



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 18th December 2023

Forthcoming Dates for your Diary

20th December
Christmas afternoon tea for local parishioners

22nd December
Advent Services

22nd December
Last day of term.
Students finish at 1:30pm



Showtime for High School Musical!

This week saw the much anticipated performances of 'High School Musical' that played to three nights of packed houses! The audience were left wowed by the extravaganza of song, dance and drama backed by a live band throughout as the months of preparation paid off with breathtaking performances from the whole company. You can see photos and watch video of the performance in the [full story on our website](#).



Sixth Form Fancy Dress

Our corridors saw some colourful characters on Friday as Sixth Form students were joined by staff for the annual charity fancy dress competition. Participation this year was excellent, and you can check out some of the costumes in the [photo gallery on our website](#). Congratulations to this year's winners: the dinosaurs!



Year 7 Parents Evening

This week saw the first Parents Evening for parents and carers of our students in Year 7. The event was brilliantly attended and gave parents the opportunity to discuss progress with their child's teachers. Thank you to everybody who came and we hope you found the evening helpful and informative.

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

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Vote Kat for SPOTY!

Katarina Johnson-Thompson has been shortlisted for the **2023 BBC Sports Personality of the Year** and she needs your vote to win! She is an amazing athlete and former student of St. Julie's Catholic High School. Voting takes place on Tuesday 19 December from 7pm. We believe that KJT deserves this award for her resilience, tenacity, determination and sheer hard work. <https://www.bbc.co.uk/sport/sports-personality/67623729>

Age: 30 Sport: Athletics

Katarina Johnson-Thompson won her second heptathlon World Championship title in sensational style, edging out the United States' Anna Hall by just 20 points after a titanic battle in Budapest.

The Liverpoolian was 93 points behind at the end of day one but roared back the following morning, posting a huge long jump of 6.54m, and a personal best in the javelin. She then recorded another PB in the final event, the 800m, to secure an emotional gold. Her win was even more impressive given the injury troubles that have blighted her career since tearing her Achilles after her first world gold in 2019, and which led her to questioning her future in the sport.

Please take a minute or two to show your support for Katarina on Tuesday night!



Primary School Guests Enjoy Show Performance!

On Monday this week we opened our public shows of High School Musical to a specially invited audience of 150 students from local Primary Schools. Our young guests were a fantastic audience who loved our show! One critic in Year 5 gave his review: "It was awesome!". Thank you to all of the primary school staff who helped to make the visit happen!



Year 7 Get Chills at the Theatre!

On Wednesday evening year 7 students braved the cold and a spine-chilling performance of *The Woman in Black* at The Playhouse Theatre. It featured some excellent stagecraft, a terrifying ghost, and some atmospheric screaming - largely ours! This fantastic opportunity brought gothic fiction to life, which pupils are currently studying in English.

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Christmas Accessory Day

Whilst fancy dress is a seasonal privilege for our most senior students, we didn't want everyone to feel completely left out and on Friday we encouraged students across the school who wanted to wear a Christmas accessory in return for a charitable donation made to the Red Cross. You can see a selection of photos [on our website!](#)

JUNIOR ✝ 1804 SOCIETY

Meet The Team

This week, our warm welcome comes from our Service Coordinators Kaitlyn, Imogen, Heidi and Ellie Mae. They see their roles as finding opportunities to support and help others; to look for areas where they could encourage people to volunteer both in school and the local community. They're hoping to make a difference and an impact on the lives of those around them.



Year 12 Subject Spotlights

We understand that selecting options for further study can be a tricky one. There are often new

subjects to choose from, questions about which topics will be studied in more depth and whether or not the course will support students in their next steps, whether they intend to go to university, enter employment or take up an apprenticeship. With this in mind, over the coming weeks Year 11 students will be able to watch a short subject spotlight to learn more about studying it at advanced level. This week our subject spotlight looks at the Performing Arts. To watch a spotlight video, [click here](#).



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](#).



CyberFirst for Year 8!

A team of our Year 8 Digital Leaders enjoyed a great opportunity this week as they attended a Cyber First event at Aintree Racecourse. The two hundred year old venue took some steps into the future as our students got to try out some of the latest technology included some of the latest generation of immersive equipment such as VR headsets and virtual escape rooms. They also enjoyed the opportunity to gain insights from inspirational

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leaders in the world of Computer Science.



Staying Safe Online At Christmas

With the Christmas festivities just around the corner, children are looking forward to receiving gifts. For many, this may be devices that allow you to go online. Even with the best intentions, many parents have a false sense of how to keep their child secure, or think their child is more secure than they actually are. The guides above from Skips Educational offer some great practical advice to staying safe. You can access the guides by scanning the [QR code on this poster](#) or [clicking this link](#).



e-Scooter Safety Advice

In the run up to Christmas, Liverpool City Council have produced a useful booklet that helps to clarify the law on eScooters and eBikes. Crucially the guidance reminds us that there is no legal way for anybody under 16 to ride an eScooter in a public place. You can [find the full brochure here](#).



December Liverpool Parenting Newsletter

The Liverpool Parenting newsletter for December has [now been published](#). You will find new information to support Parents/ Carers, Families and children in Liverpool during the Month of December. Along with information regarding events and activities on offer. The Newsletter includes information on services that can support parents during the month of December and into the New Year.

- Family Hub and Children Centres
- December Events Across The City for Families
- Winter health support
- Childcare
- Debt Advice
- Domestic Abuse
- Education Wonderhub Activities
- Employment Support and Adult Learning opportunities
- Foodbanks
- Mental Health

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- Money Management and Financial help
- Parenting Programmes
- Parental Mental Health
- Support for Fathers

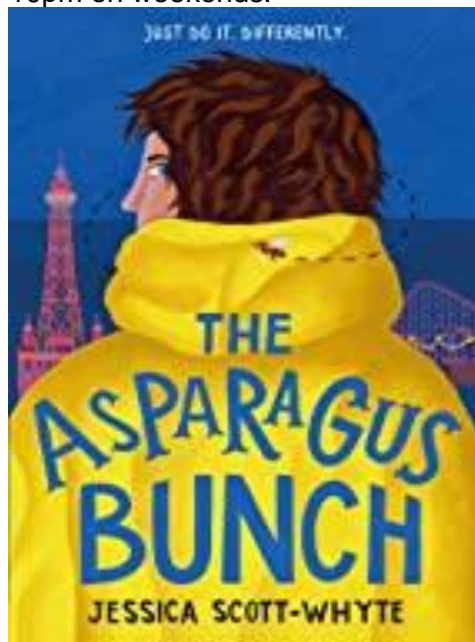


Kooth Live Chat Christmas Hours

Live chat hours for the Kooth support service over Christmas are as follows:

24th December: 4pm-8pm
25th December: 4pm-8pm
26th December: 4pm-8pm
31st December: 4pm-8pm
1st January: 4pm-8pm

Other days throughout the holidays will be served at the usual hours of 12pm-10pm on weekdays and 6pm-10pm on weekends.



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 'The Asparagus Bunch' by Jessica Scott-Whyte.

Leon John Crothers is 4779 days old (thirteen years and one month, if you're mathematically challenged). He has been 'moved on' from six different schools and most people think he has an attitude problem. Leon doesn't care for the label, in the same way that he doesn't care for Tim Burton, supermarket trolleys, train fanatics or Bounty bars.

This time, however, things may turn out differently, as help comes from where he least expects it – Dr Snot, a physician at pains to help Leon navigate 'normal' and classmates, Tanya and Lawrence, who both face their own challenges. When school bully Glen Jenkins humiliates Leon in the school canteen and almost destroys Lawrence, Leon very reluctantly agrees to the formation of a club, The Asparagus Bunch.

How Leon manages to navigate school woes and family drama – and astonishingly ends up with not one but two friends – is nothing short of a miracle, or maybe just simply down to being different.



Feeding Liverpool Support Page

Feeding Liverpool have compiled a list of useful Liverpool-based Christmas Food Support services and resources for the Christmas and New Year period. Details can be [found here](#).

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Working together to improve school attendance

Being in school and having the best attendance possible underpins all the many benefits of school for your child, such as their learning, wellbeing and wider development. For some children, attending school every day will be harder than for others. This is why schools, and local councils in some cases, are committed to working together with families to solve problems and support your child's school attendance.

[This guide from the Children's Commissioner](#) covers two areas:

- parents' responsibilities¹ for school attendance and what you need to do when your child needs to be absent.
- How schools and local authorities will work with you to support your child's attendance.

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->

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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](#).

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>

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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 at home at no cost. You can find out more about how to complete the installation in this [remote learning guide](#).