



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 18th May

Forthcoming Dates for your Diary

22nd May
Year 13 Leavers' Mass

22nd May
Last day of Half Term.



U12 Liverpool Schoolgirls National Champions!

Congratulations to our four players in the Liverpool U12 Football Squad who dominated the opposition in a towering win at the National ESFA final in Stoke. On Saturday 9th May Anya, Sophie, Honey and Blossom all from Year 7, joined their teammates at Stoke City's BET365 stadium to face fellow finalists West Cornwall in the English Schools' FA National U12 Final. The team were relentless in the final, seizing on all scoring opportunities to record an emphatic 9-1 win! Read more in the [full story on our website](#).



Key Stage 3 Science Roadshow!

Year 7 and Year 8 students were recently treated to an exciting and thought-provoking STEM theatre performance all about materials in science. The interactive play captivated students from start to finish, combining humour, storytelling and scientific concepts in a truly memorable way. [Read more on our website!](#)



Emmie In The Medals Again!

Congratulations to Emmie in 8N who has medalled in both of her last swimming competitions! During the weekend before last Emmie journeyed to Swansea to compete in the national qualifiers, and swimming in the 14-15 age group against swimmers older than her, Emmie earned bronze medals in the 100m and 200m butterfly and

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earned qualification for the English national finals in July! The following weekend Emmie in Manchester's 'last chance' competition, so named as it affords the final opportunity for swimmers who have not yet done so to compete in the national finals. Against tough competition Emmie earned a bronze in the 50m freestyle, silver in the 50m and 200m butterfly and a gold in the 100m butterfly! Congratulations to Emmie on some great swims!



Cheerleader Competes in International Competition!

Congratulations to Hollie in Year 10 who has captained her cheerleading team through the Cheerleading Summit Championships in Florida! Her team advanced to finals in 4th place out of 12. Unfortunately in the finals the team missed out on one point for the jump section which robbed them of a third place but left them a hugely impressive 6th in the world in the Under 18 Level 3 division. The finals included teams from Australia, USA, Canada, Germany and France, and Hollie's team Airscorps Allstarts Lady Gunz where the only team from the UK to advance to finals in this division. Well done to Hollie on her outstanding performance and inspiring leadership of her team!



The West End Calls for Year 7 Performer

Congratulations to Nancy in Year 7 who has battled through several highly competitive rounds to reach the final of the National 'West End Calling' theatrical competition! In her qualifying rounds Nancy has been supported by both Judges' votes and audience votes to make it down to the final 20 in her section from over 2,000 video entries. The national final will see Nancy performing in a genuine West End theatre, where we know she's going to wow the audience with her talents!



Year 7 Footballers Sign for Club Academies

Anya and Sophie in Year 7 have followed their success at the ESFA Cup Finals with news that they have signed for club academies! Sophie has been on the books at Everton for several years, and has signed for the club Academy for next season. Anya has recently completed trials at Wrexham and is thrilled to putting pen to paper for their Academy in August. Well done to both players on these milestone steps for their footballing future!

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Students at LFC for Mental Health Awareness Week

As part of Mental Health Awareness Week, members of the student Council attended Anfield stadium for the Liverpool Learning Partnership mental health pupil voice event. Thanks to LFC Foundation, Merseyside Youth Association and The Liverpool Learning Partnership for a fantastic morning. The voice from the students will help shape Mental Health services for young people across the city. Well done to all of our participating students!



Year 8 Parents & Options Evening

This year we are combining our Year 8 Parents Evening and Options Evening. Options evening presentations will be given at 3:30pm, 5:00pm and 6:30pm to help accommodate the needs of parents, and the event takes place on the 11th June. Appointment booking will take place through the My Child At School app or web portal and further details will be provided to parents nearer the day.



Mental Health Awareness Week: 13-19 May 2026

This year's Mental Health Awareness Week has the theme **"Take Action"**. This theme reminds us that while understanding mental health is important, awareness alone isn't enough. We need to turn our knowledge into positive actions that benefit our wellbeing.

Why "Take Action" matters

Many of us know what's good for our mental health – things like getting enough sleep, staying active, connecting with others, and managing our screen time. But knowing these things and actually doing them are two different things. This week is all about bridging that gap and making positive changes, no matter how small.

For parents and carers

We encourage you to talk to your children about mental health and wellbeing at home. You might want to:

- Ask them about the daily action challenges and perhaps join in as a family
- Discuss what actions you could take together (like screen-free family meals, going for walks, or cooking together)
- Remind them that you're there to listen if they need to talk
- Look out for signs they might be struggling and encourage them to seek support

What we're doing at St Julie's

Throughout the week we have been:

- **Setting daily action challenges** to encourage everyone to try something new for their wellbeing

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- **Sharing resources** about mental health and where to get support
- **Highlighting the support available** both in school and externally

One way this was encouraged in school was the act of Giving. On Friday students nominated staff that had a positive impact on them and gave them a note to say how this made them feel.

If you have any questions about Mental Health Awareness Week or the support available at St Julie's, please don't hesitate to get in touch. Thank you for your continued support in making St Julie's a place where mental health and wellbeing are prioritised

Support available at St Julie's if you or someone you know needs support, please speak to:

- form tutor
- Head of Year
- pastoral support team
- Designated Safeguarding Lead

External support services:

- **Childline:** 0800 1111 (24/7 for anyone under 19) – www.childline.org.uk
- **YoungMinds Crisis Messenger:** Text YM to 85258 (free 24/7 crisis support)
- **Samaritans:** 116 123 (24/7 for anyone who needs to talk) – www.samaritans.org
- **Papyrus HOPELINEUK:** 0800 068 4141 (for anyone under 35 experiencing suicidal thoughts)

More information about Mental Health Awareness Week can be found on the Mental Health Foundation website:

www.mentalhealth.org.uk



Science Club Get In A Spin!

In STEM Club this week, young scientists have been exploring the phenomenon of aerodynamic autorotation using paper spinners. Their experiments saw them craft paper into aerodynamic surfaces that spin gracefully when launched in a slow descent. Autorotation is the same principle that allows gyrocopters to fly with unpowered rotors, and the models they created were a great demonstration of the concept where physics and engineering meet. Well done to the experimenters!



Planting Sunflowers for Miss Knisz

On Tuesday this week some of our staff members took time to plant a row of 28 sunflowers that line the footpath into school. St Julie was a lover of sunflowers, that stand tall, bring joy and always turn their face to the sun. We hope that our sunflowers will stand tall and help us to cherish our very happy memories of Miss Knisz.

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Catholic Secondary Schools Choir Competition

Our fantastic choir have qualified for the final of the Catholic Secondary Schools Choir Competition and tickets are now on sale! If you would like to enjoy an evening of musical entertainment while also showing your support for our choir, then the event takes place on the 21st May in the Crypt Concert Room at the Metropolitan Cathedral from 6:30pm. Tickets are available by scanning the QR code in the photo!



UCAS Advice Webinar for Parents of Students in Year 12

The team from 'parent guide to education' are hosting a live webinar (with retrospective on demand access for ticket holders) that aims to help parents understand:

- What universities are really looking for
- How personal statements work
- Key UCAS deadlines and milestones in Year 13
- How to avoid the last-minute stress that catches many families out

The event is on the 20th May at 7pm/ To find out more and sign up, [click here](#).



Alumni Afternoon Tea!

On Wednesday 24th June from 4-6pm we're inviting former students from St Julie's to join us for an Afternoon Tea event that will give the opportunity to tour our new building, network and catch up with some familiar faces from the past! Registration is required, and you can find more details in the [letter of invitation](#) from Mrs McCourt.



Support Services from River Young People

River Young People Support Services provides free and confidential support for young people impacted by drug or alcohol use. They work closely with schools to offer accessible, student-centred support and aim to make referrals and engagement as straightforward as possible, whether they are using substances themselves presently or in the past – or feel effected by someone else's substance misuse. You can find [more information here](#).



Responsible Parking

Please [click here to read a copy of a letter](#) circulated by Mrs McCourt last week referring to parking and

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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

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.



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 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

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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 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](#).

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

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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 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 or visit our website 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
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

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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](#)