect of school life. Through strong partnerships with families, parish links, and local services, we work collectively to ensure wellbeing is a shared responsibility, strengthening the bonds that sustain our community."

WAS

## Wellbeing Award for Schools

2025 - 2028

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

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### Year 7 and 8 Footballers Inside Top 5

Last week we sent two teams of Year 7 and 8 footballers to the LSSP tournament at the Jeffrey Humble Fields, who earned great results! The tournament saw a field of twenty teams in total, and we took fourth place with one of our teams and second place with the other. Congratulations to all of the players for a fantastic tournament.



### Year 8 Swimmer Competes Nationally

Congratulations to Emmie in 8N who recently swam for Cheshire county in national competition. She was chosen to represent Cheshire in the annual National Counties Championship which this year was held in Ponds Forge Sports Centre in Sheffield. Emmie swam the 50m butterfly leg of the 200m relay and an individual 100m butterfly race, taking an eighth place out of the 16 swimmers representing the nation's most talented swimmers. The outstanding team performance saw the Cheshire team elevated to the first division for next year's competition.



### Catering Students Benefit From Commercial Experience

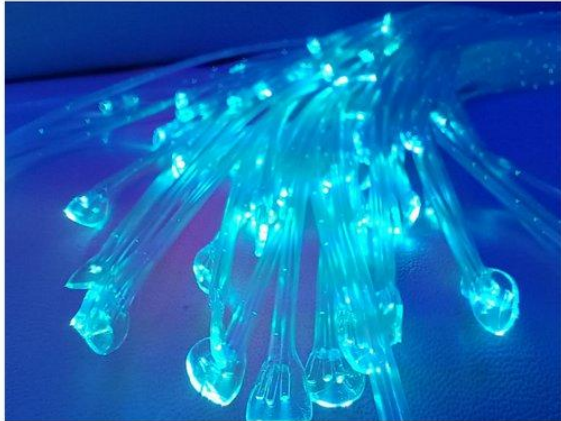
Year 10 Hospitality and Catering students benefited from the commercial experience of our Catering Manager, Mr Eccles, in a lesson this week! Drawing on his experience at venues like Hall and Woodhouse, Baltic Social and Moose Coffee, Mr Eccles gave an explanation of the five mother sauces before leading the students through perfecting the basic roux before assembling and preparing a chicken, bacon and leek pie for baking. Thank you to all the students for engaging so positively with their guest tutor, and to Mr Eccles for giving his time and talents.



### Fr Stephen Celebrates Mass with Year 9

On Tuesday this week, Year 9 had a wonderful celebration of Mass with Fr Stephen Pritchard in the Chapel. A number of students were involved in reading, singing and altar serving and it was lovely to celebrate the beginning of this academic year as a whole year group!





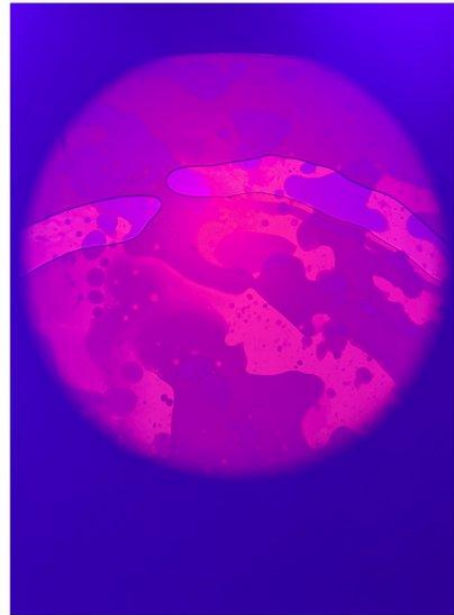
## Learning Support Area Refurbishment Complete!

We're proud to announce the completion of the expansion and remodelling works in our Learning Support area, providing exciting new spaces for our students to enjoy. The development of the area followed a consistent design brief across all spaces, with a design emphasis on appeal and appropriateness to teenage girls. The spaces are light and airy, employing glass partitioning and interactive screens.



The new sensory room offers a very calming environment with sound and sensor reactive technology to control the colour scheme. Other breakout areas have study pods, beanbags and soft furnishings.

We're delighted with the results of the investment into supporting the needs of our school community.





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## Students Mark Mental Health Day

On Friday 10<sup>th</sup> October students supported World Mental Health day by wearing yellow ribbons in their hair. Yellow ribbons were sold in school for those students wishing to buy, with funds raised being donated to the YoungMinds mental health charity.



## Student Leadership at St Julie's

A huge thank you and congratulations to all our newly appointed student leaders including Form Captains, Well-being ambassadors, Eco Warriors and Reading Ambassadors to name but a few. Your willingness to step up and represent your peers plays a vital role in shaping our school community and making it a positive, inclusive and inspiring place to learn. Students who have secured a leadership position will shortly be invited to put themselves forward for roles within the Junior 1804 Society - an exciting opportunity to take their leadership journey even further and help drive real change. In the mean time, congratulations to all our new student leaders - we are incredibly proud of you and congratulatory letters have been

sent to parents and carers. Well done!

## Career Aspirations Survey

In order to continue to improve our careers advice and guidance, we will soon be inviting students to complete a short survey regarding their future career aspirations. Responses will enable us to continue to offer personalised careers guidance to our students. Further details will be shared in the coming weeks.



## Much Woolton Catholic Primary Open Evening

Our colleagues at Much Woolton Catholic Primary school are hosting some open evening events on Tuesday 4<sup>th</sup> and Thursday 6<sup>th</sup> November. Prebooking with the school is required and can be completed by phoning 0151 428 6114. If you have friends or family who may be interested do please let them know.

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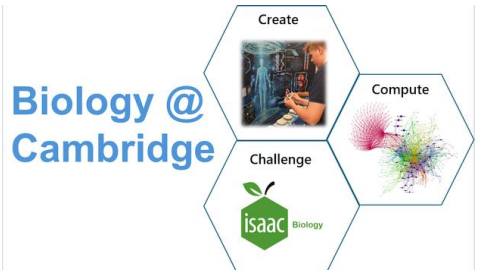
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## Careers Information: Biology@Cambridge

Homerton College (University of Cambridge) are delighted to announce our three new outreach programmes this year for all those who love biology. All are completely free and students are welcome to sign up to as many as they wish. Follow each link for more information and sign up details.

- [Cambridge Biology Challenge](#)
- [Bioinformatics Booster Programme](#)
- [Isaac Biology Challenge](#)



## 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.

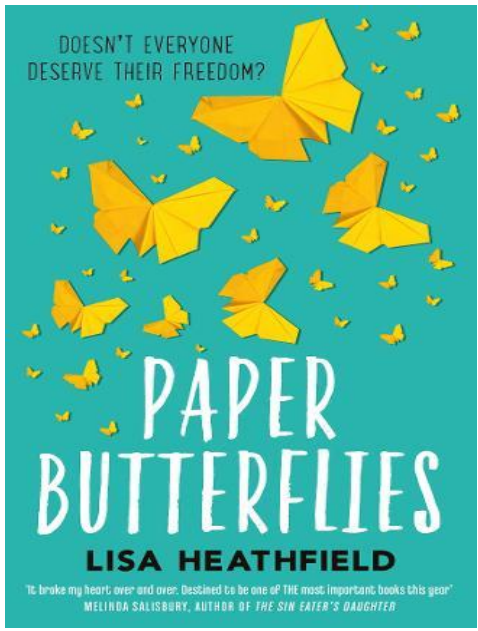
### Why Is Punctuality So Important?

- 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

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 October

If you're stuck for reading inspiration why not take a look at our recommended read? This year's recommended reads are all coming from our students, and Lucy's recommendation for October is 'Paper Butterflies' by Lisa Heathfield.

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### Paper Butterflies

*June's life at home with her stepmother and stepsister is a dark one—and a secret one. She is trapped like a butterfly in a net.*

*But then June meets Blister, a boy in the woods. In him she recognises the tiniest glimmer of hope that perhaps she can find a way to fly far, far away from her home and be free. Because every creature in this world deserves their freedom... But at what price?*



### 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->



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talk/Occupational Therapist who is 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.EHWP@coreassets.com](mailto: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



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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](#)