



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 20th January 2025

Forthcoming Dates for your Diary

23rd January
Year 11 Parents' Evening



Students Gear Up for Now Festival!

This week saw the start of this year's Now Festival rehearsals. In just 3 weeks time, St Julie's students will be performing in the 10th annual festival that focusses on raising mental health awareness. This year, St Julie's will be performing, **'Wrong Place, Wrong Time'**, a hard hitting and powerful drama that tackles violence in our city and challenges the culture of keeping quiet and not being 'a grass'. The original drama showcases how 'Real Men Don't Carry Guns' and promotes young people to use the most powerful weapon they have, their voice!



LFC Foundation Begin 'We Empower' Programme

20 students from KS3 started work with the LFC foundation on the We Empower program this week. This is to empower our young women with: development of key skills that can help with future employment; improving confidence and self-esteem; developing social and academic skills and learning how to work well on your own and in a team.



Mass of Thanksgiving for a Miracle!

On Tuesday 18th February Archbishop Malcolm will be celebrating a Mass of thanksgiving to celebrate the 71st official miracle of Lourdes, the cure of John Traynor. The celebration has been a long time in the waiting, as declaration of the miracle has come over a century after its occurrence on Lourdes pilgrimage in 1923! You

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STUDENTS
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can find a copy of Archbishop Malcom's [letter of invitation, with more details, here.](#)



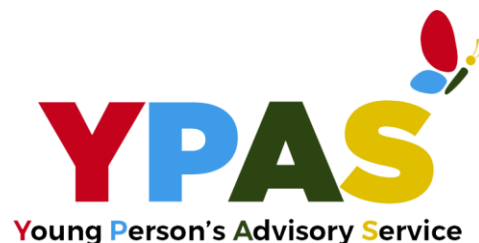
Year 13 Students Complete Successful Mocks Week

Congratulations to our Year 13 students who have embraced the mock exams very positively throughout the week, with outstanding attendance. We'd like to thank all of the parents and carers who have supported our students through what is always a very stressful time of year.



Year 12 Summer Retreat

After the exams have finished and before the summer break there is a Year 12 retreat at Castlerigg Manor, Keswick. The retreat is offered to students across the country and is delivered by Lancaster Youth Services through the Diocese of Lancaster. This will give students the opportunity to explore their faith, make new friends and enjoy some time in the Lake District over summer. For more information please check castleriggmanor.com/events



YPAS: Chat 'n' Chill for Parents/Carers

YPAS' next Chat 'n' Chill session will be on Wednesday, the 29th of January 10-12pm at YPAS Central, 36, Bolton St. L3 5LX. The theme for the session is Trying new things and we will be discussing how trying/learning new things can improve parental mental health. In February YPAS are celebrating Children's Mental Health week and this year's theme will be Know yourself, grow yourself. They are asking parents to think about their child's strengths and/or interests, and how they support their child/encourage their child to use or practice these, the impact on their child's wellbeing/ how this helps their child to achieve their goals. Any parent interested in participating can share any ideas with Laura Blanco by email, (laura.blanco@ypas.org.uk), before the 24th of January.



Careers: Warner Bros. Discovery's Championing Apprenticeship Virtual Event!

You will have heard of Warner Bros! Yes- Warner Bros of film, TV and Video Games? Well they have a "Discovering Early Talent" team and offer apprenticeships in lots of different roles. If you are interested, there is a virtual event after school on Tuesday, for students, parents and anyone else who is interested.

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11th February at 6pm. Save the date and time and **REGISTER** via **the link in the article**. If you want to find out more now, check this out <https://careers.wbd.com/global/en/wbd-internships-early-careers>



Careers: Film & Screen Making Club in Liverpool – Ages 13-16

Are you interested in gaining experience in or a career in TV, film, theatre, documentary, arts and the creative sector? Are you aged between 13 and 16? If so, you might be interested in this unique opportunity at the National Saturday Club at Fact in Wood Street.

The Let's Create Film team has opened up new applications for their **FREE Film & Screen** Saturday Club.

Club Dates:
1st February – 17th May 2025
Saturdays, 10:00 – 13:00

Venue:
FACT Liverpool
3rd Floor Studio/Lab
88 Wood Street
Liverpool
L1 4DQ

You can read more about this opportunity in the [full story on our Careers site](#).



Careers: Insights from Solicitor Apprentices in Online Event

The Legal Cheek sessions feature 17 solicitor apprentices from Year 1

(new recruit) to Year 6 (trainee solicitor) talking about their experiences qualifying as lawyers via this new earn-while-you-learn route.

The solicitor apprentices are from the following leading law firms: Addleshaw Goddard, Ashurst, Cripps, Dentons, DWF, Farrer & Co, Gowling WLG, Kennedys, Mayer Brown, Mishcon de Reya, Norton Rose Fulbright, Osborne Clarke, Simmons & Simmons, Stephenson Harwood, Wedlake Bell, Weightmans and Womble Bond Dickinson.

The sessions are free and open to all Year 12 & 13 students/Sixth formers. The [sign up link is here](#). One sign up is valid for both sessions.

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.

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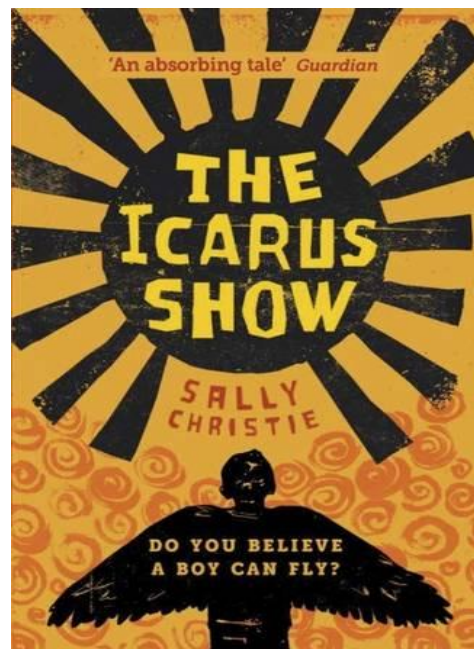
SEND Homework Club

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 January

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Icarus Show' by Sally Christie.

Alex has worked out a foolproof way to avoid being picked on. Don't React. It's so simple, it's brilliant! David does react and becomes an outcast, nicknamed Bogsy. He's branded a weirdo, and Alex is determined to avoid the same fate. But one day, Alex gets a note in his bag that forces him out of his safe little world. Who sent the note? And is it true - will a boy really fly? A powerful story about friendship, loneliness and a strange kind of genius.

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

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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

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

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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.

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 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.

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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](#)