



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 23rd February

Forthcoming Dates for your Diary

23rd February

Students return to school

11th March

Year 6 Welcome Event

16th March

British Science Week

26th March

Notre Dame Awards Evening



NOW Festival 2026 Winners!

St Julie's Performers were crowned overall winners of the NOW Festival, the city-wide annual celebration of mental health, after delivering a breathtaking performance of *Behind Closed Doors*. The powerful and thought-provoking piece explored the lives of young carers, offering hope to those who hide their struggles, and left the audience in tears before earning a standing ovation. St Julie's also received the coveted WOW Recognition Award for their standout performance. Read more in [the full story on our website](#).



Inspiring Futures at St Julie's Careers Fair

On Thursday we hosted our first whole school Careers Fair, welcoming students from all year groups to explore the wide range of opportunities available to them in the future. You can read more about this major school event later in this newsletter.



Students Dive Into Real World Healthcare Science!

KS3 students took part in an inspiring STEM experience delivered by staff from Liverpool John Moores University on Tuesday which was designed to open their eyes to the wide range of science careers within the healthcare sector. The session gave students the chance to step into the shoes of medical professionals and get

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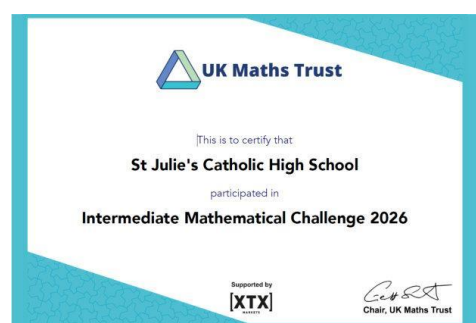
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hands-on with practical skills that save lives. Throughout the workshop, students learned how CPR is performed and why quick, confident action can make all the difference in an emergency. They explored the importance of proper wound cleaning, discovering how infection prevention plays a crucial role in patient care. They also gained insight into how blood is safely extracted, helping them understand the science and precision behind everyday medical procedures. One of the most memorable moments came when students experimented with medical tubes to see how healthcare workers support patients who cannot swallow - an eye-opening demonstration that sparked plenty of curiosity and conversation. The experience left students buzzing with enthusiasm and gave them a real sense of how science shapes the world of healthcare. It was a brilliant opportunity to connect classroom learning with real-life impact, and it may well have inspired some future scientists and clinicians along the way. We'd like to thank LJMU for organising the event and for helping us to celebrate National Apprenticeship Week and International Women and Girls in Science Day.



UKMT Success!

Congratulations to students in Years 9 and 10 who recently participated in the UKMT Intermediate Maths Challenge. Students had an hour to work through some extremely tough problem solving questions and all those who participated gave tremendous effort! Across the two year groups we had a number of students who achieved Bronze and Silver Level awards,

which is an outstanding achievement. Well done to the following students who will all be receiving certificates for their success:

Year 9 Bronze Winners: Lorna, Elizabeth, Imogen, Imogen, Hannah, Ella, Emily and Layla

Year 9 Silver Winners: Jasmine, May and Isla (Best in the Year group)

Year 10 Bronze Winners: Isabelle, Abigail, Brooke, Anno, Olivia, Megan, Lydia and Anna

Year 10 Silver Winners: Ellie, Isla and Annabelle (Best in the Year group)



Congratulations to Football Semi-Finalists!

Congratulations to our four talented footballers who represented our city in the quarter final win of the ESFA U12 Girls District National Cup competition! Anya, Sophie, Honey and Blossom all lined up for Liverpool. Selection for the team is held in the summer through hugely competitive trials, meaning that to even wear the shirt is an impressive achievement. The quarter final fixture was something of a local derby as Liverpool faced Sefton for an evening kick off at Jericho Lane. Liverpool finished the first half with a 2-0 lead but an impressive fightback from Sefton saw the scores level at 2-2 for the final whistle. This took the game into some nailbiting extra time but nerves were quickly allayed as Liverpool couldn't stop scoring, finishing the match with a formidable 6-2 victory. The team will now progress to face Bolton in the semi final which will be played before 7th March. Anya and Sophie will be hoping for back to back wins after securing the National Cup at

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Stoke's stadium last season. We wish them lots of luck!



St Julie's students tackle a Zombie Outbreak!

KS3 students were thrown into the heart of a fictional zombie apocalypse this week, thanks to an action-packed STEM workshop delivered by Graeme from Liverpool John Moores University. The session used an imaginative outbreak scenario to help students explore how real scientists and public-health teams respond when a dangerous virus begins to spread. Working in groups, students analysed how the "infection" was moving through the population and debated the best strategies to contain it. Each team had to think like scientists, medics, and emergency planners - balancing the need to protect the public with the responsibility to care for those already affected. The fast-paced challenge encouraged teamwork, problem-solving, and clear communication, with students weighing up everything from quarantine zones to treatment options. By the end, students had not only survived the zombie scenario but also gained a deeper understanding of how STEM skills play a vital role in managing real-world outbreaks. It was a brilliant blend of science, strategy, and imagination - one that left students buzzing with ideas and a new appreciation for the people who keep communities.



Women in Science - Inspiring the Next Generation

KS5 students had the opportunity to take part in an empowering careers event on Wednesday, featuring a panel of female scientists from S L Sequirus. Organised in partnership with Laura from Elevate BP, the session invited students to explore a central question: *Is there a place for women in science?*

The panel shared their experiences from across the company, giving students a glimpse into a wide range of scientific roles - from laboratory research to quality assurance and vaccine development. Each speaker offered honest reflections on their career journeys, the challenges they've faced, and the progress still being made to ensure women are represented and valued in STEM fields. Students then took part in a lively Q and A, asking thoughtful questions about workplace culture, career pathways, and how to overcome stereotypes that still persist in the industry. The discussion encouraged students to think critically about equality in science and highlighted the importance of diverse voices in shaping the future of healthcare and innovation. The event left students inspired, informed, and more aware of the opportunities open to them - proof that the next generation of scientists is already thinking boldly about the world they want to build.



On Thursday we hosted our first whole school Careers Fair, welcoming students from all year groups to explore the wide range of opportunities available to them in the future. The event brought together an impressive selection of exhibitors, including further education colleges, higher education institutions, training providers, apprenticeship providers, and representatives from a variety of career sectors such as nursing and health, sport, engineering, local government, hair and beauty, and many more.

The Careers Fair provided students with invaluable access to up-to-date Labour Market Information, helping them to understand local growth sectors, in-demand skills, and emerging career opportunities within our region. By speaking directly with employers, universities, and training organisations, students were able to gain insight into different pathways available to them post-16 and post-18, including A Levels, vocational qualifications, T Levels, apprenticeships, and university routes.

Events like this are vital in supporting students to make informed, confident decisions about their futures. They help to raise aspirations, challenge stereotypes, and broaden horizons by showcasing the many routes to success beyond the classroom. Importantly, the fair also encouraged students to think about the skills, qualities, and qualifications they will need to achieve their ambitions. We would like to extend our sincere thanks to all of our exhibitors for giving their time and expertise to support our students; and for providing such engaging and informative discussions throughout the day. The event was delivered in conjunction with Career Connect, whose partnership and guidance continue to play a key role in strengthening our careers programme.



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RE

GCSE RE Revision 'Dos' and 'Don'ts'

The best GCSE results don't go to the so-called cleverest students — they go to those who revise, plan and organise themselves the best — those who put in the best effort. If a student organises their time efficiently and plans their revision period well leading up to exams, hard-work will be paid off when your results come in. However, there are certain 'dos' and 'don'ts' to consider when revising, particularly when doing so intensively over school holidays...

Do!

- Do plan your revision materials ahead of time — Ensure you are revising from the correct syllabus and exam board.
- Make sure that any notes you have taken are complete and in full.
- Separate topics into clearly divided sections.
- Do take breaks — Take regular short breaks to stay energised.
- Drink plenty of water and eat well to ensure your brain can concentrate. A hearty breakfast will ensure you start the day right. Take a proper lunch time hour to rest in the middle of the day, ready to hit the ground running in the afternoon!
- Do test yourself — write and re-write your notes from memory to ensure facts are stored in your brain in the long-term.
- Do revise more than one topic a day — split your time between two or three topics every day.
- Do start early — It is scientifically proven that our brains are more energized and active in the mornings.
- Ensure a good night's sleep; awake feeling refreshed for the day ahead.

Don't!

- Don't panic —revision can be overwhelming but there is no need to become stressed. Keep the end goal in sight - achieving great exam results.
- Don't overwork yourself — pace your revision and work to a strict timetable.
- Don't procrastinate — don't give yourself reasons not to revise. Put away your mobile phone, iPad, laptop and anything else that is a distraction!
- Don't work in a noisy place — find a nice quiet room at home or in a local library where you can revise in peace and quiet.
- Don't feel defeated — you are not alone! All your peers are in the same situation. Share your revision techniques with your friends and stay positive. Remember that once you've sat your exams, you'll have plenty of time to relax!
- Lots of student's approach revision in different ways so they don't become overwhelmed — vary your approach.

Treat your revision period like an extension of your school timetable, be disciplined with your time and take ownership of your studies.

RE

Understand the Course Structure:

AQA Spec B focuses on:

- Two religions (Catholic Christianity and Judaism)
- Two Thematic studies (Peace and Conflict and Relationships and Families)

Know the Exam Format:

Paper 1: Catholic Christianity (1hr45m)
Paper 2: Judaism and Themes (1hr 45m)

Question Types

- 1–2 mark questions: simple knowledge (define or name)
- 4 mark questions: explain beliefs or practices (2 paragraphs required)
- 5 mark questions: explain + refer to a source of wisdom or authority (2 paragraphs required)
- 12 mark questions: evaluate a statement (3–4 paragraphs)

12-Mark Question Structure (Very Important) - Worth 50% of your grade!

- For the statement (2 paragraphs)
- Against the statement (2 paragraphs)
- Conclusion — your justified opinion

✓ Use PEEL for each paragraph
✓ Include:

- Religious teachings
- Key terms
- Different viewpoints
- Logical reasoning

Recommended: Use Active Revision Techniques

- ✓ Flashcards
- ✓ Mind maps
- ✓ Brainstorming (write everything you remember, then check)
- ✓ Teaching someone else
- ✓ Past papers GCSE Religious Studies 8063 | Assessment Resources | AQA

Break down the topics:

Paper 1:
Creation
Incarnation
Triune God
Redemption
Church and KoG

Paper 2:
Judaism: Beliefs
Judaism: Practices
Themes: Relationships and Families
Themes: Peace and Conflict

Key Words	Key Content	Key Quotes
If you know your key words you will be able to access questions i.e. Natural Law in Creation.	Give an overview of the key content needed for each topic (use your revision books to help!)	Learn 3-4 quotes for each topic. Some of these may cross over i.e. 'God is Love' Genesis.

Key Websites for Revision:

MrMcMillanREvis - YouTube (Paper 1 – AQA Spec B)
Judaism - GCSE Religious Studies - BBC Bitesize (Paper 2 Judaism)
Explore Judaism - GCSE Religious Studies - BBC Bitesize (Paper 2 Judaism)
Christianity GCSE RS revision - Relationships and Families - AQA - BBC Bitesize (Paper 2 Relationships and Families)
GCSE RS - Religion, Peace and Conflict - Christianity - AQA - BBC Bitesize (Paper 2: Peace and Conflict)

Subject Revision Focus Slides

Every week we're sharing a different subject focus with our Year 11 students. This week we're looking at Religious Education.



Year 11 Chefs Complete Exam Work

We'd like to offer a hearty well done to our exam candidates in Hospitality and Catering who last week gave their all in the kitchen to create their exam meals in which all components, including breads, need to be prepared from scratch. Offsetting the high stress work, some of our younger students expressed themselves with some

sugar craft. Following a demonstration of creating a rose and a teddy bear, students were given a free hand to create anything they wanted to.



Sharing Insights on Jewish Faith

This week we were pleased to welcome David Coleman from Allerton Synagogue who delivered a valuable 90 minute session to Year

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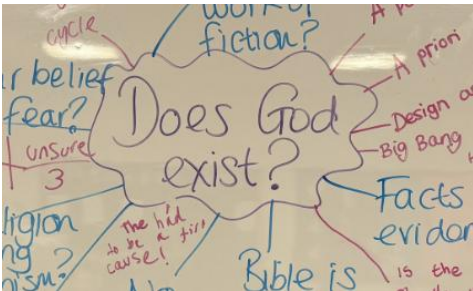
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11 students about the development of Jewish history and his personal key beliefs and practices such as Shabbat, festivals and worship. As well as helping students understand the wider world, the session offered essential insights that will help our students draw on real life examples for their GCSE Judaism paper. We're grateful to Mr Coleman for taking the time to visit us.



More Big Questions in Philosophy Club

This week in Philosophy Club we were asking big questions again - Does God Exist? There was some fabulous discussion and incredibly mature reasons when we looked in detail at William Paley's Design Argument and his theory of the watch. Was the world designed by an intelligent designer like God or not? Come along to Philosophy

Club for years 7, 8 & 9, Tuesday lunchtimes in B203 with Mrs. Cobourne and share your thoughts.



National Apprenticeship Week: Broadening Horizons for Year 8

As part of National Apprenticeship Week, we were delighted to welcome Neil from Realise Training to speak to our Year 8 students about the exciting opportunities available through apprenticeships and vocational pathways. His presentation highlighted the wide range of career routes on offer, the benefits of earning while learning, and how apprenticeships can provide a valuable alternative to traditional academic pathways. Introducing our students to these opportunities at an early stage is

Easter Revision Sessions

The provisional schedule for Easter revision sessions is shown below. More information will follow in future weeks.

	Monday 30th March	Tuesday 31st March	Wednesday 1st April	Thursday 2nd April	Friday 3rd April
AM Session 9-12	RS A Level (Ethics and Christianity) THY	English Literature- Plot revision DWA, HKI, MMO	Art GCSE and A Level ABE/NIZ	GCSE PE Revision	School Closed
PM Session 12-3	RS (Philosophy and Christianity) JCO	Geography GCSE (FFO)	Art GCSE and A Level ABE/NIZ		
	Monday 6th April	Tuesday 7th April	Wednesday 8th April	Thursday 9th April	Friday 10th April
AM Session 9-12	School Closed	RE GCSE Paper 1 (KBR THY)	RE GCSE Paper 2 (SPE, JCO)	History GCSE (JTO)	
PM Session 12-3				Politics A Level (JTO)	

Saturday Drama: 25th April (AM): Billy Elliot 2nd May (AM): Blood Brothers

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vital in helping them make informed decisions about their future, broadening their aspirations, and understanding the many different routes to success. The session was an inspiring and informative way to mark National Apprenticeship Week and encourage our students to start thinking about their next steps.



It's Galentine's Day!

Today is Galentine's day, an opportunity to celebrate friendship! And of course, what better way than to send a card or a lollipop to show your appreciation for another student or staff member? Led by Year 9 students, Cupid's team has spent the day delivering tokens of love to students and staff around the school. Happy Galentine's Day!



LJMU Visit Inspires Year 11 Students

Year 11 students welcomed Mariama from Liverpool John Moores University this afternoon for an informative and engaging session focused on "What's Next?" and exploring higher education options. With key decisions approaching, the presentation provided valuable guidance to help students begin thinking about their future pathways beyond GCSEs and sixth form. Students gained insight into entry requirements, student life, finance

and student support, as well as the long-term advantages that higher education can offer in terms of career prospects and earning potential. Importantly, the talk also highlighted that university is just one of several pathways available post-18, encouraging students to consider their interests, strengths, and aspirations when planning their next steps.

By introducing information about higher education at this stage, students are better equipped to understand how their choices at post-16 can keep different routes open to them in the future. Raising awareness early helps to build aspiration, confidence, and informed decision-making. St Julie's students move on to an impressive and diverse range of destinations following their A levels, and we look forward to welcoming our current Year 11 cohort back in September to share their Post 16 studies with us.

We would like to thank LJMU for delivering such a helpful and inspiring session, supporting our students as they begin to consider their options and plan for life beyond GCSEs.



SVP Big Screen Fundraising Event

A huge thank you to everyone who attended the *Mean Girls* movie night fundraiser on Wednesday in support of the kNOw Knife Crime campaign. The event was a great success, raising an impressive £290. The funds will be used to support Mini Medics emergency first aid sessions. Well done to Youth SVP for organising such a fantastic and meaningful event.

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Cheque Presentation from SVP

On Friday we were delighted to welcome knife safety campaigner Laura Hughes back into school for a presentation of this week's fundraising. Our SVP fundraising event raised £290 to help fund the work of the kNOW Knife Crime Foundation which is campaigning to raise the availability of bleed control kits, and we were very happy to receive ours today!



Sixth Form Make The Write Moves

Year 12 and 13 English students were invited to take part in a series of prestigious workshops today, run by The Royal Literacy Fund. The workshops focused on essay writing and core literacy skills that prepare students for the demands of academic A-levels and also for higher education. We are very grateful to The Royal Literacy Fund and their established Fellows, Lizzie Nunnery and Zoe Howe, both of whom are renowned writers themselves, and who delivered insightful sessions for our sixth form students.



Year 9 Immunisations

All Year 9 children are due their routine immunisations to boost their immunity and ensure continued protection against Diphtheria, Tetanus, Polio, and Meningitis ACWY into adulthood. If your child did not receive their HPV immunisation in Year 8, it is not too late for them to catch up. Please use the link below to access further information and complete your child's consent form, even if you **DO NOT** want your child to receive any immunisations. This helps the team prevent unnecessary follow-up and supports the smooth running of the immunisation session.

<https://econsent.merseycare.nhs.uk/>

If you would like to discuss anything further, amend a form, or need support completing the consent process, please contact the Immunisation Service on:

0151 295 3833 or mcn-tr.vacandimms.team@nhs.net



Logging into GCSEPod

[Click here for the quick guide](#) to helping your child log into to GCSEPod, a fast paced, easily accessible and carefully curated set of revision guides, available right on their phones.

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Support Services from River Young People

River Young People Support Services provides free and confidential support for young people impacted by drug or alcohol use. They work closely with schools to offer accessible, student-centred support and aim to make referrals as straightforward as possible, whether they are using substances themselves presently or in the past – or feel effected by someone else's substance misuse. You can find [more information here](#).



Responsible Parking

Please [click here to read a copy of a letter](#) circulated by Mrs McCourt last week referring to parking and stopping whilst picking up and dropping off students.



Healthy Schools and Controlling Infection

As we enter the period of seasonal illnesses we're working hard as a school to manage infectious diseases within the school community and following relevant guidelines. You can help to keep your child healthy by [considering this government advice](#). Most mild

illnesses - such as a runny nose, sore throat, or slight cough - do **not** require time off school, unless your child has a temperature. There's [more guidance on that here](#). It's always helpful to book medical appointments outside of school hours where possible. Where this isn't possible, they should bring their child to school before, and return after, if they are well enough. Pupils can attend appointments in their school uniform.

Vaccinations are a key line of defence against flu and other preventable illnesses. When children and young people receive all the recommended vaccines in the national immunisation programme, it helps protect their health and support the wellbeing of the whole school community. School Age Immunisation Services (SAIS), commissioned by NHS England, deliver these free vaccinations in schools. This autumn, all school children in England (from reception to year 11) will be offered a [flu vaccination](#) at school. There's more information about vaccination programmes in secondary schools [here](#).



Punctuality Procedures at St Julie's

At St Julie's, we believe punctuality is crucial for a successful and positive school day. Arriving on time ensures every pupil is ready to learn and minimises disruption for all. **Why Is Punctuality So Important?**

- Sets good routines for life
- Ensures no learning is missed
- Minimises disruption for others

You can read our [punctuality procedures in detail here](#).

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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.



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](#).

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:

Your list of contacts at St. Julie's

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

Progress Leaders

Year 7: [Miss O Knisz](#)
Year 8: [Mrs J Navarro](#)
Year 9: [Miss C Corrigan](#)
Year 10: [Miss V Homer](#)
Year 11: [Mr M Mottram](#)
Sixth Form: [Mrs R Lyons](#)

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SENDCo: [Miss S Jackson](#)
Safeguarding: [Safeguarding Team](#)

Why not visit our Websites?

[St. Julie's Main Website](#)
[Chaplaincy Website](#)
Chaplaincy Instagram: [stjulies125](#)
[Wellbeing Website](#)
[Careers Website](#)

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 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](#).

Neglect

Everyone deserves to feel safe, cared for, and to have their basic needs met. Being taken care of means that someone is giving us what we need physically and emotionally, as well as making sure individuals are getting an education and access to things like the doctor when needed. If you are struggling; or you think someone you know is being neglected, then it's important to get support. Click here [Neglect | Childline](#) to learn more about accessing support; the types of support you could access. This page contains a contact number: 0800 1111; a contact form and offers different ways of obtaining help including a 1-2-1 chat with a counsellor [Get Support | Childline](#)

Young Carers Support

Barnardo's Action with Young Carers offers assessments and support for young carers. You can find out more from their [information leaflet](#) or [at the website](#).

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

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[Wellbeing Website](#)
[Careers Website](#)

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.

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

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[Careers Website](#)

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](#)