



St. Julie's Catholic High School Weekly Newsletter

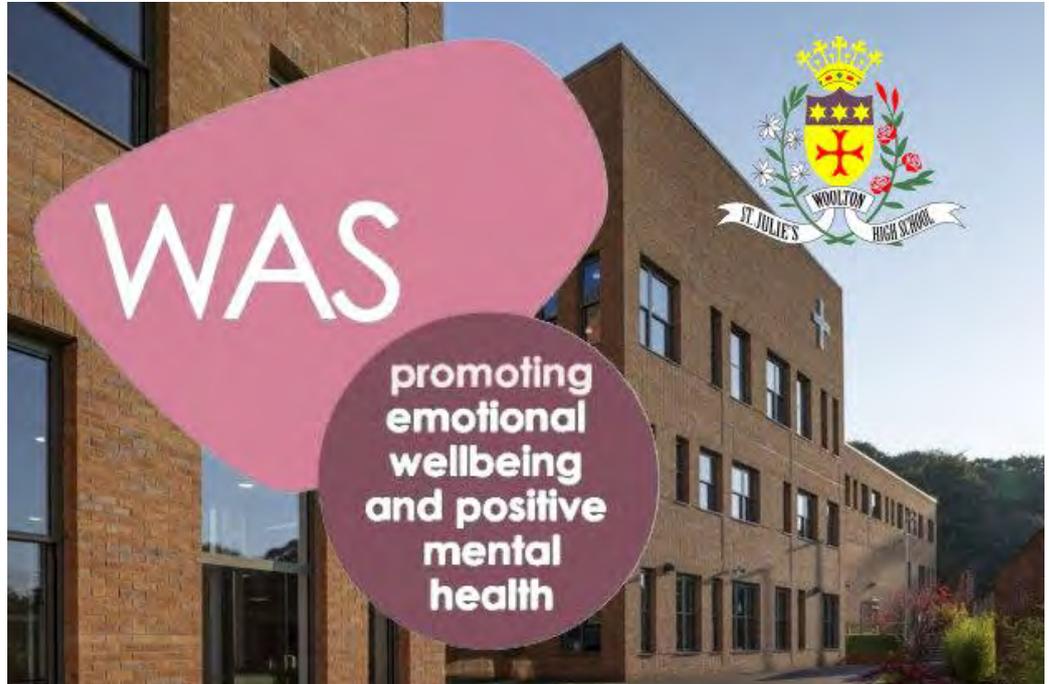
Week Beginning 14th February 2022

Forthcoming Dates for your Diary

17th February
Year 11 Virtual Parents' Evening

18th February
Finish for half term break
3:15pm

28th February
Year 13 Mock Examinations Begin



St Julie's Achieves Wellbeing for Schools Award!

We're very proud to announce that we've rounded off Children's Mental Health Week with the news that we have gained the Wellbeing Award for Schools. This award focuses on the culture of the whole school, using an evidence-based framework to ensure that mental health and wellbeing sit at the heart of our school community. We're awaiting the full report, but our assessor was quick to evidence an outstanding relationship between students and staff. [Read more here.](#)



Kicking Upwards!

Congratulations to Romy in Year 8 for her kickboxing victory at the World Martial Arts Organisation's National Championships! Romy fought at the competition, held in Leicestershire last Sunday, and her triumph in her category means she will now compete at the European Championships later this year. Well done and good luck Romy!



Major Milestone Reached in Rainbow Flag Award

We are very proud to announce that our school has met the criteria for the 'Student Voice' and 'Pastoral Support' elements of our Rainbow Flag Award. We're now more than halfway to gaining the elements for the full award, and these two latest elements are ones that are very important to our school community. [Read more here!](#)



For up to the minute information from school about your child, download the Groupcall Xpressions app from your device's app store.

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: [Mrs K Monks](#)
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[Barwise](#)
Year 9: [Mrs C Mason](#)
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Why not visit our Websites?

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Chaplaincy Instagram: [stjulies125](#)



National Cup Final Appearance for St Julie's Students

Following a 4-0 victory over Sefton Schoolgirls last weekend, the Liverpool Schoolgirls U12 team have earned a place in the national Schools' FA Cup Final! Both Yasmin and Savannah in Year 7 play for the team, and every good wish goes with them into the final. Despite her very young age, Yasmin is no stranger to a national final, having lifted the national trophy last year as part of the cup winning U11 Liverpool team.



Children's Mental Health Week

This Children's Mental Health Week we explored the theme 'Growing Together'. Growth can take different forms. Physical growth is so easy to see as we grow from babies to children, teenagers to adults. We might even experience growth spurts from time to time. Another way that we can grow is emotionally. Things that upset us when we were younger may no longer overwhelm us as we grow and learn to cope with life's ups and downs. Challenges and set-backs can help us to grow and adapt. Trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

This week KS3 took part in trying something new with yoga sessions with Kimmy.

Form time activities which included a different mindful activity each morning from laughing yoga to a guided meditation.

In PSHE the students reflected on their younger selves to see how they have grown. They also had fun trying to guess staff by their pictures of their younger selves.

Throughout each day there have been positive affirmations played at the change over bells.

The feedback from pupils has been really positive and they have enjoyed feeling more relaxed and less worried.

Please take a look at the Place 2 Be website for some more ideas you can take part in at home.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>



Safer Internet Day 2022

Safer Internet Day inspires a national and global conversation about using technology responsibly, respectfully, critically, and creatively. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations, businesses and education providers get involved to promote the safe, responsible and positive use of digital technology for children and young people.

This year Safer Internet Day was held on Tuesday, 8 February 2022. Pupils in St. Julie's joined their peers from across 3029 other schools and colleges in the UK to celebrate the day with various activities. The theme for the day was 'All fun and games? Exploring

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respect and relationships online'. The day called upon everyone to join together to make the internet a safer, kinder, and better place for all. Various activities were held throughout Computer Science lessons on the day including:

- Quizzes
- Improvised Drama Productions
- Question and Answer Sessions



Super Spanish!

Year 7 and 8 students at Spanish Club have been writing about their Superhero powers this week after watching the film 'Superlopez'. After designing their superhero, the students then listed the powers that they would have if they starred in the film, including 'puedo volar' (*I can fly*), 'tengo super fuerza/velocidad' (*I have super strength/speed*) and 'tengo invulnerabilidad' (*I can't be hurt*). At Spanish Club the students continue to show their enjoyment and enthusiasm for the different linguistic and cultural aspects of the Hispanic World and are a credit to the St Julie's community. ¡Muchísimas gracias, chicas!

Year 11 and Year 13

Formal Assessments

Please [click here for a letter circulated by Mrs McCourt](#) about formal assessment for Year 11 and Year 13 students in the 2021-22 academic year.

Year 11 Parents' Evening

Please [click here for a letter](#) circulated last week by Mrs McCourt about the forthcoming virtual Parents' Evening for students in Year 11.

Year 10 Parents' Evening

Please [click here for a letter](#) circulated this week to parents of students in Year 10 about the forthcoming virtual Parents' Evening event.

Summer Exam Information

This week the JCQ and exam boards published further guidance relating to the topics and units to be covered during the Summer Examinations 2022 for GCSE, A Level and vocational qualifications. Mrs McCourt circulated information to parents of students in Years 11 and 13 earlier this week including consultation information from Ofqual and an Advance Information Student Guide from JCQ. A copy of this correspondence can [be found here](#).



Year 13 Mock

Examinations

Year 13 mock examinations are scheduled to commence on **Monday 28th February**. Please [click here](#) to read a letter circulated by Mrs McCourt this week with important information for all examination candidates.

A-Z of Careers

In preparation for National Careers Week (7TH – 11TH March 2022) we're launching some of our resources early because we have so much to tell you! Over the coming weeks as we approach National Careers Week, keep an eye out for our 'subject spotlights' so you can learn more about your favourite subjects and future career paths. This week, we're dipping our toes into the water with an [A-Z of Careers](#). When you've watched it, why not [head on over to our CEIG website](#) and learn more about

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where your favourite subjects could take you...



February Recommended Read

If you're seeking inspiration for a read, why not try our recommended read for the month of February: *Revolver* by Marcus Sedgwick.

Revolver

"1910. A cabin north of the Arctic Circle. Fifteen-year-old Sig Andersson is alone. Alone, except for the corpse of his father, who died earlier that day after falling through a weak spot on the ice-covered lake. His sister, Anna, and step-mother, Nadya, have gone to the local town for help.

Then comes a knock at the door. It's a man, the flash of a revolver's butt at his hip, and a mean glare in his eyes. Sig has never seen him before but Wolff claims to have unfinished business with his father. As Sig gradually learns the awful truth about Wolff's connection to his father, his thoughts are drawn to a certain box hidden on a shelf in the storeroom, in which lies his father's prized possession - a revolver.

As the stakes rise and Wolff begins to close in, Sig's choice is pulled into sharp focus. Should he use the gun?"

Careers Updates

We've some good apprenticeship opportunities to look at this week in finance and business consultancy, and we've got details of some free webinars helping applicants into courses in Medicine. [All the details are here!](#)

[KS3 Assessment 2021-22](#)

Please [click here](#) for an overview of the KS3 Assessment Framework.

Remote Education

From September 2021 schools must continue to provide remote education for students who must self-isolate due to Covid-19. A copy of the school policy on Remote Education can be [found here](#).



SEND Support Helplines

Helplines for Settings and Families In response to the current coronavirus pandemic, Liverpool Local Authority's SEND Support Services would like to offer advice and support to our settings and families during this difficult time.

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

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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

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 have increased during periods of lockdown. 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)

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[stjulies125](#)

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.

Covid Reporting

Please continue to review the [information sent out each week in the bulletin](#) with regard to the importance of notifying school immediately if your child tests positive for COVID-19. Please continue to contact school in any of the normal ways - the main switchboard (0151 428 6421) during working hours; or reception@stjulies.org.uk or safeguarding@stjulies.org.uk for out of hours notifications. School have taken all reasonable steps to raise awareness of this. Thank you.

Microsoft Office 365 Licencing

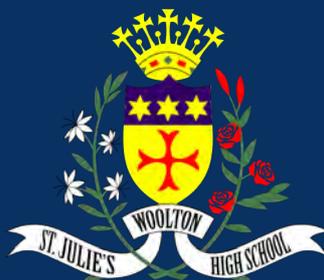
All students at St. Julie's are licenced to install the Microsoft

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](#).

What to do if...	Action required	Back to school
My child has COVID-19 symptoms	<ul style="list-style-type: none">Isolate your child immediately.Get a COVID-19 test as soon as possible.Follow the guidance for a positive result.	<ul style="list-style-type: none">When your child has been identified as a contact of someone with COVID-19, you should isolate them for 10 days.
My child has been positive for COVID-19	<ul style="list-style-type: none">Isolate your child for 10 days from the start of their symptoms.Get a COVID-19 test as soon as possible.Follow the guidance for a positive result.	<ul style="list-style-type: none">When your child has been positive for COVID-19, you should isolate them for 10 days from the start of their symptoms.
My child has been in contact with someone who has COVID-19	<ul style="list-style-type: none">Isolate your child for 10 days from the start of their symptoms.Get a COVID-19 test as soon as possible.Follow the guidance for a positive result.	<ul style="list-style-type: none">When your child has been in contact with someone who has COVID-19, you should isolate them for 10 days from the start of their symptoms.

Covid-19 Information and Risk Assessment

All parent/carers can access the school's Covid-19 risk assessment [here](#).



CAREERS NEWSLETTER

This newsletter is a collation of all the opportunities we have heard about from employers and universities. Please use the links included to read more information and apply to anything you are interested in. Links are underlined.

OPPORTUNITIES

Land Rover Jaguar still have places on the following Advanced Apprenticeships (Level 3), Higher Apprenticeships (Level 4/5) and Degree Apprenticeships, (Level 6)... But make sure you hurry as these vacancies may close at any point, due to the volume of applications. Opportunities within:

- Advanced Apprentice: Manufacturing, Engineering, Special Vehicle Operations and Design
- Powertrain Higher Apprentice: Propulsion and CAD Technician
- Digital & Technology Solutions Degree Apprenticeship: Software Engineering, Software Engineering with Data, Data Analytics, Network Engineering and Cyber Security
- Applied Professional Engineering Degree Apprenticeship: Product Development, Manufacturing, Electrical and Electronics and Control Systems
- Supply Chain and Logistics Degree Apprenticeship: Supply Chain Operations & Logistics, New Product & Launch, Supply Chain Planning and Supply Chain Strategy

You can read more and apply here.

Education in Action are running a range of workshops, available in person in London and Manchester but also online so no matter where you are based, you can access these workshops. These events introduce Year 10-13 students to professionals in their respective fields who will talk about their work and their career paths. You can read more and book a place here.

Google are excited to announce that applications are open for UK apprenticeships! The three programs on offer are:

- Digital Marketing Level 3 Apprenticeship
- Infrastructure Technology Level 3 Apprenticeship
- Software Development Level 4 Apprenticeship

You can read more and apply here. The deadline to apply is 18th March 2022.

JOB OF THE WEEK



Midwife

Midwives support pregnant women and their babies before, during and after, childbirth. You can earn up to £44,503 per year and expect to work around 4 hours per week, this will be shift work including nights and weekends. There will be 6% more Midwife jobs by 2026.

You can read more about this here.

LABOUR MARKET INFORMATION FACT

At the height of the pandemic in 2020, 69% of large companies expected an overall decrease in the amount of office space they would be using in the future.

Do you know someone, a parent or friend, who used to work from an office but now works from home?

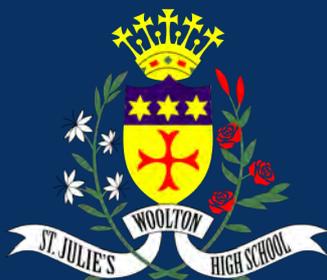
Read more here.

If you have any questions or need support, please email ajones@stjulies.org.uk



Education
in ACTION





CAREERS NEWSLETTER

OPPORTUNITIES



We have referenced different levels of apprenticeships several times, but what do they actually mean? How do you know which level is right for you? [This blog post](#) gives you an overview of the different levels, what they mean and how you can access them.



On the 9th March 2022, you can watch the "Amazing Applications" Learn Live Broadcast, which will be played every hour from 11am-7pm. The broadcast will involve showcasing the various routes of recruitment processes and employment. The aim is to ensure that participating students understand the various methods of recruitment in 2022. This will cover Virtual interviews, Assessment centres, Video / Pre-recorded questions and video answers, Online testing, Group Assessments, Psychometric testing and Social media recruitment / presence. You can register [here](#).



Applications are now open for Edge Hill University's Summer Residential. Taking place from Monday 25th July to Thursday 28th July and Monday 1st August to Thursday 4th August (depending on subject preference), these weeks allow students in Year 12 and 1st year college students to experience university study, student life and staying in University accommodation. You can read more and book [here](#).



The UK University & Apprenticeship Search Virtual Fair is returning on Wednesday 30 March with a wide range of exhibitors from around the UK. Students can get answers to all of their questions and participate in 10 live webinars on the day. Register for a place [here](#).



The Meet the Russell Group virtual event is back on Wednesday 27 April featuring all 24 members of the Russell Group. New for 2022, the event will be split into two sessions. Students interested in studying at a Russell Group university can also take part in two insightful warm up webinars on Wednesday 20 April and Monday 25 April, each providing a unique insight into life at a Russell Group university. Find out more and sign up [here](#).

EMPLOYER SPOTLIGHT

goat

[The GOAT Agency](#) are a social media marketing consultancy. They offer services to businesses that cover things like influencer marketing, social media strategy, paid social, video content production and social media management.

They recruit for jobs like videographers, social media content producers and business managers. You can read more [here](#).

UNI SPOTLIGHT



Kingston University
London

[Kingston University](#)
"At Kingston, all our courses are developed with your career in mind, so that you get the most up-to-date information and gain the relevant work-related skills needed for the modern work environment. Many of our courses have been developed with professional organisations and carry professional accreditation."

Search their courses [here](#).

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