



# St. Julie's Catholic High School

## Weekly Newsletter

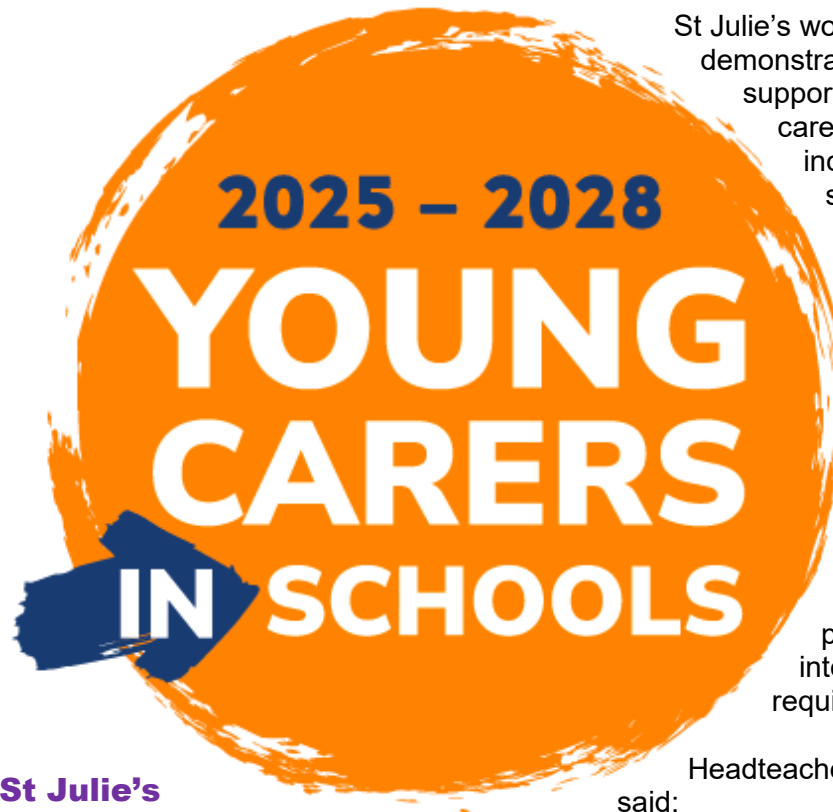
### Forthcoming Dates for your Diary

**18<sup>th</sup> December**  
Christmas Accessory Day

**19<sup>th</sup> December**  
Advent Christmas Services

**19<sup>th</sup> December**  
Last Day of Term for Students  
Students finish at 1:15pm

**12<sup>th</sup> January**  
Year 13 Mock Exams Begin



### St Julie's Wins Young Carers Award

St Julie's has won a prestigious award for its work supporting young carers with their education.

The school was presented with the Young Carers in Schools award on Friday 5<sup>th</sup> December. Young carers are children under 18 who are responsible for the care of a family member with who, due to illness, disability, mental health condition or addiction, can't cope without their support.

The award is part of the Young Carers in School programme run by charities The Children's Society and Carers Trust. The programme provides primary and secondary schools across England with step-by-step guidance for teachers, leaders and non-teaching staff to gain the practical tools they need to help young carers.

St Julie's won the award by demonstrating how it supports young carers. This includes drop-in sessions with a named member of staff responsible for this vulnerable group of pupils; referrals for external support where required, and personalised intervention as required.

Headteacher Mrs McCourt said:

*We are incredibly proud to receive the Young Carers in Schools award. At St Julie's, we recognise the immense responsibility that young carers carry alongside their education, and we are committed to ensuring they feel supported, valued, and able to thrive. This award reflects the dedication of our staff to creating an inclusive environment where every student has the opportunity to succeed.*

Research by Carers Trust shows 40% of young carers say they don't get enough support to balance education and caring. Separate research by The Children's Society shows young carers get an average of one grade lower in GCSE subjects than their peers and they often also have lower levels of self-confidence and mental wellbeing. Statutory guidance makes clear that all school staff should be particularly alert to the potential need for early

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help for young carers. The Young Carers in School programme is a way of helping schools address this. Vicky Morgan, Carers Trust's Head of Young Carers at Young Adult Carers, said:

*"We're delighted to present the Young Carers in Schools award to St Julie's High School. Figures show there are two young carers in every classroom but balancing learning with looking after family members can be tough without help. By identifying young carers and putting support in place, schools and teachers can make a huge difference to their wellbeing and education. That's why the brilliant work done by staff at St Julie's is so vital and why this award is so richly deserved."*



Congratulations

St Julie's Catholic School, Liverpool

for successfully gaining a  
**Young Carers in Schools Award.**

Valid from November 2025 to November 2028

Charity Registration No. 221242 © The Children's Society 2025. Photos are for illustrative purposes only and do not represent the actual award.

**CARERS TRUST** & **The Children's Society**

Lisa Witherden, Head of National Programmes at The Children's Society said:

*"Recent figures from the school census highlight that nearly 80% of schools reported they had zero young carers in their pupil population. We know this simply isn't true and that young carers are a hidden group of children and young people who need support to achieve the same level of success as their peers at school. We're absolutely thrilled that St Julie's High School has achieved the*

*Young Carers in Schools award, demonstrating their commitment to identifying these hidden children and young people and ensuring they get the vital support they need to thrive in education and in life beyond school."*



## Schools' Advent Service

On Wednesday, student representatives from Y7, 8 and 9 went to the Metropolitan Cathedral for the annual Schools' Advent Service. Primary and secondary schools from across the Archdiocese gathered to watch an entertaining retelling of the Nativity story through song, dance and a few bad jokes! The highlight this year was the inclusion of a real donkey! Students participated in the singing of carols and the event ended with a toy collection for Nugent - a lovely way to mark this advent season!

# Annie

## Christmas Production A Roaring Success!

On Wednesday we reached the climax of our production run with the emotional final performance of Annie! The show has been met with huge acclaim by audiences, from our primary matinee last week through to our three sold out evening performances. The talent, passion and enthusiasm shown by all members of the company, from our principal cast through to chorus, technical and costume, is a credit to the inspirational teaching and dedication of our Performing Arts team. Thank you to everyone who came to enjoy the show and support our students. We hope you enjoy the photo gallery on the next page.







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### Peaceful Holidays

Liverpool City Council has put together some really helpful tips for reducing parental-family conflict this Christmas. You can [find all of the information here](#).



### Winter HAF Programme

The Winter HAF programme starts on the 22<sup>nd</sup> December with plenty of exciting 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 Winter holidays including specific provision available for children with SEND or additional needs, all at **no cost**. There's a great range of festive and non-festive activities across the city including trips to pantomimes, festive arts, crafts, cards and decoration making, Santa's Grotto, winter wonderland disco, roller skating disco, rave dance, cheerleading, tumbling, zorbing, nerf battles, circus skills, Lego activities, film and jewellery making, basketball, trampolining and ice skating to name but a few! A meal is included for every child attending. You can find out more information and [book places here](#).

## Meet the Junior 1804 Society!

We are delighted to introduce our Junior 1804 Society student leaders to you and will do so over the coming weeks. The 1804 Society plays a vital role in the life of St Julie's, giving students the opportunity to shape the future of the school and leave a lasting legacy.

Named after the year the Sisters of Notre Dame were founded, the Society connects today's students with those who have gone before, encouraging them to embody the school motto: "*Serve the good God well with much liberty of spirit.*" Members take on leadership roles that strengthen our community and ensure student voice is at the heart of school improvement.

This week's Junior 1804 Pen Paragraph is from our Celebration Coordinator, Phoebe (Year 8)

*Hi everyone, I'm Phoebe from Year 8. I wanted to be part of Junior 1804 because I want to make positive changes and listen to everyone's ideas. Feel free to chat to me at break or in form if you have any suggestions or ideas for me to raise.*

And our Diversity Co-Ordinator, Heidi (Year 9)

*I wanted to be part of the 1804 Society to get involved with school decisions and help both student and teachers to make a positive impact on the school. Being a part of it will help me to gain leadership skills and connect with other students so I can see things from their perspectives to help them. Being a part of 1804 also helps members to be more confident and communicate with others.*

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### Double Fixture for Footballers

On Tuesday our Year 7 and 8 Football Team contested a triangular fixture with back to back matches against teams from Bellerive and Gateacre High School. Although tough on the players from all teams, everyone showed their stamina and endurance in the matches. Congratulations to our players who recorded a win against Bellerive and a draw against Gateacre!



### Fair Play Award for Badminton Players

This week we sent a team of badminton players to the first badminton tournament of the year hosted at Belvedere Academy. As well as earning a creditable fourth place overall, our players were recognised for their great sportsmanship with a tournament 'fair play' award! Well done to all of the players for a great tournament.



### Year 8 at CyberMEGA Event!

Year 8 students attended the Computer Science CyberMEGA Event on Tuesday 9th December where they had the opportunity to take part in lots of engaging activities. Some of the activities included building and programming robots, programming robots to play football, decode Santa's code to stop The Grinch from getting access and many more! The students were able to compete against other schools and win some amazing Prizes. The Grinch even made a surprise appearance! Isabella won the top Cyber Student from St Julie's for her confidence and participation! Well done to all students, they had a fantastic day and even enjoyed a slice of pizza!



### Into The Christmas Spirit!

Staff took on a festive look on Thursday this week as they entered into the Christmas Spirit with our Christmas Jumper day, raising funds for Save the Children. Students get their chance next week when we have our Christmas accessory day!





## Sixth Form spotlight!

In our final week of subject spotlights, we wanted to highlight a range of exciting Level 3 courses that combine academic knowledge with real-world application. In *Business Studies*, students explore marketing, finance, and management, preparing for careers in entrepreneurship, business consultancy, and project management. Last Year, degrees in Business Studies or Business and Marketing were our most popular subjects for Post 18 subject choices at university!

*Sociology* examines society, culture, and social change, with pathways into social research, public services, and education. Year 13s enjoy studying Sociology in order to better understand how society works — exploring how people, communities, and institutions shape the world around us. It encourages critical thinking, empathy, and awareness of social issues, helping us make sense of current events and preparing us for careers where understanding people and social structures is key. Our Criminology course helps students explore the causes of crime, the justice system, and the impact of crime on society. It develops analytical thinking, research skills, and a deeper understanding of human behaviour — perfect preparation for careers in law, policing, criminology, social services, and public policy, as well as helping students become more informed, critical thinkers.

*Psychology* focuses on human behaviour and mental processes, opening doors to careers in healthcare, counselling, education, and criminology. To learn more about A level Psychology, [click here](#). Our Year 13 students enjoy Psychology A level because it offers fascinating insights into human behaviour, mental processes, and how individuals interact with the world around them. The subject combines theory with real-life applications, allowing students to explore topics like memory, development, and social influence, while also sharpening their critical thinking, research, and analytical skills.

*Health and Social Care* provides insight into health services, care practices, and human development, ideal for roles in nursing, social work, and community care. Many of our sixth form Health and Social Care students progress to Nursing (Adult and Paediatric) and Paramedic Science courses at University. Students that follow other avenues include Social Work, Childhood and Youth Studies and Teaching.

Our popular *Digital Media* course covers content creation, digital marketing, and media production, leading to careers in graphic design, advertising, and digital communications. Studying Digital Media allows students to develop creative and technical skills – skills which are in high demand in today's digital-first world. Our course opens up exciting career paths in marketing, social media, graphic design, film, and web development, while also building problem-solving, collaboration, and project management skills that are valuable in any industry.

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## Animate present to Sixth Form students!

Our guest speakers for assembly this week were Ellie and Fr Simon from Animate Youth. Students learned about the various initiatives available to them, including the exciting opportunity to join Animate Youth for a transformative Gap Year. The Gap Year involves living in community, growing in faith, developing life and leadership skills, and inspiring young people across the Archdiocese through retreats, missions, and creative ministry. Animate Youth also take part in national events such as Flame; and Diocesan events such as the Lourdes Pilgrimage and Faith in Action Award. For more information and to get involved, click here: [Animate Youth](#)



## Careers In Construction

Year 12 welcomed Elizabeth and Mark from Cunliffe's on Thursday where they learned about the range of careers in the construction industry. Students were able to discover pathways and routes into the industry; different roles within the company and the ever growing number of females working within engineering. We'd like to thank Mark and Elizabeth for their time.



## Empowering futures with The Big Trust

The Big Trust is currently recruiting for their latest programme “**Next step: Employment**”, designed to help young people build confidence, develop new skills, and move positively toward training, volunteering, apprenticeships, or employment.

### Next step: Employment – Our programme offers:

- **Tailored one-to-one mentorship** – Regular support that focuses on personal goals, challenges, and strengths.
- **Training & Apprenticeship guidance** – Helping young people understand and access development opportunities.
- **Volunteering & Employment pathways** – Practical help finding suitable roles or work experience.
- **Confidence & skills building** – Calm, youth-centred sessions that build communication, teamwork and life skills.
- **Barrier removal** – Solutions to practical or emotional challenges that may be holding them back.



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- Wellbeing support** – A safe and understanding space to talk, reflect, and build resilience.

For more information check out [info@thebigtrust.org](mailto:info@thebigtrust.org) or [www.thebigtrust.org](http://www.thebigtrust.org)



## Keeping your family well this winter

### A message from the Director of Public Health Professor Matthew Ashton

Flu is spreading earlier than usual this year. More people are getting sick. There are easy ways to help stop it spreading. Please remind your child to wash their hands often - especially before eating, after using the toilet, and after coughing and sneezing. Encourage them to cover their nose and mouth when they cough or sneeze, and to wash their hands afterwards.

If they don't have a tissue, they can cough or sneeze into their elbow or sleeve, not their hands.

The flu vaccine is the best way to protect yourself from flu. If your child did not get their flu vaccine at school, you can bring them to a drop-in flu clinic this Saturday morning at Kensington Clinic, 9:30am–12:30pm for school-aged children. No booking is needed. The flu vaccine helps protect your child and family. It is safe and cannot give your child the flu.

Children can still come to school if they have a slight [cough](#) or a [common cold](#), (like a runny nose, sore throat or headache), as long as they are otherwise well and do not have a high temperature. But if they

have a high temperature, keep them off school until the temperature has gone.



## Logging into GCSEPod

[Click here for the quick guide](#) to helping your child log into to GCSEPod, a fast paced, easily accessible and carefully curated set of revision guides, available right on their phones.



## Responsible Parking

Please [click here to read a copy of a letter](#) circulated by Mrs McCourt last week referring to parking and stopping whilst picking up and dropping off students.



## Punctuality Procedures at St Julie's

At St Julie's, we believe punctuality is crucial for a successful and positive school day. Arriving on time ensures every pupil is ready to learn and minimises disruption for all.

### Why Is Punctuality So Important?

- Sets good routines for life
- Ensures no learning is missed
- Minimises disruption for others



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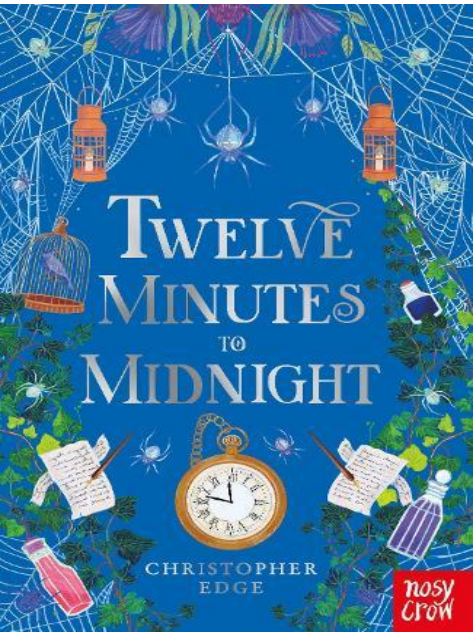
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You can read our [punctuality procedures in detail here](#).

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.



## Recommended Read for December

If you're stuck for reading inspiration why not take a look at our recommended read? This year's recommended reads are all coming from our students, and Amy's

recommendation for December is 'Twelve Minutes to Midnight' by Christopher Edge.

**Twelve Minutes Till Midnight**  
*Twelve Minutes to Midnight is a historical adventure novel by Christopher Edge, the first in the Penelope Tredwell Mysteries series. The story follows 13-year-old orphan heiress Penelope Tredwell, who writes under the pseudonym Montgomery Flinch for her popular magazine, The Penny Dreadful. When she receives a letter from the governor of the Bedlam madhouse, she's drawn into a real-life mystery where patients write strange visions of the future at twelve minutes to midnight each night.*



## 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](#).

## 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

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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.

## 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).



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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](#).

### Neglect

Everyone deserves to feel safe, cared for, and to have their basic needs met. Being taken care of means that someone is giving us what we need physically and emotionally, as well as making sure individuals are getting an education and access to things like the doctor when needed. If you are struggling; or you think someone you know is being neglected, then it's important to get support. Click here [Neglect | Childline](#) to learn more about accessing support; the types of support you could access. This page contains a contact number: 0800 1111; a contact form and offers different ways of obtaining help including a 1-2-1 chat with a counsellor [Get Support | Childline](#)

### Young Carers Support

Barnardo's Action with Young Carers offers assessments and support for young carers. You can find out more from their [information leaflet](#) or [at the website](#).

### 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.

### RASA (Rape and Sexual Abuse)

**Merseyside** is a specialist service providing support to anyone who has been impacted by any form of sexual violence at any time in their lives. You can call us on 0151 558 1801, email [referrals@rasamerseyside.org](mailto:referrals@rasamerseyside.org) or visit our website [www.rasamerseyside.org](http://www.rasamerseyside.org)

### 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**

## 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: [Miss O Knisz](#)  
Year 8: [Mrs J Navarro](#)  
Year 9: [Miss C Corrigan](#)  
Year 10: [Miss V Homer](#)  
Year 11: [Mr M Mottram](#)  
Sixth Form: [Mrs R Lyons](#)

### Curriculum Leaders

English: [Mrs D Walker](#)  
Maths: [Miss M Naylor](#)  
Science: [Mr J Magor](#)  
RE: [Mrs H Dunleavy](#)  
MFL: [Mrs R Buckton](#)  
Humanities: [Miss J Rimmer](#)  
Performing Arts (including PE): [Miss A Douglas](#)  
Art and Technology: [Mrs A Bell](#)  
Social Sciences and Computing: [Mrs K Byrne](#)

SENDCo: [Miss S Jackson](#)  
Safeguarding: [Safeguarding Team](#)

## Why not visit our Websites?

[St. Julie's Main Website](#)  
[Chaplaincy Website](#)  
Chaplaincy Instagram: stjulesl25  
[Wellbeing Website](#)  
[Careers Website](#)

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 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.

## Resources for Parents in Knowsley

[Advanced Solutions](#): 0151 486 1788

Listening Ear: St Nicholas Centre,  
70 Church Road, Halewood, L26 6LB  
0151 488 6648

Children in care (under 18?) Polaris  
[Knowsley.EHWP@coreassets.com](mailto:Knowsley.EHWP@coreassets.com)  
07967 381 035

[Knowsley CAMHS](#) 0151 351 8610

[Kooth](#)

## [Mental Health Support Teams](#)

[Zuntold](#)

Domestic Abuse  
[Merseyside Domestic Violence Service](#) 0780 272 2703 mdvs.org

[Ruby Project](#) [ruby@pss.org.uk](mailto:ruby@pss.org.uk)

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)