



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 16th September 2024

Forthcoming Dates for your Diary

16th September
Reading assessments begin (Years 7 to 11)

19th September
Year 4, 5 and 6 Open Evening



St. Julie's Secures CAFOD Live Simply Award

We are delighted to confirm that students and staff from St. Julie's Catholic High School have achieved the LiveSimply Award validating that we are living simply, sustainably, and in solidarity with the world's poorest and communities around the world experiencing poverty. A formal assessment took place on Thursday and we have just received the good news! We'll bring you more news on this award, how we achieved it and the impact it has had very soon!



Silver Medal For Taekwondo Athlete!

Congratulations to Freya in Year 11 who fought her way to a silver medal at the Whiston Open this weekend! Freya had a great competition, and earned a silver medal in the A Class Junior Under 59kg category. Congratulations to her and the coaching staff at Liverpool Elite!



Year 13 Student Represents Team GB at European Championships!

Congratulations to Hannah in Year 13 who was representing Team GB in the U19 European Water Polo Championships held in Zagreb during the Summer. Team GB saw some great results in the early stages, with four wins out of five securing second place in the group stages. An unfortunate draw

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

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in the knockout stages saw Team GB taking on the team from the Netherlands, whose senior team are current World Champions. Read more about what happened next in the [full story on our website!](#)



Congratulations to Junior World Champion!

Congratulations to Georgie in Year 10 who was crowned Junior World Black Pudding throwing champion! You may recall that two years ago Georgie's sister Libby, currently in Year 13, claimed the title, and Georgie has continued the family legacy at this year's event at Ramsbottom in Lancashire. Georgie lined up against dozens of other hopefuls and after some gruelling slinging prevailed as champion. Congratulations Georgie!



Sixth Form Students Enjoy Welcome Breakfast

With the return to school managed and Sixth Form students settling into their courses we began this week with a chance for students to relax and get to know each other in a new context at the Sixth Form welcome breakfast. The catering team rose to the occasion magnificently to make every diner happy!

Wellbeing Drop-In Sessions

Wellbeing Drop-In Sessions

This year there are additional Wellbeing Drop-ins being held daily to promote good Attendance in school. If you need a quiet space or supportive chat please drop in to see Miss Ainsworth:

Time	Room	Staff	Day
8:30-9:00am	A307	Miss Ainsworth	Every Day
10:40-11:00am	A307	Miss Ainsworth	Every Day



Year 11 Support

Please [click here for a document circulated this week](#) to parents of students in Year 11 by Miss Gawley. The letter contains details of support available to Year 11 students this year, a schedule of revision classes that have already started and a number of key dates for your diary.



Meeting the SEND Team!

Thank you to parents and carers of students in Year 7 who came along

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to our 'meet the SEND team' event. The evening offered an opportunity to talk to the SENDCo and wider team about the support that is available in St. Julie's in a more relaxed environment, over a cup of tea in the Dining Room! We certainly found the event helpful and we hope that our guests felt the same way.



Liverpool
City Council



Liverpool ASD Training Team Q&A Session

ASD Training Team Q&A

We will be hosting the ASD team in school on Monday 30th September 2024 from 2pm until 3pm. The event is for parents and carers to meet with the ASD team with any questions you may have. This could be that you may think your child could possibly have ASD, is already on the pathway or has had a diagnosis and you are wondering what support is available. If you would like to come along please contact school reception on reception@stjulies.org.uk to confirm your attendance. Members of the Pastoral and SEND team will also be on hand to answer any questions you may have with school support. Please note that as this event is for parents and carers only, your child will remain in lesson and unfortunately no younger siblings will be able to attend due to safeguarding reasons. We look forward to meeting you there.



UCAS Information Evening

We were delighted to invite Year 13 students, their parents and carers and Louise Carr from the University of Liverpool to school last week. Louise shared valuable insights with all present in order to make the university application process less daunting. Students were able to learn about different types of institutions, admissions tests, the benefits of Higher Education and what admissions teams are looking for. They were also provided with insightful tips for choosing courses, locations and the importance of gaining work experience. We'd like to thank Louise for coming to speak to us, and wish Year 13 students the best of luck with their forthcoming applications! For more information about university open days, click here [Opendays.com - university and college open days - home page](#) and to find out more about the University of Liverpool, click here: [The University of Liverpool](#). For more tips about choosing the university, please click here: [A student's guide to choosing the right UK university](#).



Extra Curricular Clubs

Back In Force!

Extra curricular clubs in Performing Arts have got off to a flying start with great popularity across all the options! Thanks to everybody who has come along so far and we'd love to see more people. If you're interested in joining just pop along!

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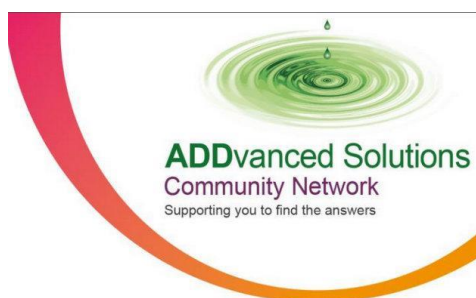
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Cake Sale for 'Alfie's Squad'

Harriette and Layla in Year 12 held a fundraising cake sale with proceeds going to Alfie's Squad, a charity supporting young people bereaved by suicide. The two students held the sale to support wider fundraising they are taking part in, including a 26 mile sponsored walk from Southport to Otterspool. Thank you to everyone who supported the sale by donating or buying a cake! Alfie's Squad is a non-profit organisation founded by 15-year-old Alfie Fitzsimmons. Their unique service utilises team activities in their 'squads' which are specifically aimed at young people aged 6-17, but will also help parents and carers. They have recently launched a young adults group for people between the age of 18-25. For more information about who they are and what they do, [click here](#).



ADDvanced Solutions Events

ADDvanced Solutions Community Network is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. Below you will find the learning programmes and workshops for Knowsley and Liverpool families. No diagnosis or

referral is needed to access ADDvanced Solutions Community Network.

[Autum events for LIVERPOOL](#)

[Autumn events for KNOWSLEY](#)

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](#).

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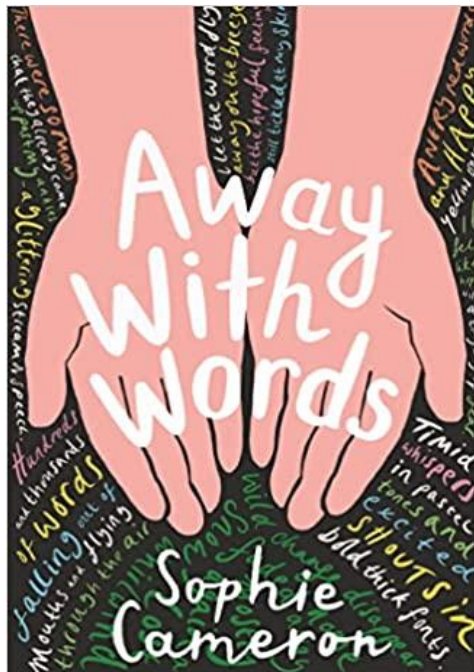
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Recommended Read for September

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Away With Words' By Sophie Cameron.

Gala and her dad, Jordi, have just moved from home in Cataluña to a town in Scotland, to live with Jordi's boyfriend Ryan. Gala doesn't speak much English, and feels lost, lonely and unable to be her usual funny self. Until she befriends Natalie, a girl with selective mutism. The two girls find their own ways to communicate, which includes collecting other people's discarded words. They use the words to write anonymous supportive poems for their classmates, but then someone begins leaving nasty messages using the same method – and the girls are blamed. Gala has finally started adapting to her new life in Scotland and is determined to find the culprit. Can she and Natalie show the school who they really are?

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

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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/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

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

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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 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.