



# St. Julie's Catholic High School

## Weekly Newsletter

Week Beginning 14<sup>th</sup> October 2024

### Forthcoming Dates for your Diary

**14<sup>th</sup> – 19<sup>th</sup> October**  
National Hate Crime Awareness Week

**17<sup>th</sup> October**  
Year 7 Welcome Mass at 6pm

**24<sup>th</sup> October**  
Year 9 Parents' Evening  
3:45pm – 6:45pm



### Year 10 Netballer to Represent Merseyside

Congratulations to Olivia in 10 Rigby who has earned the honour of selection at Merseyside Netball Academy, where she will represent the county at national competitions. A former player of the season in the junior netball league, Olivia has been playing for Marshalls since she was in Year 4 and often competes at club competitions at St Julie's netball courts on weekends. We're waiting to hear when Olivia's first county game will be, and we wish her lots of luck!



### Golds Again For Emmie

Congratulations again to Emmie in 7 Nugent who has brought another haul of medals back from a swimming gala, including ten golds, alongside a silver and a bronze! Emmie had a fantastic swim at the competition in Wirral held last weekend that brought victories in ten events including races against her main competitor and one win by a clear ten seconds!



### Year 7 Explore Bikeability!

This week we welcomed Wayne Curry from the Bikeability team in to school to speak to our Year 7 students about staying safe when cycling. Bikeability offer cycle training for all levels of ages and abilities including adults and families. You can find out more at the Bikeability website.

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

# FIRST IMPRESSIONS!



At the opening of our Sixth Form Centre we sat down with Libby, Grace, Stephanie and Filipa to get their first impressions about the new space.

encouraged to revise rather than just sitting and chatting.”  
“I feel like it’s a much better use of the space.”



**When you first came in, what was your immediate reaction?**

“Amazing!”  
“It’s really good with all of the new spaces and it just feels so comfortable.”

**What was the first thing that made you go ‘wow’?**

“Definitely the interactive screens! We love revising like that but previously we only had access to one board. Now that we’ve got loads of them it’s good and it’s going to be a massive help.”



“It feels really modern and there’s so much study space.”  
“The bistro is really good too.”  
“It’s everything we wanted”.



**In what ways does it feel different to what we had before?**

“It feels like a more mature space.”  
“There’s so many more independent study spaces that you’re really

**“It’s everything we wanted!”**

**Are you happy that you made the decision to choose St Julie’s Catholic Sixth Form?**

“YES!”

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

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Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

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## National Hate Crime Awareness Week

The aim of National Hate Crime Awareness week is to raise awareness for Hate Crimes affecting members of our community and work together to help stand up against hate. It is important because people should not have to suffer hate, discrimination or prejudice for being who they are. We all have to do our bit to stand up against hate, not matter how big or small. National Hate Crime Awareness Week runs from 14<sup>th</sup> – 19<sup>th</sup> October.



## Think Pharmacy First!

Did you know.. as well as offering advice and over the counter treatments for lots of childhood illnesses, pharmacies can now offer clinical appointments and prescription medications (if needed) for these four common conditions in children?

- Earache (children aged 1-17)
- Sore throat (age 5 and over)
- Infected insect bites (age 1 and over)
- Impetigo (age 1 and over)

This Pharmacy First service is available at most community pharmacies in Cheshire and Merseyside. When your child is feeling unwell and off school with one these conditions, you want the right help as quickly as possible. Pharmacies can often provide a same day consultation with a trained clinical professional, giving

you access to advice and medication all in one place, without the need for a GP appointment first. This means they could be on the road to recovery and back at school much sooner. For more information visit:

<https://www.nhs.uk/thinkpharmacyfirst>



## Year 7 Welcome Mass

On **Thursday 17<sup>th</sup> October** at 6pm, we will celebrate our Year 7 Welcome Mass in school. The Mass is a formal welcome to all our new students and their families into the St. Julie's community and has been arranged for a time when we hope most parents/carers will be available to join us. All Y7 are invited to attend in full school uniform with parents and carers, so please join us for a lovely celebration with our local parish priests! Parents have been emailed and we ask that you [fill in the online form](#) to let us know if you are able to join us.



## Year 9 Parents' Evening

Year 9 Parents' Evening will take place on 24<sup>th</sup> October from 3:45 to 6:45pm, and will be face to face meetings taking place at school. Students from all year groups will finish at 3pm on this day.

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## Collection for Women's Refuges

This October is Domestic Abuse awareness month. We are asking for any donations that anyone can spare that we can donate to the Women's refuges. The refuges we currently support are in Knowsley and South Liverpool. We are asking for women and Children's toiletries, and any toy donations especially for older children and teenage boys. Thank you for your support.



WRITE A BOOK REVIEW BASED FOR A BOOK THAT HAS A FEMALE MAIN CHARACTER

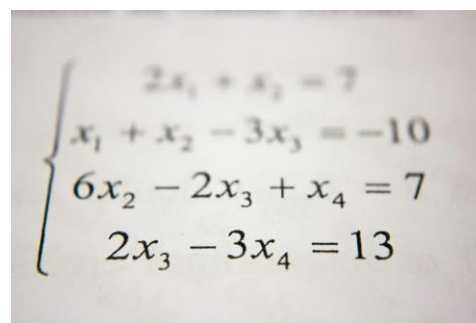
- Things to include:
  - Author
  - What the book is about
  - Details about the main character(s)
  - What you liked / disliked about the book
- Give your entry to Miss Flood - can be a paper or electronic copy
- Deadline: 18<sup>th</sup> October
- Best reviews will receive a prize

## Year 7 Book Review Competition

Calling all year 7 readers:  
Write a book review based on a book with a female main character.  
Your review needs to include:

- The author
- What the book is about
- Details about the main character(s)
- What you liked / disliked about the book

Please give your entries to Miss Flood by 18<sup>th</sup> October. Entries can be submitted on paper or electronically. The best entries will receive a prize.



## Congratulations to Our Mathematicians!

Well done to the following students who achieved the highest XP (Sparx experience) points in their Maths homework for the week 01/10-08/10. All students will be given a certificate from their maths teacher.

### Year 7:

Lillimay L  
Scarlett M  
Aaliyah C

### Year 8:

Scarlett M  
Ellan R  
Sophia B

### Year 9:

Ava H  
Lilyrose H  
Precious F

### Year 10:

Zuzanna T  
Rosie H  
Florence M

### Year 11:

Princess F  
Niah D  
Hayley C

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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

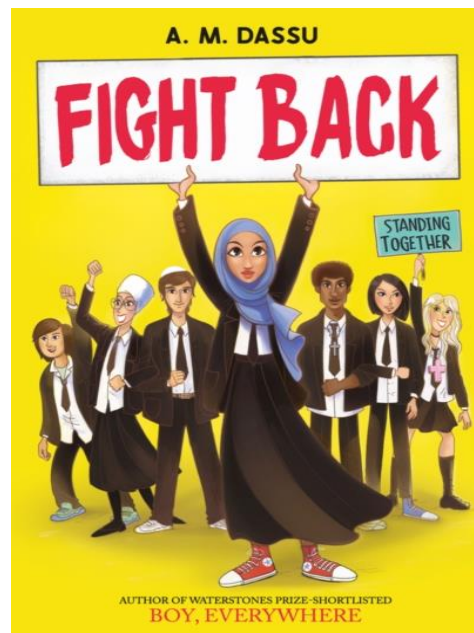
## The Importance of Attendance

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.



### 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](#).



### Recommended Read for October

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Fight Back' By A M Dassu.

*Aaliyah is an ordinary thirteen-year-old living in the Midlands - she's into her books, shoes, K-pop and she is a Muslim. She has always felt at home where she lives ... until a terrorist attack in her area changes everything.*

*As racial tensions increase and she starts getting bullied, Aaliyah decides to begin wearing a hijab - to challenge how people in her community see her.*

***But when her school bans the hijab and she is intimidated and attacked for her choices, she feels isolated.***

*Soon Aaliyah realises that other young people from different backgrounds also struggle with their identity and feel alone, scared and judged. Should she try to blend in - or can she find allies to help her fight back? Channelling all of her bravery, Aaliyah decides to speak out.*

### 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

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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/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](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.

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## 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](mailto: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.

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## 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.