



# St. Julie's Catholic High School

## Weekly Newsletter

Week Beginning 16<sup>th</sup> December 2024

### Forthcoming Dates for your Diary

20<sup>th</sup> December  
Advent Services

20<sup>th</sup> December  
Students finish at  
1:15pm



### Grease Is The Word!

On Wednesday evening we drew the curtains on our spectacular production of Grease: The Musical! Months of hard work in preparation saw the company deliver five breathtaking performances, including our traditional matinee show for students in our local primary schools. You can read more and see the fantastic photo gallery in the [full story on our website](#).



### Students Shine In Knowsley Panto!

Congratulations to five of our talented performers who have shone in Trio Entertainment's production of Cinderella at Knowsley Leisure and Culture Park! Well done to Millie and Jasmine in Year 7, Amelia in Year 8, Charlotte in Year 10 and Keira in Year 12 for great performances on the professional stage!



### Choir Performs for Marie Curie Service

Our school choir have once again been honoured by an invitation to sing at the Marie Curie 'Lights to Remember' service, held at Liverpool Cathedral last Sunday. The annual service is a chance for families who have been bereaved to unite in memory of their loved ones. Our singers rose to the emotional occasion beautifully, and as well as

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



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Year 9: [Miss V Homer](#)  
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Year 11: [Miss E Murphy](#)  
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### Curriculum Leaders

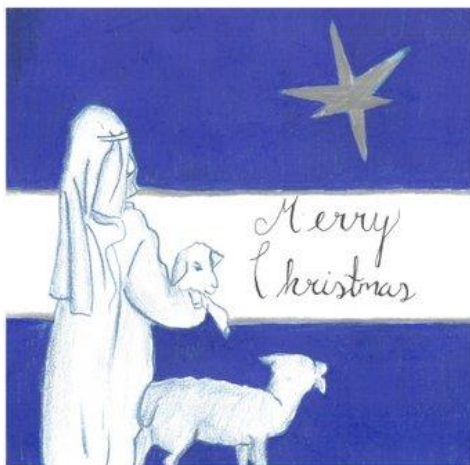
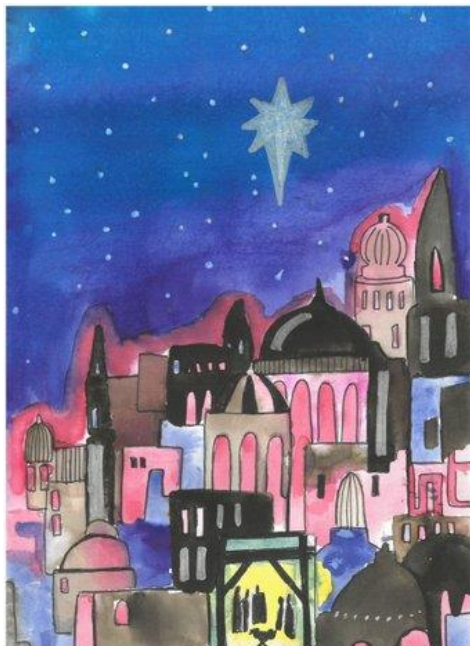
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[Wellbeing Website](#)  
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their beautiful choral song, accompanied expertly by Year 12 pianist Hayley, those in the congregation heard readings from Ava and Emily and a solo performance from Lilly Jai. Thank you to all the students for giving their time and talents so willingly, particularly as many of the choir performers had been in rehearsals all day for our Christmas production.



**2024 Christmas Card Competition: a letter from the Headteacher**

Dear Parent/Carers,

## Congratulations to Our Christmas Card Design Winners!

I am delighted to confirm the winners of our 2024 Christmas Card Design Competition. Due to the overwhelming number of entries and the exceptional standard of artwork submitted, the selection process was incredibly challenging. After much consideration, we are thrilled to announce the winners:

- Megan, Year 8
- Katie, Year 10
- Phoebe, Year 12

Their stunning designs captured the spirit of the season beautifully and will now be featured as our official Christmas cards for 2024. These cards will be distributed to local primary schools and throughout our community, showcasing the incredible creativity of our students.

I would also like to take this opportunity to express my heartfelt thanks to all students who participated. The effort, imagination, and talent displayed by each entrant were truly inspiring. Competitions like these remind us of the vibrant creativity that thrives in our school.

Congratulations once again to Megan, Katie, and Phoebe on this well-deserved recognition. I hope their work inspires others to participate in future artistic endeavours.

Wishing you all a joyous festive season,

Yours sincerely,

Mrs Kate McCourt  
**Headteacher**







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## St. Julie's Student In International Taekwondo!

Congratulations to Freya in Year 11 who at the end of last month competed in her first overseas Taekwondo tournament at G1/E1 level. This level of competition holds status for World Taekwondo ranking, and attracts a very high level of competition. Representing Liverpool Elite, Freya's Taekwondo club, she competed in the under 59kg category at the Bosnia and Herzegovina Open 2024, against 26 competitors from across the globe. Freya was slightly unfortunate in her draw, facing a first round opponent from Korea, the birthplace of Taekwondo. Undaunted, Freya fought valiantly but was unable to overcome the depth of experience that her opponent was able to draw on, leading to an early exit from the competition. Freya nevertheless drew a huge amount from her experience, not least some great strategies for future competitions at this level. Well done Freya!



## Year 9 Craft Some Fast Fashion

We've another round of stylish designs from our latest tranche of Year 9 textiles students! The group have rustled up some designs from paper, exploring how they can work with the material creatively to replicate some of the ideas that can

be executed in cloth. Well done to all of them on some splendid work!



## New Personal Best for Emmie!

Congratulations to Emmie in Year 7 who has netted a new personal best at the Bolton Counties Christmas Countdown swim meet. Among her chest full of medals she achieved a race time in the 50m butterfly which is the fastest age group time in the North West, the second fastest time in England and the third fastest time in the UK!

## SEND Parent Support Drop In



Knowsley Health Visitors/School Health Team, along with Home-Start Knowsley run an on-going SEND Drop-in service, as listed below. This is for any parents/carers of Knowsley children/young people (aged 0-25 years) who have potential or confirmed additional needs. Just pop in for a coffee and a chat and we can advise and link you in with the local support/make appropriate referrals that your child might benefit from at this time. No appointment necessary.

**George Howard Centre, Lickers Lane, Whiston, L35 3SR Every 1st Thursday of the month 9.30am-12noon**

Thursday 6th February  
Thursday 6th March  
Thursday 3rd April

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### Northwood Family Hub at The Pride, 2 Simonswood Lane, Northwood, L33 5YP Every 2nd Thursday of the month 9.30am-12noon

Thursday 9th January  
Thursday 13th February  
Thursday 13th March  
Thursday 10th April

### Hilltop Children's Centre, Bedford Close, Huyton, L36 1XH Every 3rd Wednesday of the month 9.30am-12noon

Wednesday 15th January  
Wednesday 19th February  
Wednesday 19th March  
Wednesday 16th April

### New Hutte Children & Family Hub, Litchfield Road, Halewood, L26 1TT Every 4th Wednesday of the month 9.30am-12noon

Wednesday 22nd January  
Wednesday 26th February  
Wednesday 26th March  
Wednesday 23rd April

For any further information please call Knowsley School Health and Health Visiting Team: 0151 514 2666 or Knowsley Homestart: 0151 480 3910

## Save The Children Christmas Jumper Day!

On the 12<sup>th</sup> December staff joined people across the nation in wearing Christmas jumpers to work, while students were encouraged to sport a Christmas accessory in return for donations to Save The Children. Both staff and students made a fantastic effort with some wonderful accessorising going on! Our combined efforts today raised £110.89 – thank you to everybody who took part and donated!





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## Winter HAF Programme

The Winter HAF programme starts on the 23rd December 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 Christmas 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 breakfast with Father Christmas, Christmas crafts, Christmas parties, ultraviolet dodgeball, cooking, mindfulness, yoga, football, drumming, creative writing, cycling, gymnastics, theatre tech, podcasting, drama, trips out and ice skating! A meal is included for every child attending. Liverpool City Council have introduced a central booking system to make it easier for you to find and book the activities. You can find out where your nearest scheme is by clicking on this link

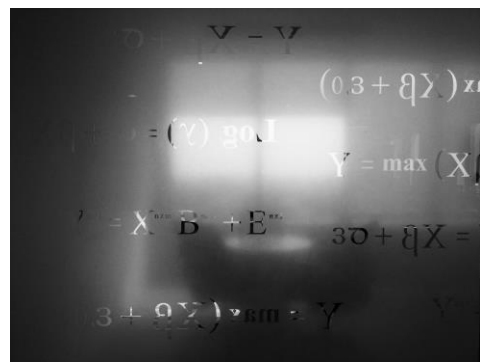
<https://eequ.org/liverpoolhaf> which will take you to the Liverpool HAF page and the easy to fill in booking system. You can search by age, provider or date. There is a handy booking help video here - [How to make a booking](#).

- If you are struggling with the cost of living then please click: <https://www.liverpool.gov.uk/cost-of-living/>
- If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. Click on the link to find out how to register <https://www.healthystart.nhs.uk>

Liverpool City Council is working with Mersey Play Action Council,

the local schools, voluntary and community organisations, and childcare providers to deliver the Winter HAF programme. This programme is funded by the Department for Education.

The Family Information and SEND Directory also provides a wealth of useful information and support for families - [FISD](#).



## Congratulations Mathematicians!

Well done to the following students who achieved the highest XP (Sparx experience) points in their Maths homework for the week 03/12-10/12. All students will be given a certificate from their maths teacher.

### Year 7:

1. Connie J
2. Charlotte C
3. Esme M

### Year 8:

1. Scarlett M
2. Chloe M
3. Kyria W

### Year 9:

1. Grace C
2. Grace B
3. Mia F

### Year 10:

1. Emily H
2. Olivia O
3. Ellie M

### Year 11:

1. Freya L
2. Sydney C
3. Lamar A



**prevention**  
is at our core, putting our community first



Scan to register your bike



# Top Tips to Protect your Bike

**M**

## Mark your Bike

Attend a free bike marking event advertised by Merseyside Police. These are advertised on the Merseyside Police Website and Social Media channels. Your bike is 83% less likely to be stolen if it is both marked and registered.

**A**

## Awareness

When you are out riding your bike be aware of your surroundings and don't let thieves try to steal it. When out on the street leave your bike in a well-lit area, where it can be seen by passers-by.

- Lock both wheels and the frame to a cycle stand, or other immovable object.
- Make sure the lock goes through the frame, the wheel and the post you are securing it to.
- Take any removeable items with you.

**R**

## Register your Bike

Register your bike for free by visiting The National Cycle Database/ BikeRegister. Merseyside Police are now actively checking bikes on the National Cycle Database. If your bike is stolen, this will significantly increase the chances of you getting your bike back. (Scan QR Code above)

**K**

## Keep out of View

When at home store your bike in a locked shed, or garage.

- Keep it out of view
- Don't leave it unattended outside the front of your house.
- Secure it to an immovable object.

**I**

## Insure

If you have invested a significant amount of money into your bike, it is worth considering specialist bike insurance or checking that your home insurance covers you for theft away from the home.

**T**

## Top Bike Lock

A decent bike lock is worth its weight in gold. A heavy-duty bike lock can make the thieves job more difficult, often meaning they will steal a bike that is less secure. Make sure you buy a Sold Secure Diamond or Gold lock



@merseysidepolice  
@MerseyPolice



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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.



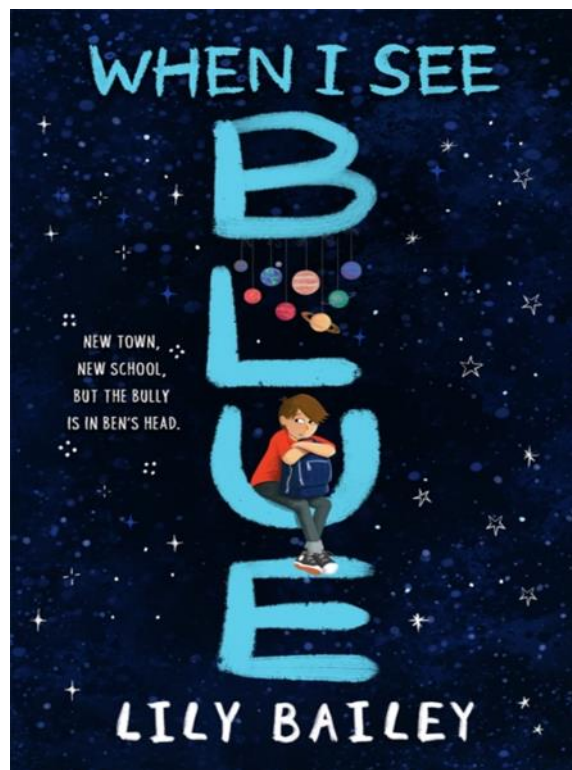
### SEND Homework Club

We've introduced a homework club specifically for our students with SEND needs. Students in KS3 are welcome on Mondays from 3:15-4:00pm and students in KS4 are welcome on Wednesdays at the same time. The club is based in the Stars room and students are welcome to just turn up on the appropriate day!



## 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 December

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'When I See Blue' by Lily Bailey.

*There are 4 things you should know about Ben:*

1. He's 12 years old
2. He's the new kid at school
3. His special number is 4
4. He has a bully in his brain

*Sometimes Ben's brain makes him count to 4 to prevent bad things happening. Sometimes it makes him tap or blink in 4s. Mostly it makes the smallest things feel impossible. And with a new school, a moody big brother, an absent dad and a mum battling her own*



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*demons, Ben feels more out of control than ever. But then he meets April, and with his new friend, Ben might finally figure out how to stand up to the bully in his brain, once and for all.*

### 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)  
**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/OccupationalTherapist> 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.



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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.

**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**  
Immediate support by text for people of all ages.  
<https://giveusashout.org/>  
**Text 'SHOUT' to 85258**

**PAPYRUS** – Suicide prevention team



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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  
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

Family support [Family First](#)

[Knowsley Family Info](#)

[PSS Prisoner Family Service](#)

[Lee Cooper Foundation](#)

[Healthy Knowsley](#)