



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 20th May 2024

Forthcoming Dates for your Diary

24th May
Year 13 Leavers' Mass

24th May
Year 7 to 12 Students finish at 1:30pm



U12 and U14 Liverpool Schoolgirls Complete an Astonishing Treble at National Finals

We've more news from the Bet365 Stadium in Stoke which saw the Liverpool Schoolgirls U12 and U14 sides, both fielding players from St. Julie's, win their respective finals to become National English Schools' Football Association Champions!



U14 ESFA National Champions!

At the Bet365 Stadium in Stoke, the U14 Liverpool team followed the precedent set by the U13s last weekend and secured victory! The game was a white knuckle ride that saw Liverpool take an early lead, only for York to respond with by scoring three times. With a mountain to climb, the Liverpool side mounted a thunderous response played out in an electrical storm, with play suspended twice due to lightning in the area. This didn't deter the players, who netted their fourth and winning goal with just two minutes left to play. We offer our emphatic congratulations to St Julie's students Faye, Yasmin and Katie and to all of their team mates on a memorable cup final victory! You can watch the match in full on the [ESFA YouTube channel](#).



Liverpool U12s Complete The Set At ESFA Finals!

Congratulations to the Under 12 Liverpool side who are ESFA national champions alongside the U13 and U14 teams! We're enormously proud to have so many players from St Julie's represented in the City's teams, and Jessie, Maisie, Scarlett and Luella faced one of the toughest challenges in the U12 group. They lined up against a strong team from Brighton who had reached the final without dropping a goal all season and were favourites for the win. Outstanding team work and a robust defence were the order of the day for a Liverpool side that rose to the occasion magnificently. Carrying an astonishing record of clean sheets, the team from Brighton saw their net bulge three times for an outstanding Liverpool win. The bigger picture at the tournament is even more impressive. Across the genders and age groups, teams from Liverpool contested six finals

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

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and won all of them, drawing praise from local MP Ian Byrne.

Congratulations to our under 12 players and all of their team mates, with a special nod to Jessie for her leadership of the side in her third year of Captaincy. You can watch the match in on full on the [ESFA Channel on Youtube](#).



'Meet The Headteacher' in Educate Magazine

Look out for the recently published May edition of Education magazine which features an interview with Mrs McCartney in the 'Meet the Headteacher' feature. You can find free print copies in many public areas or [check out the online version right here](#).



Mental Health Week: Wear Something Green!

This week has marked the celebration of Mental Health Week, and the theme for 2024 is movement. On Thursday this week we invited staff and students across the school to show their support for Mental Health and the Mental Health Foundation Charity by wearing something green. A team of volunteers circulated around forms with ribbons available in return for a donation and our students and staff wore them with pride, generously raising a massive £204 on the day.

Live simply, sustainably and in solidarity

Focus: Live in solidarity

Solidarity is to see and accept others as our neighbours, to be determined and committed to the common good and to remember we are responsible for each other as one, big family. So, how can you be in solidarity with others, today?

Tip: Live in solidarity

We must overcome any barriers of race, colour, ethnicity, gender and socio-economic status that create divisions. Remember that we are not meant to live independent of others, we are interdependent – asking for and receiving help is essential to live a peaceful and harmonious life.

Dear God, we are all made in Your image. May we become a more understanding, compassionate and respectful people, so that all may benefit from the gifts You have given us. Amen.



Bats Up For Staff vs Student Rounders

At the end of last week we rounded the week off with staff mounting the defence of their championship status in the staff versus students rounders competition! Under clear skies on one of the hottest days of the year so far, the teams lined up with some spirited banter from both sides all under the watchful eyes of Mrs Rainey - clipboard in hand! The students were first to bat, and took advantage of a slightly thin field to expose gaps and get some great runs in. At the switchover staff faced a densely populated outfield, and

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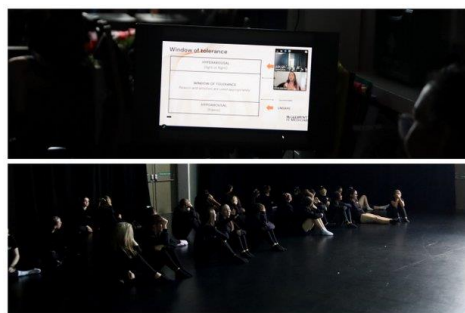
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some outstanding fielding from Harriette caught Mrs McCourt out at second base! Mr Torpey responded to the 'encouragement' of the opposition by striking a ball into the depths of Woolton Village that people are still looking for today. We hope no windows were broken! Despite a little obstruction by some fielders the staff mounted a robust defence of their title and once again prevailed as winners! Thank you to all of the staff and students who took part, both playing and supporting, in what proved to be a lovely way to end the week. We go again next year!



Mental Health Week: Movement is Medicine

On Friday students took part in an online movement workshop with Emma Marshall, the founder and CEO of 'Movement is Medicine'. The student explored the scientific relationship between movement and positive mental health, and discovered some of the best ways to maximise the value of their movement.



LSSP Sports Challenge

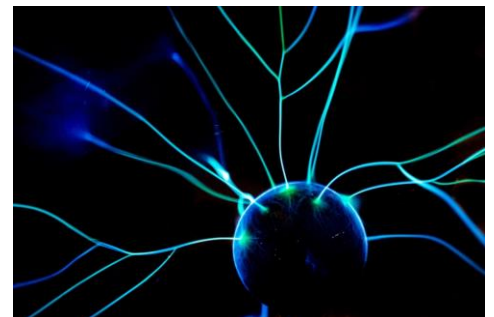
This week a group of Year 7 students enjoyed some physical activity with a few twists at the LSSP Sports Challenge Day! The event was a fantastic experience full of different activities that ranged from the more traditional rugby and dance to laser, inflatables, kinball

and quidditch. All of the activities were designed to promote physical activity and wellbeing, and our team of students had enormous fun! You can read more and see photos in the [full story on our website](#).



Year 7 Inter Form Netball Competition

On Monday morning students in Year 7 had their first interform competition and it was a huge success! All students displayed excellent sportsmanship and enthusiasm throughout the morning and enjoyed their day. Well done to all students involved with the competition, with an extra special thank you to our two Year 9 Sports Leaders who umpired the games over the morning displaying fantastic leadership and communication skills. You can read more about the fixtures and results in the [full report on our website](#).



Year 11 Masterclasses

One of several initiatives for student support during the exam season is a series of masterclasses that run throughout the entire season for students in Year 11. A copy of the entire schedule is [available for parents here](#).

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Year 8 Options Evening

On Thursday 06 June 2024 from 5pm to 7pm there will be a presentation in the Dorothy Stang Theatre at 5.45pm and again at 6.15pm for pupils in Year 8 and their parent/carers. During the presentation we will explain the Key Stage 4 curriculum, the options process and the subjects on offer. The rest of the evening will consist of a subject marketplace in the sports hall, where pupils and parents will have the opportunity to hear more about the courses on offer at Key Stage 4 from specialist subject staff. Parents of students in Year 8 should have received a [copy of this letter](#), which includes a reply slip.

Year 10 Chemistry Revision Sessions

The planned day for Year 10 Chemistry revision sessions with Mrs Jones has moved from Tuesday to Wednesday. Revised dates and topics are below:

Date	Topic
22/5/2024	Giant Covalent structures
5/6/2024	Metallic Bonding
12/6/2024	Balancing equations
19/6/2024	Relative formula mass
26/6/2024	Moles- Higher
3/7/2024	Limiting Reactants- Higher

10/7/2024

Concentration of solutions

ADDvanced Solutions Community Network Sessions

Monday 20th May 2024 9:30am – 11:00am Autism with Demand Avoidant Profile: Autistic children and young people will have a degree of demand-avoidance due to their levels of anxiety. Behaviour associated with autism with a demand avoidant profile can be challenging and requires a non-confrontational approach. We will discuss how to adopt this approach for our neurodiverse children and young people.

Belle Vale sessions

Tuesday 21st May 2024 9:30am – 11:30am Neurodevelopmental Conditions and Toileting: This session will consider toileting issues specifically around neurodevelopmental conditions. Come along with any questions or concerns you have and we will seek to work towards a solution together.



Recommended Read for May

If you're stuck for reading inspiration why not take a look at our

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recommended read? This month we're suggesting 'The Notorious Scarlett and Browne' by Jonathan Stroud.

Scarlett McCain and Albert Browne have outwitted their pursuers and escaped into the wilderness once more, and it's not long before they become famous for their audacious heists across the Seven Kingdoms. Yet neither is fully able to escape the shackles of the past – as they discover when a dangerous job turns sour.

Soon old enemies and sinister new threats are pressing in on every side, and Scarlett and Browne must pull off an impossible mission and strike out against The Faith Houses and the Brothers of the Hand if they are to save the people they hold most dear.



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:

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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-](https://learnliveuk.com/network-rail-secondary-school-safety-talk/Occupational%20Therapist)

[secondary-school-safety-](https://learnliveuk.com/network-rail-secondary-school-safety-talk/Occupational%20Therapist)

[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

Licensing

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](#).