



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 22nd January 2024

Forthcoming Dates for your Diary

30th January
Poetry Live! Year 11
English Trip

8th February
Year 11 Parents' Evening

9th February
Students finish at 3:15pm for Half Term



Girls Out Loud!

Students in Year 8 enjoyed an empowering workshop with a host of inspiring mentors from Girls Out Loud. The workshop, led by best selling author Jane Kenyon, saw a team of successful and inspirational female mentors working in a carousel of small groups. One of the focuses of the workshop was helping young women find their voice, and they put those skills to the test on the day when some brave volunteers offered to be interviewed by media teams from Radio City and BBC Northwest! The event was a huge success, and we'd like to thank the entire team from Girls Out Loud for helping our students to end the day walking a little taller.



Schools' Parliament

Two Year 10 students had the opportunity to visit the Town Hall and discuss issues surrounding education, helping inform future dialogue between the local council and schools. Both students represented the school in a professional way and provided some great insight into their education at St Julie's.



Year 8 Students Ask 'Who Am I?'

Every student in Year 8 has engaged in an empowering activity workshop this week with Humanutopia. Following very successful experiences in the past, we welcomed Ryan, Stevie and Tamara into school to deliver an all day workshop called 'Who am I?' which deals with important issues

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

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around personal awareness, peer pressure and conformity. It encouraged students to reflect on their life chances, encouraging them to have high hopes and aspirations for their future. Students have described the workshop as being profoundly powerful and that experience was shared by our students this week. Thank you to all of them for engaging so well with the workshop.



Scholars' Programme 2024 Launches!

Members of this year's Brilliant Club have taken their first steps into advanced level study with the launch of the Scholars' Programme this week. Students in Year 7 met with their supervising tutor, Postdoc Researcher Rathi Ravindrarajah of the University of Manchester, who has been conducting extensive research into the effectiveness of NHS England's diabetes education programme. The students will be following a course of study titled 'Disease Detectives' and will be studying at a whole Key Stage above their current educational stage. This programme will help to develop student's analytical and critical thinking skills. Students are fortunate to be able to access this prestigious programme and we wish them every success with their course.

Year 11 Parents' Evening

Year 11 Parents Evening is taking place on Thursday 8th February 2024. The event will start at 3:30pm and finish at 6:30pm and will be a face to face event. Appointments are made through the online booking system.



Live simply, sustainably and in solidarity

Focus: Live Sustainably

Made from single-use plastic, coffee cups and water bottles are some of the biggest causes of plastic waste. You can help reduce the amount going to landfill by purchasing your own reusable alternatives.

Tip: Live Sustainably

Buy reusable coffee cups and water bottles. In school, we have water fountains available for you to fill your bottle throughout the day.

Lord, grant us the wisdom to care for the earth. Help us to act now for the good of future generations and all your creatures.

Amen.



HE+ gets off to a flying start!

HE+ is a collaborative project between the University of Cambridge and its Colleges, working together with groups of state schools and colleges in 18 regions of the UK. The HE+ project is unique in that it encourages schools and colleges to collaborate to form regional consortia and to engage their highest-attaining

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students in a sustained year-long programme that is designed to encourage and prepare these students to make competitive applications to top universities, including the University of Cambridge. The overall goal of the project is to encourage and prepare more academically-able students to make competitive applications to top universities, including the University of Cambridge. We'd like to congratulate Cara and Hannah from Year 12 who have been accepted onto this prestigious programme. They attended their first HE+ session last week and we look forward to the next stage of their HE+ journey.



Live Shakespeare for English Students

Our Year 11 students were fortunate enough to welcome actors from the Manchester-based ManActCo Theatre Company today, who delivered a gripping performance of Shakespeare's Scottish tragedy, Macbeth.



White Out!

Tuesday this week brought us some unexpected challenges as we experienced an overnight snowfall. This made for some pretty scenes here in Woolton, including this rare and beautiful 'snowbow' captured by Mr Willis from the school Chapel. We need to thank the Premises Team, supported by some willing volunteers, who worked very hard in the morning to keep our site safe and accessible. Once students have arrived they can remain in the building all day. We do appreciate the frustrations felt by parents as arrangements on a snowy morning can feel uncertain but we have a duty to keep our school open if we can safely do so. Any decision to close for weather is always a last resort and with the circumstances surrounding each school being unique this can sometimes lead to situations where siblings attending different schools might unfortunately find one school open and another closed. Thank you to all the students who made it into school on Tuesday, and the parents and carers who helped them to do so.

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The three actors, who adopted multiple roles throughout the performance, did an expert job of highlighting the sinister nature of the supernatural and the devastating impact of unbridled ambition. After the performance, the actors stayed to do a handy hot seat/Q&A session both in and out of character. This really helped to contextualise the play and enabled our students to see characters they know well from a different perspective. This production was a marvellous opportunity for our students to recap the play's key scenes and soliloquies in the way they were originally intended to be enjoyed - the stage. Importantly, it will support our students with their revision of Macbeth, a set text for their GCSE English Literature exam, which is currently being taught in class.



Healthy Snack Sales

Available At Break Time

From Monday 22nd January healthy snacks will be available to purchase by students in Years 7, 8 and 9. The service will be cashless and draw from the same funds that students use for their lunchtime purchases.



Understanding the Eucharist

Over the last two weeks, all Year 10 students have celebrated Mass during an RE lesson to help them gain a better understanding of the Sacrament of the Eucharist.

We were delighted to welcome Fr Stephen Pritchard from Our Lady's, Gateacre and Fr Ed Cain from St Ambrose, who explained the significant moments of the Mass as it happened alongside the symbolism behind the actions and words of the congregation and the priest.

Fr Stephen also explained how it is a wonderfully mystical celebration, when the angels and saints also gather with us to witness the sacrifice of the Mass.

Students played an active role by reading the Word of God and leading the prayers of the faithful.

Gathering for Holy Mass is how Catholics worship God as a community and as 'The Eucharist' is a significant topic in their GCSE studies, there is no better way to understand it than to experience it together!



Year 11 Interviewees Do The Business!

Year 11 Business classes used some practical skills this week, conducting mock interviews on each other. Part of their GCSE involves understanding how, when, and why job interviews are conducted so we put the theory into practice. Their conduct in the interviews was mature and professional and we're pleased to say they all would have been hired!

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Watch The Birdie!

We've had some fantastic advice about nesting box siting this week when we got a visit from Chris Tynan, the Liverpool Local Group leader for the RSPB. Woolton Woods is rich in wildlife, and within one minute Chris identified a wood pigeon, sparrowhawk and tiny goldcrest within our site. We're advancing with our nesting box plans, but if you'd like to get started more quickly in birdwatching why not take part in the '[Big Garden Birdwatch](#)', the world's largest garden wildlife survey! This takes an hour of observation and takes place between the 26th and 28th January. Many thanks to Chris for taking the time to visit us and share his expertise.



Dancers Leap To Auditions

This week, dancers across all key stages are busy auditioning for team places for forthcoming competition events. There was a huge turn out from Key Stage 3 students on Monday who really impressed Performing Arts staff with their timing, musicality and technique. Thursday will see Key Stage 4 and 5 students showcase their talents before teams are announced on Friday. Well done and thank you to all students who took part.



Happy Retirement Mrs Baines!

This week saw us bid a fond farewell to Mrs Baines, a member of our Premises Team who has been with St. Julie's for over 22 years and now begins her well-earned retirement. Known to all simply as 'Pat', she has enjoyed enduring popularity with students and we will miss her. Good luck for the future Pat!



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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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 Gilded Ones' by Namina Forna.

Sixteen-year-old Deka lives in Otera, a deeply patriarchal ancient kingdom, where a woman's worth is tied to her purity, and she must bleed to prove it. But when Deka bleeds gold - the colour of impurity, of a demon - she faces a consequence worse than death. She is saved by a mysterious woman who tells Deka of her true nature: she is an Alaki, a near-immortal with exceptional gifts. The stranger offers her a choice: fight for the Emperor, with others just like her, or be destroyed...

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

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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.

Anxiety UK – Charity providing support if you have been diagnosed with anxiety
Phone: 03444 775 774 (Mon to Fri 9.30am-5.30pm)

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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](#).