



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 15th July 2024

Forthcoming Dates for your Diary

18th July

All students finish at 1:30pm.

19th July

INSET Day

Students do not attend



It's Sports Day!

The week of wet weather broke a little for us as the whole school headed to Wavertree Athletics Centre for School Sports Day! The day saw students competing in events both orthodox and fun, and saw some healthy competition in some staff versus students events. You can read more about the day and see lots of photos in the [full story on our website](#).



Congratulations to Dance World Champions!

Congratulations to Millicent in Year 7 and Summer in Year 8 who have returned from the Dance World Championships with gold medals! The competition was held this year in Prague and ran over 8 days of performances and our students, who dance with Jelli Studios, took gold in the 'Showdance' category with a performance of 'Hocus Pocus'. You can [read more here](#).



Gymnastic Success In International Competition

Congratulations to Maya in Year 7 who has had a fantastic result in the Gymstars international competition held in Malta. The open entry competition saw Maya representing The Wire gymnastics club, her training base in Warrington where she works under coach Holly Doherty. In a competition featuring hundreds of competitors, Maya proudly claimed an overall third

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

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place in the 10-12 age group, winning the bars discipline outright. Maya's journey started on her trampoline at home before joining Beth Tweddle Gymnastics, and then moving on to Aerial Gymnastics in Croxteth. She has been training at The Wire since January this year. Her advice to anyone seeking to emulate her success is simple: "Keep trying!" Very well done to Maya on her success!



Walking In The Rain

Our Year 9 students were undeterred by inclement weather as they set off for their trips to the Lake District!

On Tuesday and Wednesday the visits, as part of the Global Citizenship Course, saw the students walk to the top of Orrest Head viewpoint then down into the Lakeside town of Bowness on Windermere for lunch and a chance to view the lake, say hello to the local wildlife and do some souvenir shopping. Many of the students were making their first trip to the Lake District and despite the challenges of the weather the groups had a fantastic time! Thank you to all of the staff who helped to support these trips.

**THROUGH
THEIR EYES**
POETRY COMPETITION FOR 11-18 YEAR-OLDS

Congratulations to Published Poets!

Congratulations to 25 of our talented poets whose work has

Live simply, sustainably and in solidarity

Focus: Live simply

A lot of people find comfort in prayer – it centres them and gives them the peace they need. If you've never tried praying before it can be hard to know where to start. Prayer can help you understand what you are feeling and the best way to do it is to imagine Jesus is sat next you....

Tip: Live simply

Talk to Jesus like you would a friend – even if you start by saying, 'I feel silly saying this but...' already that's a prayer... keep doing it and it will become more natural over time.

Jesus, I don't really know what to say right now but I am open to see you working in my life. Help me to see and know you better. Amen

been selected for publication in the 'Through Their Eyes' anthology. In this competition, the pupils had to write from the perspective another person or object. The responses from our pupils included some imaginative and quite abstract ideas, including: loneliness, fear, super heroes and a river! Well done to: Lilyrose, Imogen, Ava, Luella, Heidi, Evie, Ariann, Grace, Isla, Ciara, Hannah, Olivia, Maggie, Maddison, Paige, Ava, Freya, Maisie, Nevaeh, Jessica, Esme, Isabella, Grace, Sharnie and Kendall.



Sports Day 2024



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Congratulations to STEM Club!

Well done to all of the members of our STEM club who have been spending time after school throughout the year exploring the exciting world of Science, Technology, Engineering and Maths. They have rounded off the year with a presentation of certificates from Mr Boylan and Mr Magor.



Epic City Centre Mural of Katarina Completed!

Visitors to Dale Street in the City Centre can't help but be wowed by an amazing giant scale mural completed by artist Paul Curtis. The 30 metre high artwork represented a personal milestone for Paul as it is his 250th piece of wall art. The mural depicts Katarina Johnson-Thompson leaping hurdles with motivational messages on them and she was there for the official opening. The installation was sponsored by British Gas and you can see it in person next to Hatton Garden.

Support for parents, carers and young people over the summer holidays

Training for parents/carers and professionals working with children and young people



Merseyside Youth Association's mental health promotion team (RAISE team) deliver a range of FREE bite-size courses covering a range of mental health issues that impact children, young people and their families.

Bitesize

Bite-size sessions coming up in July delivered via Zoom...



Kooth launches Summer campaign #GoSomewhereGood
For some young people, the extended hours of isolation over the summer holiday can...

Summer Mental Health Support

You can [click here](#) for a copy of a bulletin listing mental health support services that can be accessed throughout the summer, as well as some training opportunities for parents and carers.



Open Access Drop-In Coffee Morning



Grab a hot drink and join us for a chat.
Theme to be confirmed.

To book a place please visit:
www.ypas.org.uk/whats-on/

DAY	TIME	LOCATION
17TH, JUL	10AM - 12:00PM	SOUTH HUB

YPAS Open Access Coffee Morning

YPAS are hosting an open access drop-in coffee morning at their South Liverpool hub on Wednesday 17th July between 10am and 12pm. You can [find out more details here](#).



Summer Self-Care Toolkits

The Anna Freud Centre have launched some self-care toolkits with links to resources that children and young people may find helpful over the summer. Please see the link below for more information:
<https://www.mentallyhealthyschools.org.uk/resources/self-care-summer-toolkit/>

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ALWAYS FOLLOW THE WATER SAFETY CODE



Whenever you are around water:

STOP AND THINK

Take time to assess your surroundings. Look for the dangers and always research local signs and advice.

A cartoon illustration of a young boy with brown hair and green-rimmed glasses, looking thoughtful with his hand on his chin.

STAY TOGETHER

When around water always go with friends or family. Swim at a lifeguarded venue.

A cartoon illustration of two children, a boy with dark curly hair and a girl with red curly hair, both looking towards the viewer.

In an emergency:

CALL 999

Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.

A cartoon illustration of a girl with dark hair, wearing a yellow and orange swimsuit, holding a smartphone.

FLOAT

Fall in or become tired - stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.

A cartoon illustration of a girl with blonde hair, wearing a purple swimsuit, floating on her back in the water.

Enjoy Water **Safely**

Learn basic lifesaving and CPR skills. Visit www.rlss.org.uk



St. Julie's Alumnae

Register As An Alumnae

Are you a former pupil at St. Julie's? Would you like to join our register of alumnae? 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](#).

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Summer HAF Programme

The Summer HAF programme starts on the 22nd July and there are lots of great activities happening over the school holidays. Children and young people, from reception to age 16, **who are eligible for benefits related free school meals**, will be able to access hundreds of activities throughout the Summer holidays including specific provision available for children with SEND or additional needs, at no cost. There's a great range of activities across the city including zorbing, garden fun, bubble football, nerf wars, mindfulness, swimming, football, music, dance, cycling, gymnastics, theatre tech, cooking, discos, podcasting, arts and crafts, drama, basketball, trips out and nature walks! A meal will be provided for every child attending. You can find out more at the [centralised place booking system](#).



Young Blue Room Summer Programme

Blue Room is Bluecoat's inclusive arts project for learning disabled and neurodivergent adults. During the summer there is a programme

of activities aimed specifically at younger people. You can find out more details in [this information booklet](#).



Recommended Read for July

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'A Cool History of Ukraine: From Dinosaurs Till Now' by Inna Kovalyshena..

What kind of dinosaurs lived in Ukraine? Who fought for Ukraine's independence? Why were the Cossacks so glorious? These are just some of the questions they explore.

- Includes a chapter covering Ukraine's current situation
- Stunning, vibrant art throughout the book
- An accessible guide to Ukraine's history

A unique approach to non fiction, this is an important read for all children who want to understand more about what life was like in Ukraine before the war with Russia, and how things have changed.

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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](#).

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/OccupationalTherapist> 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](#).