



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 18th March 2024

Forthcoming Dates for your Diary

21st March

Sixth Form Parents' Evening (Online)

21st March

World Poetry Day

28th March

Easter Services

18th-24th March

Child Sexual Exploitation Awareness Week

18th-24th March

Neurodiversity Week



A Warm Welcome To Our Newest Students!

After the long awaited letters of school place allocation went through doors at the start of the month we were thrilled to send out invitations to the families of our newest students to attend a welcome event. This was the first time that students in our incoming Year 7 have met each other as a Year Group and it is always a highlight of our school year. During the event parents and carers were led to the Sports Hall for a presentation whilst our students gathered in the Chapel to learn some new songs, performed for parents via video link!



Gold For Freya at Taekwondo Competition

Congratulations to Freya in Year 10 who took gold this weekend at her first competition at junior (15-17) level! Freya has been attending national squad training on a regular basis and her preparation paid off as she competed for the first time at junior level in the 'Ultimate Spring Championship' - a British Taekwondo event held at Barnsley Metrodome. [Read more here.](#)



British Science Week

Throughout this week we have been celebrating British Science Week, a nationally co-ordinated event that for 2024 has partnered with the Royal Observatory Greenwich to bring this year's theme to life – 'Time'. British Science Week is celebrating its thirtieth anniversary this year, and we've supported it with STEM related activities throughout the week.

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

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Scholarship Success for Year 12 Students

We have some fantastic news to round off British Science Week 2024 which relates to a group of Year 12 students who recently applied for a scholarship application to participate in a BioGrad training programme. BioGrad provides students with immersive laboratory and clinical training courses at their state of the art facilities in Liverpool. The aim of their scholarship programmes is to provide students with work experience, an opportunity to 'test drive' their chosen career and guidance towards university interviews. We are delighted that Amy, Filpa, Jana, Grace, Tullula and Ella were all successful with their applications as they have received full or partial scholarships for the programmes they applied for. You can read more about the benefits of the programmes in the [full story on our website](#).



Year 9 Students Complete End of Key Stage Assessments

It was testing times for Year 9 this week as they completed their end of Key Stage assessments. The formal written papers drew on the students knowledge across all subjects delivered within Key Stage 3. As with our public examinations the assessments took place on



Live simply, sustainably and in solidarity

One of our Live Simply pledges is to support CAFOD's BIG LENT WALK.

St Julie's are aiming to walk 200km to raise money to help the environment. This Lent, CAFOD is supporting families with the skills and tools they've asked for to fight the climate crisis.

You can sign up yourself or support us by donating on our school's [Just Giving Page](#).



examination desks in the Sports Hall to give the students an experience of what lies ahead. We're delighted to report that they rose to the challenge magnificently and we'd like to compliment them on their conduct throughout the examination period.



Young Carers Action Day

The 13th March is Young Carers Action Day and this year's theme is

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'Fair Futures for Young Carers'. Its aim is to highlight the need for young carers' voices to be heard in order that those around them can better understand the support they need. In school, our Young Carers Champions are Miss Machin and Mrs Jones. If you or someone you know is a Young Carer, find out about some of the support The Carer's Trust can provide [here](#). The Carers Trust is committed to providing opportunities for young and adult carers under 25 years to achieve and develop their future aspirations and goals through their Young Carers Futures programme. The Young Carers Futures hub page can be [found here](#). We acknowledge that Young Carers often do not think of themselves as carers and it is important that they are recognised and get the appropriate support. Barnado's Action With Young Carers works with young carers and young adult carers who are caring for an ill or disabled adult. Some illnesses and disabilities can be seen, others cannot. Barnado's can be contacted on 0151 228 4455 and further details can be [found in this leaflet](#).



ACE Aware Event

St Julie's Catholic High School, in partnership with Liverpool School Improvement, would like to invite parents and carers to a performance and marketplace event introducing ACEs (Adverse Childhood Experiences), recognising the signs, and exploring the long-term effects ACEs can have on a young person.

With a three-year strategy launched to transform the way Liverpool City Council responds to violence against women and girls, St Julie's have pledged to support the campaign by creating a free and informative performance tackling domestic violence.

Headlining the event will be the presentation of 'Flowers', a Now Festival winning performance, which shows students standing up, speaking out and vowing not to become another woman 'silenced by flowers'.

There will also be a marketplace with representatives of organisations supporting young people in Merseyside.

This is a free event, but tickets must be purchased via ParentPay

Venue: St Julie's High School
Time: 5pm -6pm
Date: 21/3/24
Price: FREE

Neurodiversity Celebration Week 2024 Events				
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
09:00 - 09:30 An Introduction to Neurodiversity	09:00 - 09:45 Neurodiversity at Work Q&A: Ask the Experts	09:00 - 09:45 Neurodiversity at Work Q&A: Ask the Experts	09:00 - 09:45 Neurodiversity at Work Q&A: Ask the Experts	09:00 - 09:45 Neurodiversity at Work Q&A: Ask the Experts
10:00 - 10:30 Neuro-Inclusive Language & Communication	10:00 - 10:30 Culture, Community and Class: Neurodiversity Who Gets Left Behind?	10:00 - 10:30 Neurodivergent & LGBTQIA+: The Double Bind/Intersectionality?	10:00 - 10:30 Neurodivergent & LGBTQIA+: The Double Bind/Intersectionality?	10:00 - 10:30 Neurodiversity: Understanding Alternative Education Provision
10:30 - 10:50 Neurodiversity: We Don't All Fit Into One Box!	10:30 - 10:50 The Benefits of Neurodiversity in the Workplace	10:30 - 10:50 Connecting Classrooms to Careers: Neuro-Inclusive Tools for Future Leaders	10:30 - 10:50 Less Discussed: Autism & Menopause	10:30 - 10:50 The Experiences of Neurodivergent Women & Girls
11:00 - 12:00 Neurodiversity in Higher & Further Education	11:00 - 12:00 Creating a Neuro-Inclusive Classroom	11:00 - 12:00 Neurodivergence Isn't a Mental Health Problem	11:00 - 12:00 Empowering Yourself as a Neurodivergent Woman in the Workplace	11:00 - 12:00 Global Perspectives: Neurodiversity around the World
12:00 - 12:30 Neurodiversity Celebration Week 18-24 March 2024	12:30 - 12:50 Neurodiversity: Fueling Creative Minds	12:30 - 12:50 Understanding Neurodiversity as a Family	12:30 - 12:50 Neurodiversity for Parents & Carers	12:30 - 12:50 Good Practice for Neurodiversity Professionals

Neurodiversity Week

In celebration of Neurodiversity Week there are a host of nationally run webinars scheduled throughout the week delivered by leading lights in the neurodiversity field. Events are open to all and free of charge. You can find the detailed schedule and information about how to get involved on the [neurodiversity week website](#).

Parents Share Positive Feedback! Following our midweek welcome event for students joining St. Julie's in September we've had some great feedback from parents who attended. Parents' feedback on the event was overwhelmingly positive

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with virtually all parents and carers either agreeing or strongly agreeing to the following statements:

- I was made to feel welcome at tonight's event
- Our visit this evening has been useful in gathering information
- I know who to contact for help or support
- Staff have responded to any queries I have had
- Based on our experiences so far it is clear that St Julie's is the right school for my daughter

A selection of comments received is set out below:

"Great evening and very informative."

"The Welcome Event was very good with details. I really enjoyed it and got our prospectus."

"Very informative evening"

"Very informative meeting. Met all expectations. Felt very welcome. Well organised. Under control."

"Excellent and informative event - clear that this is the right choice. Feel very reassured."

"Very welcoming staff, polite, and I can't wait for T to start in September"

"What a fantastic start to J's transition into St Julie's - cannot wait for her to start!"

"Feel very reassured"

"Really pleased M is coming to this school, it appears Brilliant already."

"Superb presentation. So delighted. Thank you :-)"



Year 8 Work With Animate Ministry

We welcomed Father Simon Gore and Lauren from Animate Youth Ministries in to school to speak to all of Y8 about the Sacrament of Confirmation. Through a game of 'Who wants to be a millionaire?' Lauren demonstrated to students how difficult it can be to make choices and deciding who to listen to. By receiving the Sacrament of Confirmation, it can help guide us as we navigate our way through life and growing up. Registration for Confirmation is still open to baptised Catholics in Y8 and above until Friday 15th March via www.liverpoolcalled.co.uk.

If you miss the deadline, contact your local parish.



Performing Arts Students Deliver Exam Performances!

Students in Year 11 Drama were facing some pressure last week as they performed their final pieces for the AQA Examiner. The performers rose to the challenge brilliantly and their hard work in preparation meant that the performances were full of energy, pathos and comedy – though not all at the same time! Congratulations to the students for a set of performances that impressed the examiner, and thank you to the Performing Arts department for their hard work.

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A Jekyll and Hyde Performance for Year 11

Our theatre transformed into a spooky place this week as Year 11 students saw one of their exam texts brought into life in a gripping and atmospheric small cast adaptation of 'The Strange Case of Dr Jekyll and Mr Hyde' performed by the Quantum Theatre Group. The performance helped students to gain new insights and perspectives into the text and will provide valuable knowledge for further study and the final examination!



Year 7 Celebrate Mass

Following last week's celebration of Mass with Year 7 P Band, the students in Year 7 Q Band enjoyed a Mass with Father Stephen Pritchard from Our Lady of the Assumption in Gateacre. The Mass was a wonderful celebration with excellent engagement from all of the students attending.



Financial Advice from LJMU

Sixth Form students were pleased to welcome Mariama Djaura from Liverpool John Moores University who helped cast some light on student finances. Mariama's presentation started from the basic level and really helped the students gain a working understand of how funding works and how they will need to balance the books during University Study.



OXCC Women's Cricket & Family Day

Here at OXCC, our Women & Girls section are hosting a Softball Cricket Festival and a family fun day. The Softball Cricket Festival is a fun family event for all women and girls over 14. Softball Cricket is a fun, fast social game - perfect for new members and those wanting to try something different! Come along and give it a go! We are also looking for volunteers to help run the event, scorers, umpires, and general assistance.

To book your place, or to volunteer, please scan the QR code!



Come Join Us

Saturday 13th April, 2024

13:00 onwards

Old Xaverians Cricket Club

Woolton Hill Rd, Liverpool, L25 6EP

Keep up to date and follow us below!

@oxcc_women
@oldxavsc
@oldxaverianscc

More details to follow!

Old Xaverians' Cricket Club Womens' Cricket Day

The Old Xaverians' Cricket Club on Woolton Hill Road are holding a Women's Cricket day on Saturday 13th April, open to women and girls over 14. Scan the QR code above or [follow on X](#) for more information.

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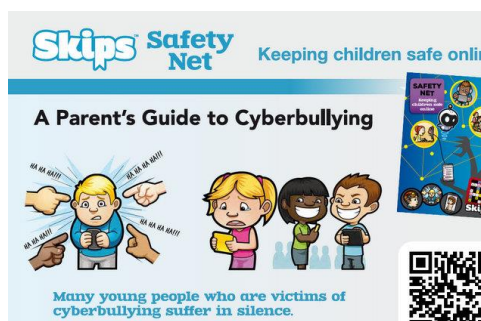
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Safeguarding: What is Y99 Chat?

After many years of concern, earlier this year the anonymous chat website Omegle was forced off the internet. But just because Omegle has gone, there are many more sites and apps to take its place. One of these sites is Y99. Internet Matters have published a helpful explainer article about Y99 which you can [read here](#).



Safeguarding: Parents Guide To Cyberbullying

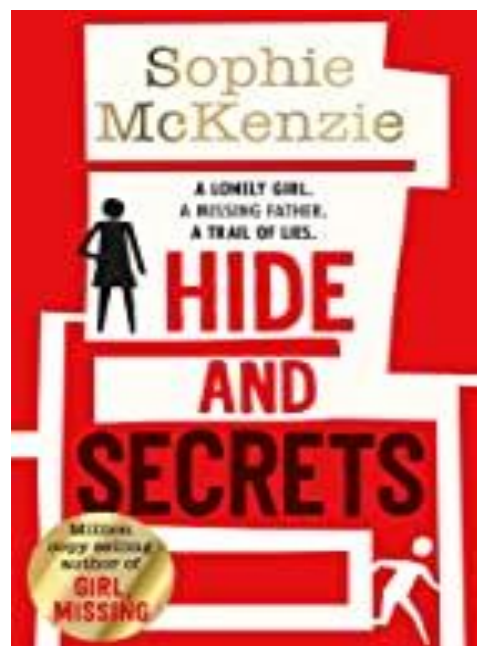
[Click here](#) to view the latest Cyberbullying Guide poster from Skips. There are helpful tips and a link included to further resources.



An Inspector Calls for Year 8

An Inspector called for students in Year 8 when the talented players of MANACTCO staged an adaptation of 'An Inspector Calls', J. B. Priestley's celebrated morality play. The students found the performance hugely helpful in their understanding of the plot and characterisation within the piece

and this prove very useful in their ongoing studies.



Recommended Read for March

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Hide and Secrets' by Sophie McKenzie.

A lonely girl, a missing father and a trail of lies . . . From the million-copy bestselling author of Girl, Missing, comes a blockbuster teen thriller that will have you looking for answers round every corner.

Fourteen-year-old Cat is lonely - reeling from the loss of her father, she's disconnected from friends and fighting with her mum. But when a new boy, Tyler, arrives for the summer, Cat finds herself opening up to the handsome stranger. A shocking revelation about her dad turns Cat's world on its head. She and Tyler uncover a series of secrets that take them on a perilous journey. With fresh lies exposed and threats from a dangerous gang revealed, will Cat risk everything to keep herself and her family safe?

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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/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

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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](#).