



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 19th February 2024

Forthcoming Dates for your Diary

19th February
All students return to school

19th February
A Level Mock Exams Start

19th February
Year 7, 8 and 9 in class assessments begin



St Julie's Does It Again At NOW Festival!

This week, St Julie's Performing Art students headed to the Liverpool Lighthouse Theatre to perform as part of Liverpool's citywide 'Now Festival', a festival that explores children's mental health. They delivered a powerful performance entitled '1 in 4' where they looked at the concept of men giving flowers to women as an apology for acts of violence. The audience and judges were moved by the students performance and praised the important message they shared. They were awarded 'Best ACEs Message' of the festival and were delighted to receive overall award as 'Winners of Now Festival 2024'.



National Apprenticeships Week 2024

This week we've enjoyed lots of activity around National Apprenticeship Week, much of which you can read later in this newsletter. We started the ball rolling with an [updated parents' guide to apprenticeships](#), and there's lots more useful links in [this post on our Careers website](#).



Children's Mental Health Week 2024

This week has marked Children's Mental Health Week which this year has the campaign focus of 'My Voice'. As well as our work with the Now Festival we've celebrated with the whole school by special lesson bell sounds, assemblies and other activities including writing letters to MPs!

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

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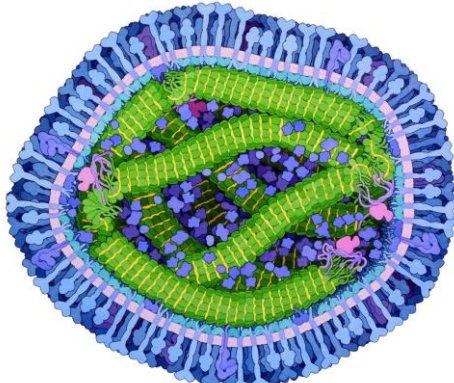
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Adding a New String to Their Bow!

Last week saw some new playing taking place as our string group featuring musicians from Years 7 to 10 met for the first time. After receiving a grant from Resonate Music Hub to support music across Key Stages, students have been selected for their interest and aptitude in music. Abigail, a more experienced Cello player from Year 8, enjoyed supporting younger members in their first taster session showing them how to hold the instrument and bow correctly and identifying the names of strings. The students had so much fun in their initial lesson and will be starting the new 'modulo series' of tuition in coming weeks with their fantastic string teacher Mrs Wood. One student, Layel, commented, "it was amazing... I loved it!"



Message from Director of Public Health

We have been asked to circulate the message below to all parents from Director of Public Health, Professor Matt Ashton.
Have you heard the news about measles? There is a large outbreak of measles around Birmingham. Many children have been admitted to hospital. It is likely that measles could spread to Liverpool.




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](#).



Measles is a nasty infection and can make you very sick if you catch it. It starts with a high temperature and a cold with red eyes. Then you get a measles rash that spreads from your face to the rest of your body.

It is very easy to catch if you are not vaccinated. It spreads through coughs and sneezes. Measles can be very serious for some people. It can cause pneumonia, encephalitis (brain infections) and sometimes even death.

How to protect yourself and your children from measles:

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The MMR vaccine prevents measles. It is very safe. You need 2 doses to protect you for life.

All children are offered the MMR vaccine. It is free on the NHS. If your child has missed any vaccine, book an appointment at your GP practice. Check your child's Red Book if you are not sure or ask the GP practice. It is never too late to catch up if you have missed a vaccine.

For more information, visit:
<https://www.nhs.uk/conditions/measles/>



Year 11 Parents' Evening

Thank you to all of the Parents and Carers who joined us for our Year 11 Parents' Evening. As we enter the final few weeks before the exams begin your support is more valuable than ever and we appreciate you taking the time to meet with staff.



Good Luck Year 13!

We'd like to wish the best of luck to all of our Year 13 students as they enter their week of mock examinations after half term. That message has been echoed by one of our former Year 13 course teachers, BBC sports commentator and analyst Rachel Brown-Finnis, who was kind enough to take time out of presenting duties to [record a](#)

[message for students on her former course!](#)



Crossing Point Workshop for Year 8 Students

This week we have circulated information about a forthcoming workshop for Year 8 students called 'What's love got to do with it?' and delivered by 'The Crossing Point'. You can find a [copy of the letter here](#).



Badminton Team Nets Great Games

On Monday 12 students represented St Julie's at the Liverpool City Championships for Badminton. Eight KS3 students and four KS4 students competed for St Julie's demonstrating fantastic skills and effort. For Key Stage 3 Team A took second place in their league while Team B earned first place! At Key Stage 3 Team B progressed to the final against and unfortunately just lost out to a strong team from the Belvedere Academy. Well done to all students involved:

KS3: Faye, Yas, Katie, Grace, Olivia, Lois, Amelia and Ava

KS4: Brooke, Lucy, Heidi, Harriette

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A Level Taster Sessions

Our A Level taster session programme has begun, allowing students to get a flavour of what an A level lesson feels like. The schedule is below, and all sessions take place in the associated department area.

Tuesday 20th February 2024	Business Studies
Thursday 22nd February 2024	Maths
Tuesday 27th February 2024	Sociology
Thursday 29th February 2024	Criminology
Thursday 7th March 2024	History and Politics
Thursday 15th March 2024	Geography and Tourism



My Voice Matters!

Following the Children's Mental Health Week theme of 'My Voice Matters', wellbeing ambassadors have met with our school Leadership team. The meeting was a great forum for providing feedback and raising questions to Leadership Team members about wellbeing in school. There were some interesting discussions and we look forward to further work together.



NAW: JLR Presentation

To get National Apprenticeships Week off to a flying start, we welcomed Abbie from Jaguar Land Rover this morning. Abbie spoke to a group of students in Year 10 about career paths within the organisation and the range of Apprenticeships available to school leavers. You can read more about current [apprenticeship opportunities with JLR here](#).



NAW: BBC present to Year 10!

On Thursday we welcomed former student Emily as a guest speaker. Emily spoke to Year 10 students about her experiences of being an apprenticeship on the BBC Production Fastrack Course. Emily also offered students a little background into BBC Apprenticeships which you can read about below:

- The BBC recruits over 250 apprentices a year.
- There are 25 different schemes available in the areas of business, digital technology, engineering, journalism, and production.
- Apprenticeships schemes at the BBC are from levels 3 (A-level equivalent) up to level 7 (postgraduate).
- The BBC has apprenticeship placements all over the UK, however, not all schemes'

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subjects are available everywhere.

- On successful completion on most apprenticeships, the apprentice is offered a fulltime permanent position at the BBC.

We'd like to thank Emily for coming back into school to see us and hope to hear more from her soon!



NAW: University or Degree Apprenticeship?

Former student Grace returned to St Julie's this week to speak to Sixth Form students about Degree Apprenticeships. Accompanied by her colleague Melissa, Grace spoke to students about her experiences of applying for university via the traditional route compared to the degree apprenticeship pathway. Having secured a Degree Apprenticeship with Laing O'Rourke, Grace was able to describe an average day in the life of an apprentice, and outline how this particular Post 18 route will enable her to gain qualifications alongside work experience. Grace and Melissa were able to offer students first hand experience of balancing work and study; and the many opportunities available to school leavers via the Degree Apprenticeship pathway.



NAW: Apprenticeships Guide 2024

In time for National Apprenticeships week the team at Success at School have released their 2024 Apprenticeships Guide for Parents, [accessible here](#).



NAW: National Apprenticeships with Key Stage 3

As part of their ongoing Careers initiatives, the English Department celebrated National Apprenticeships Week by inviting all pupils from Years 7-9 to an awareness workshop. The interactive group session was designed to dispel some common misunderstandings associated with apprenticeships and to shed light on some of the impressive benefits that this pathway can offer. Needless to say, our students relished the opportunity to demonstrate their learning in a creative and eye-catching fashion!



Bicycle Security Marking and Registration

Merseyside Police have asked us to remind students and parents about the importance of [keeping bicycles secure and recording frame numbers](#). Young people and their parents in the local area can contact Speke Police Station to find out

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more about bicycle security marking.



Eat to Meet Holiday Programme – February Half Term

The February “Eat to Meet 2” Half Term programme starts on the 12th February 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 half term 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 activities linked to Chinese New Year, Shrove Tuesday, and Valentine’s Day as well as boxfit, football, music, dance, cycling, gymnastics, smoothie making bike, cooking, discos, archery, arts and crafts, drama, tri-golf, trips out and zorbing! Every day there will be a range of fabulous meals available with many schemes holding family events as well.

To find out where your nearest scheme is click on this link <https://merseyplay.com/february-half-term-eat-to-meet/> or go to <https://www.merseyplay.com> and click on the February Eat to Meet half term activities link.

When a parent/guardian/carer has chosen the activity/scheme they will need to contact that organisation to book a place. Each organisation will have either a telephone number, email address or online booking system. If their child has any additional needs or dietary

requirements then they will need to discuss this with the organisation when they book. There is no central booking system so they will need to read the details of the programmes on the website and contact the providers directly.

- If you want to know how to register or how to check if your child is eligible for free school meals then please click on the link <https://www.gov.uk/apply-free-school-meals>
- You will need your national insurance number or an asylum seekers support number.
- 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, local schools, voluntary and community organisations, and childcare providers to deliver the Eat To Meet Half Term Activity programme. The Family Information and SEND Directory also provides a wealth of useful information and support for families - [FISD](#).



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](#).

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stjulies125



Recommended Read for February

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Bone Music' by David Almond.

She felt like a ghost. She woke in the night. What was that music?

Sylvia has never been so far away. Her mother has brought her to this village, this place of silence and dark, endless forest, and she yearns for the city, the bright lights, her friends, even a phone signal. Late one night she hears the music, a weird jagged spiralling sound. It is played by Gabriel, a troubled, beautiful boy.

Gabriel uses the strangest of flutes, a hollow bone. Play it well enough, he says, and you cross the borders between the living and the dead. Sylvia knows she'll follow him into the depths of the forest. But will they ever find their way out again?

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

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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 Accident Emergency Department if they need medical treatment or are struggling to keep themselves safe in the immediate moment.

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