



# St. Julie's Catholic High School

## Weekly Newsletter

Week Beginning 15<sup>th</sup> January 2024

### Forthcoming Dates for your Diary

**16<sup>th</sup> January**  
Girls Out Loud: Year 8

**17<sup>th</sup> January**  
Humanutopia Workshop: Year 8



### Welcome to Bishop Tom

We were honoured to receive a visit this week from the Right Reverend Bishop Tom Williams, Auxiliary Bishop Emeritus of Liverpool. Bishop Tom is a regular visitor to schools in Liverpool, dedicating huge amounts of his time to getting out and meeting parishioners. During his visit the Bishop made a tour of the building and visited some RE lessons before meeting with our Chaplaincy Prefects, with whom he shared his experiences of serving in parishes across the City. You can [read more about his visit and see some photos here](#).



### New Brilliant Club Cohort Begin Programme

We'd like to wish the best of luck to our new cohort of Year 7 and 8 students who are beginning their programme with the Brilliant Club. The students launched their study with a live inauguration web conference where they learned more about what lies ahead.



### Year 9 Designers Explore Renewable Materials

Textiles students in Year 9 started their new term off with a flourish, designing decorative costume out of stationery items! Using little more than paper, scissors and sellotape the students had to stretch their creativity in the structuring of their clothing panels to accommodate the properties of the materials they

**ST. JULIE'S  
STUDENTS  
WHO ARRIVE  
ON TIME  
HAVE  
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were working with. We think the results were fantastic!



## Year 10 Students Explore the Stations of the Cross

RE students made possibly the shortest field trip ever as they visited our school Chapel! Students were making a study of the Stations of the Cross, and this afforded a great opportunity to get out of the classroom and examine the fourteen stations mounted as ceramic plaques around our own Chapel. The Stations are steeped in history and originate in a desire to reproduce the path taken by Christ carrying the Cross through the streets of the Old City of Jerusalem. The opportunity to see the Stations presented in context was a valuable learning experience for the students.



## New Therapeutic Practitioner Assigned

We are very pleased to share that, as part of the ADHD foundation and St Julie's collaboration. We have been allocated a therapeutic practitioner, Michelle Morrissey. Michelle has 14 years' experience working in mainstream and SEND settings. She provides students with SEND 1:1 integrative therapy that is bespoke to each individual and their SEND need - pre or post diagnosis - such as, having a neurodevelopmental condition, particularly ADHD, ASC, Dyslexia, Dyspraxia, Dyscalculia, OCD, or Tourette's Syndrome.



## Live simply, sustainably and in solidarity

### Focus: Live Simply

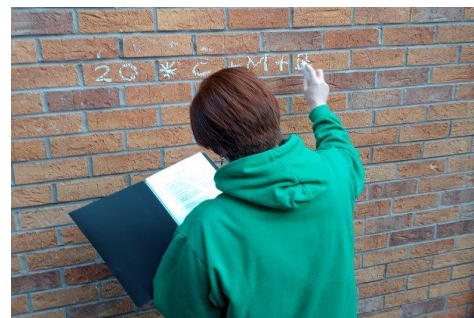
Create space in your life! We try to cram so many things into our day. We never feel like we have enough time because we try to do too much. But what would it be like if we did less? What would it be like if we took a few minutes' pause between tasks, or planned more down time between rushing here and there?

### Tip: Live Simply

You can say 'no' to things you don't really want to do! Forget 'FOMO' and take care of your own energy levels and head space.

Lord, help me to recognise when I'm feeling too overloaded and grant me the ability to say 'no' to things that will not bring me joy or peace. **Amen.**

This is a fantastic opportunity, and we are looking forward to welcoming Michelle into our St Julie's community.



## Chalking The Door!

During Bishop Tom's visit we celebrated the Epiphany tradition of 'chalking the door', inscribing the text "20+C+M+B+24"

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outside our student entrance, honouring the visit of the Magi.

## Welcome to our New Teachers

We have started the new term by welcoming two new permanent members of our teaching staff. Miss Lucass joins our Social Sciences and Computing department as a teacher of Business Studies and Miss MacGabhann joins us as a teacher of Humanities. We wish them both every success in their new roles within the St. Julie's community!

## Staff Vacancies

Would you like to work at St. Julie's? As well as teaching posts we are currently advertising vacancies for a Facilities Assistant, Learning Support Assistant, Cleaning Assistant, Cover Supervisor and temporary Administrative Assistant. You can find [more details on our website](#).



## Cambridge University Outreach Programmes

We're pleased to bring you details of some exciting opportunities from the University of Cambridge Outreach Programme.

### For KS4 students

#### Christ's College 'The Subject Matters': A Level Choices webinar | Years 10-11 | 25 January 2024

This webinar will provide advice on what subjects and combinations of subjects to choose to be competitive for a variety of courses at Cambridge and other selective universities. Teachers and careers advisors, as well as parents and guardians, are also welcome to watch this session.

### For KS5 students

#### ClickCambridge | Year 12 Bangladeshi, Pakistani, and Arab students | January-June 2024

The ClickCambridge online programme for UK-domiciled Bangladeshi, Pakistani, and Arab (or mixed) students in Year 12 is now entering its fourth year. Outreach practitioners and Student Ambassadors from a team of Cambridge Colleges run monthly sessions from January-June, each covering different topics or skills to help students with their A Level studies and university applications. Applications will close on 24 January 2024.

#### Christ's and Trinity Colleges Women in Maths Residential | Year 12 | 21-23 March 2024

Women in Year 12 who are interested in studying Maths at a top university are invited to this residential hosted by Christ's and Trinity Colleges. Students will attend lectures and classes taught by Cambridge academics and meet current students and admissions staff. Applicants must be studying A Level Maths and Further Maths, or equivalent qualifications. Applications will close on 31 January 2024.

#### Rosalind Franklin Women in STEM Conference | Year 12 | 25-27 March 2024

Newnham College is hosting a three-day conference and residential for women in Year 12 who are interested in STEM subjects including Biology, Chemistry, Mathematics, and Medicine. The event will foster academic discussion among young people and provide opportunities for them to share and present their ideas. Accommodation and meals are provided free of charge, and travel bursaries are available. Applications will close on 5 February 2024.

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## 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](#).



## Recommended Read for January

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Gilded Ones' by Namina Forna.

*Sixteen-year-old Dekka lives in Otera, a deeply patriarchal ancient kingdom, where a woman's worth is tied to her purity, and she must bleed to prove it. But when Dekka bleeds gold - the colour of impurity, of a demon - she faces a consequence worse than death. She is saved by a mysterious woman who tells Dekka of her true nature: she is an Alaki, a near-immortal with exceptional gifts. The stranger offers her a choice: fight for*

*the Emperor, with others just like her, or be destroyed...*

## 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)

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### 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.

### 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

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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](#).