



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 13th November 2023

Forthcoming Dates for your Diary

13th November
Years 7, 8 and 9 in class assessments begin

27th November
Year 11 Mock Examinations begin

14th December
Year 7 Parents' Evening



St Julie's Remembers

The school community gathered together shortly before 11 o'clock on Friday to solemnly mark Remembrance Day. Led by our Lay Chaplain, the poignant ceremony saw readings before the laying of poppy wreaths by house representatives, the lowering of our flag, the sounding of the Last Post and finally a perfectly observed silence. You can [see some photos from the ceremony here](#).



Cash for Kids Fundraising Success!

We'd like to say a huge thank you to all of the parents and students who have supported our fundraising drive in the Cash for Kids Schools Challenge. As well as raising a phenomenal £1,650.60 we were awarded an additional £500 for having the best idea for the use of funds, taking our total to £2150! Thank you everybody!



Maths Information Adds Up for Parents

Thank you to all of the parents who joined us for our information event this week. The event aimed to bring parents up to speed with some of our curriculum content, teaching methods, and how they can best support their children going forward in their studies in Mathematics. We hope that our guests found the information helpful.

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

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Father Stephen Begins Weekly Mass

Throughout this half term we are inviting students and staff to join us in a celebration of Mass every Friday morning. We welcomed Father Stephen Pritchard from Our Lady of the Assumption into school this week to lead us off in the first of our weekly Masses. Mass begins at 8:10am each Friday and all students are warmly welcomed to join us.



Liverpool Scholars Programme

Year 12 enjoyed a presentation from the University of Liverpool's Outreach team this week where they learned about the Liverpool Scholars Programme.

The programme offers Year 12 students the chance to take part in a range of activities aimed at supporting their entry into higher education and preparing them for university, such as application guidance masterclasses, lectures and academic key skills workshops. These activities are delivered in partnership with academics, undergraduates and the wider University, culminating in Scholars completing the Scholars Canvas module. Through the Liverpool Scholars programme, we aim to nurture well informed, confident applicants who are well equipped for their University experience.



Live simply, sustainably and in solidarity

Focus: Live Sustainably

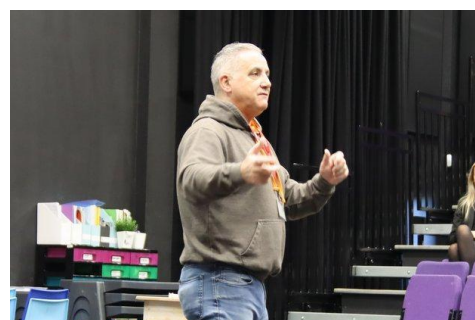
Tip: Using cold water can save up to 80% of the energy required to wash clothes. Choose a low temperature setting on the washing machine!

Prayer:

Dear Lord,

Give us the courage to act urgently and wisely, so that our common home may be healed and restored and all people, and generations to come, may take delight in it.

Amen



Degree Apprenticeship Advice

Sixth Form assembly this week saw us welcome Neil Pritchard from Realise Training into school. Addressing both Year Groups, Neil spoke about Progression Pathways and the range of opportunities for students when they leave school. Students were able to learn more

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about apprenticeship pathways and in particular, the range of degree apprenticeships available to students across a range of sectors. To learn more about Degree Apprenticeships, [click here](#). Neil has previously supported a number of St Julie's students with securing apprenticeships and we would like to thank him once again for making time for our students who found what he had to say of great value.



Year 13 Master interviews!

Pathway CTM have partnered with Law Firm **Allen & Overy** to allow them to deliver skills sessions to Year 13 students. Year 13 participated in a 'Mastering Interviews' skills session designed to equip students with the skills and insights that will enhance their employability prospects in today's competitive job market.



Faith In Action Award

Our Chaplain is launching the Faith In Action Award after half term. FAITH IN ACTION is a nationally recognised award that encourages young people to take their service of others into their wider community and accept greater responsibility for their faith in action. Participants collect credits of service in their parish and / or school and the wider community ('home' and 'away'). There are four

levels of award: Pin - Discovery, Bronze - Service, Silver - Leadership and Gold - Innovation, but as some primaries work towards Pin, our students will begin with bronze. Each year, participants can build on their previous level achievements to help them become confident young leaders. More information about each award level can be [found here](#) or [email our chaplain](#).



Remembrance Prayers

As part of their work on remembrance throughout the week students have been invited to write a short prayer for peace for our display. Many have chosen to do so, but Ava in Year 10 chose to compose a poem which we'd like to share with you here.

*Keep that conflict in a cage
turn life, a chapter, a whole new page
for those who have fallen fighting
for rights
and to those who have
witnessed inhuman sights
violence doesn't cancel out
violence they say
So why does life have to be this way?
Being there for each other is all
we need
so in saying this I do plead
support others and threat them
well
it's about time we break out this
shell
choose equality and kindness
but most importantly
PEACE!*

You can read more student verse in [this story on our website](#).

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Year 7 Parents' Evening

The first parents' evening for parents of students in Year 7 will take place on 14th December and will be an 'in person' meeting with teachers taking place at school. More details will follow shortly with information about the process for booking appointments.

Term Dates for Future Academic Years

We have recently updated the list of term dates and school holidays on our website. Dates for the next five academic years are available, up to Summer 2029.



It's quick, it's easy, and it works! Just click on 'Sign in with Office 365'

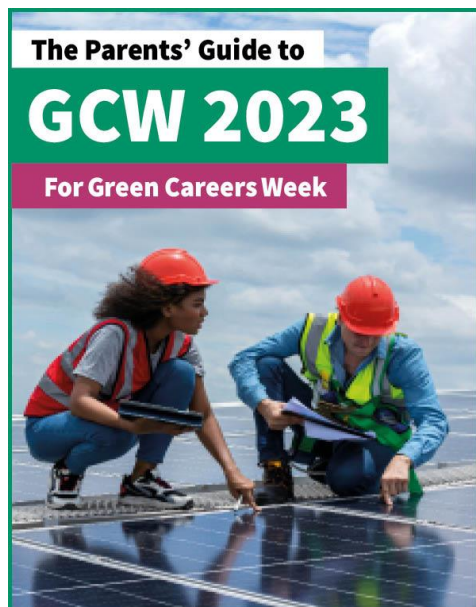


GCSE Pod – Perfect for Dark Evenings!

GCSE Pod is a service available to all students and well suited to Year 11 students and those throughout Key Stage 4. The service offers easily accessible podcasts across a broad range of subjects. Dipping in for just 15 minutes in between other things can be enough to lead to improved results. Students just need to visit www.gcsepod.com and click on 'Sign in with Office 365'.

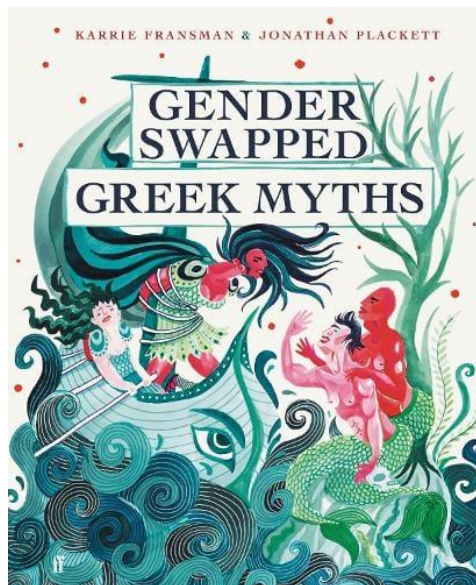
Careers Updates

This week we've got details from Myerscough of an advice morning for their land-based courses taking place at their Croxtheth and Preston campuses. We also circulate a weekly newsletter to parents, and copies of the latest can always be found at our [Careers website](#).



Green Careers Week

6th-11th November brought Green Careers Week, a focus for careers that specifically protect the environment and will help the UK achieve its pledge of reaching Net Zero by 2050. We circulated a parents guide to GCW by email, but you can [find a copy right here](#).



Recommended Read for November

If you're stuck for inspiration for a read why not dip into our recommended read for the month? For November we're recommending 'Gender Swapped Greek Myths' by Karrie Fransman and Jonathan Plackett.

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Imagine a world where seductive male sirens lure brave heroines to their death, where Icara and her mother fly too close to the sun, and where beautiful men are forced to wed underworld queens...

For thousands of years, Greek myths have been told and retold. In these stories, brutality and bravery are reserved for men, while women are wicked witches or helpless maidens. Today, these myths continue to shape our ideas about justice, tragedy and what makes a hero's journey. Karrie and Jonathan love these stories, and have found a way to breathe new life into them by making one crucial change...

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

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

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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

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/>

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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](#).