



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 22nd March 2021

Forthcoming Dates for your Diary

21st March

World Poetry Day

23rd March

Qwell and Kooth Information Session (Virtual)

25th March

Founders Day Celebration

26th March

Finish for Easter Break



Shining a light on Child Sexual Exploitation

'Don't judge. Don't blame. #SaySomething' was the focus of the awareness raising campaign and will look at criminal and sexual exploitation, modern slavery, trafficking and the exploitation of children who are vulnerable. We had many activities through the day, and as the sun went down on the busy and productive day the lights began to shine in claret and pink on the three blocks of St. Julie's. We projected the hashtags #SaySomething and #HelpingHands to help support the awareness campaign.



CSE Awareness Assemblies

We have been delighted to welcome Inspector Neil Birkett and Constables Mat Williams and Mark Patterson into St. Julie's today to help raise CSE Awareness. Constables Williams and Patterson spent time delivering CSE assemblies to our students, helping to identify some possible signs of CSE and giving advice on how to stay safe and report concerns.



Covid-19 Home Testing

Please [click here](#) for a letter from Mr Alderman giving further information about the distribution of home testing kits for students. If you have previously given consent for testing in school over the past two weeks and wish for your daughter to receive home testing kits you do not need to take any further action.

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

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Year 10: [Mrs C Maguire](#)
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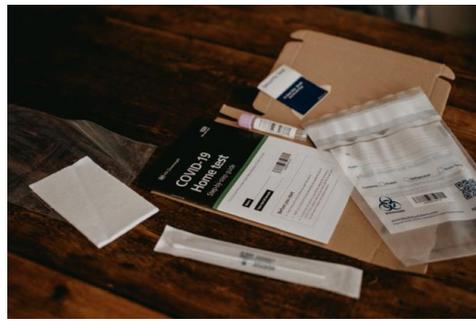
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Home Testing Kits for Parents

The home testing kits provided by school are for students only. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

Tests are fast, easy and completely free. There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly: through your employer, if they offer testing to employees by collecting a home test kit from a local test site – anyone aged 18 or over can collect 2 packs of 7 tests by ordering a home test kit online – please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most. Children of primary school age (and below) without symptoms are not being asked to take a test. If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.



CSE: Where To Get Support

It's CSE Awareness Month, and here's some important information that it's always good to know.

If you suspect a child may be a victim of Child Sexual Exploitation you have options for reporting it.

Reporting

If you think a child is in immediate danger, contact the police on **999**. If you are worried about a child but they are not in immediate danger, you should share your concerns.

Contact the NSPCC

Helpline on [0808 800 5000](tel:08088005000) or by emailing help@nspcc.org.uk. Our trained professionals will talk through your concerns with you and give you expert advice.

Contact your local child protection services. Their contact details can be found on the website for the local authority the child lives in. For Liverpool, it is www.liverpool.gov.uk

Contact the police.

There is a [guide for parents/carers](#) who think their child may be caught up in County Lines or be the victim of CSE.

Where to get help for children

Talk to trained counsellors on the 24 hour helplines run by [Childline](tel:08001111) on **0800 11 11** and the [NSPCC](tel:08088005000) on **0808 800 5000**. There are several websites and organisations that offer professional support for young people who think that they are the victim of CSE: www.nspcc.org.uk
www.childrenssociety.org.uk
www.barnardos.org.uk
www.paceuk.info

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Friday Live @ 8:55 is back!

Following on from the tremendous success of The Julie Show during lockdown, the 1804 Society turned their hand to live broadcasting across the school this morning reviving our Friday LIVE @ 8:55 news and reflection programme. Liv, who heads up the 1804 Society and Sophie, Service Co-ordinator, fronted the programme which included contributions from Zoe (Head of Dorothy) about our **Easter Egg Appeal for the Micah Foodbank** and Miss Adams-White (our Wellbeing Co-ordinator) who did a feature on **World Sleep Day!** There are more details on the [Chaplaincy website](#)). The Chapel has been re-ordered as a temporary TV Studio and it was great to have all Year Groups able to view simultaneously. The programme also featured some views of last night illuminations for National Child Exploitation Awareness Day. *You can still view the [boxset of The Julie Show](#) on Youtube.*

Year 11 and 13 Formal Assessment Timetable

The final timetable for Formal Assessments for students in Years 11 and 13 has now been published and a copy is [available to view here](#).

Street Safety

Emergency calls

Here is [an easy guide](#) on how to make an emergency call from the lockscreen on your iPhone or Android phone.

Campaign for change

'Our Streets Now' and 'Plan UK' have launched a campaign to make public sexual harassment a criminal offence in the UK. Follow the links to [sign the petition](#) and [email your MP](#).



Fun In The Sun!

Our Year 7 students have been taking advantage of Friday's bright and warm lunchtime to make use of some new recreation equipment. It was great to see our skippers and footballers having so much fun!



Careers Subject Focus: English and Drama!

This week our careers focus will be careers that you could consider if you enjoy English and Drama. By clicking below you can learn more about jobs that use these subjects and watch interviews and clips with people who work as performers, teachers, journalists and solicitors to name but a few. [English and Drama](#)
Don't forget that we've got loads of subject specific information in the pages on our [Careers Website!](#)

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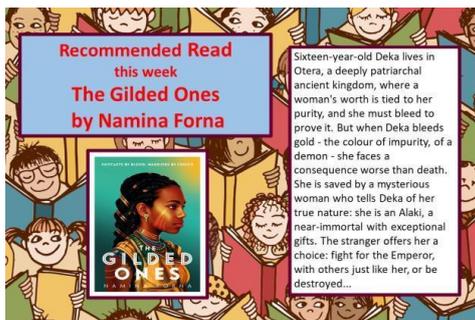


Stars of Lockdown...and School!

This is our Stars 'handover' week, as we move from Stars of Lockdown to Stars in School! We've got both this week, and we'd like to say a big thank you to Abbie-Lea, Emmie, Antonella, Jasmine and Sofia for sharing their photos with us this week.

Sixth Form Parents Evening

Thank you to all of the parents who participated in this week's virtual parents' event. We would also like to apologise to those parents who encountered difficulties during last week's Year 10 Parents' Event. Our technical partner was experiencing some service problems that impacted on the experience of some users attending our event. Please accept our apologies.



March Recommended Read

Our recommended read for March is '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...

Sixth Form Places

If your daughter is a Year 11 student who has received an offer of a place in Sixth Form she should now respond to that offer. If you have any questions about the process please contact Miss Kelly or Mrs Jones at school.



Qwell And Kooth Information Session

We would like to invite parents to a virtual Kooth.com and Qwell.io information session. Kooth.com is commissioned in Liverpool to provide anonymous and personalised mental health support for Children and Young People. Qwell.io is an online counselling service aimed for adults 26+. In this session you will meet the engagement lead for Liverpool who will show you a live tour of the site and be available to answer any questions you may have.

Date: 23rd March 2021

Time: 5pm

Location: Virtual Zoom session.

If you are interested please could you email Dr Adams-White who will send you the Zoom invitation and password to join jadamswhite@stjulies.org.uk.

Careers Updates

This week we've got the March edition of the Amazing Apprenticeships Parent Pack, which has some great advice about virtual interviews and how to prepare, as well a great feature on careers in the fashion industry. Find out more in the latest posts at our [dedicated careers site](#).

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SEND Support Helplines

Helplines for Settings and Families
In response to the current coronavirus pandemic, Liverpool Local Authority's SEND Support Services would like to offer advice and support to our settings and families during this difficult time.

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 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

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 have increased during periods of lockdown. 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.

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Mental Well-being Support

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)

CAMHS – CRISIS team for under 18 years old
Phone: 0808 196 3550 (24 hours)

Alder Hey CRISIS Team – supporting mental health and distress (24 hours)
Phone: 0151 293 3577.

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.

Covid Reporting

Please continue to review the [information sent out each week in the bulletin](#) with regard to the importance of notifying school immediately if your child tests positive for COVID-19. Please continue to contact school in any of the normal ways - the main switchboard (0151 428 6421) during working hours; or reception@stjulies.org.uk or safeguarding@stjulies.org.uk for out of hours notifications. School have taken all reasonable steps to raise awareness of this. Thank you.

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](#).

COVID-19 (coronavirus) absence: A quick guide for parents / carers	What to do if...	Action needed	Back to school
my child has COVID-19 symptoms	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough
my child tests positive for COVID-19	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough
somebody in my household has COVID-19 symptoms	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough
somebody in my household has tested positive for COVID-19	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough
my child has been in contact with someone who has COVID-19	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough
my child has been in contact with someone who has tested positive for COVID-19	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough
my child has been in contact with someone who has symptoms of COVID-19	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough
my child has been in contact with someone who has tested positive for COVID-19	Child absent from school	Child should get a test if symptoms last more than 10 days or if symptoms are severe	Child can return to school when they feel well enough

Latest Covid Absence Information Poster

Please [click here for a quick guidance poster](#) for parents about Covid related absence, which has some helpful links in too.

Covid-19 Information and Risk Assessment

All parent/carers can access the school's Covid-19 risk assessment [here](#).