



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 23rd October 2023

Forthcoming Dates for your Diary

- 26th October
Year 9 Parents' Evening
- 26th October
Students finish for half term at 3pm
- 27th October
INSET Day
- 6th November
Students return to school



International Interest In Getting Moving!

This week brought an international visitor as we welcomed Anne Skauen from Fredrikstad in Norway as part of a visiting delegation exploring Active Cities. Alongside Anne, the delegation included John Marsden from Liverpool JMU, and Chris Price from Liverpool City Council. Their visit was about exploring examples of good practice in promoting activity, and we were delighted to be included in the schedule. Our visitors toured the Performing Arts facilities across the site, met with staff and students and had a very productive meeting with our Sports Ambassadors.



Year 8 & 9 Football Team Through to Next Round

Last Friday our Y8/9 football team played in Round 2 of the ESFA football competition against tough opposition: Great Sankey High School in Warrington. The fixture needed to go to extra time and our players had to dig deep and show tremendous resilience. The eleven goal thriller finished 5-6 AET with St Julie's progressing into the next round! [Read more here.](#)



Advice From The Top!

A group of our prefects heard some excellent advice this week as they met with Professor Cate Carroll-Meehan and Mr Rhys Jones from Liverpool Hope University. Respectively the Dean of the School of Education and the Director of Initial Teacher Education, our visitors were perfectly placed to offer insights into higher education, the benefits and pitfalls of AI and the importance of

ST. JULIE'S
STUDENTS
WHO ARRIVE
ON TIME
HAVE
HIGHER
READING
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work experience to support their portfolios when applying for university. Students engaged well in the Q & A session with some useful advice and guidance. Our Notre Dame connections with Liverpool Hope University remain strong and we look forward to further partnership work with Professor Carroll-Meehan and her team.

Assessment and Reporting

An updated guidance document with information about assessment and reporting to parents [can be found here](#).



Raising Awareness of Hate Crime

In recognition of National Hate Crime Awareness Week students have been finding out more about what a hate crime is, exploring some of the causes and finding out more about what some of the consequences are. Throughout the week our big screens have been showing a video featuring students from Year 7 who unified behind the simple message of 'stop'. Thank you to all students who engaged so well throughout the week.



Scary Pumpkins!

Things in our Stars room took a spooky turn as students enjoyed an after school session decorating pumpkins. The artists showed concentration and creativity in equal measure as they worked on their designs which incorporated bats, spiders, creepy smiles, black paint and...glitter! Well done to all the students on some beautiful work.



Live simply, sustainably and in solidarity

Focus:

Live sustainably

Tip:

Have a 'sort out' at home – what are the things you REALLY need and what is just cluttering up your space? Donate unwanted clothes and items to a charity shop!.

Prayer:

Dear God, my mind is cluttered with too many thoughts and I am surrounded by so many things that I don't know where to start. Help me to see the things that are truly important in life – to realise that my value does not come from the things I have but rather the things I am.

Amen.



Maximising Potential!

On Tuesday 17th April Yr 13 took part in a revision and exams support workshop delivered by 'Maximise your potential'. led by Jasper Ward. The session aimed to increase student motivation; provide students with effective revision strategies; help with stress management; advise on better study practice and help build students' resilience. It provided

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students across all subject areas with skills they can take into Year 13 and onto future pathways.



Year 9 Footballers Earn Tournament Bronze!

On Thursday our Y9 footballers competed in the Y9/10 football tournament staged by Rainhill High School. As our team was fully composed of Year 9 students they were facing lots of older players. They played fantastically well and finished 3rd overall out of 10 teams with them having to go to a penalty shoot-out twice. The afternoon was energetic and students were in high spirits. The team had no substitutes so played all matches without any rest breaks. Well done to all involved in Y9: Katie, Yasmin, Savannah, Faye, Amelia, Lois, Mia



It's quick, it's easy, and it works! Just click on 'Sign in with Office 365'



GCSE Pod – Perfect for Dark Evenings!

GCSE Pod is a service available to all students and well suited to Year 11 students and those throughout Key Stage 4. The service offers easily accessible podcasts across a broad range of subjects. Dipping in for just 15 minutes in between other things can be enough to lead to improved results. Students just need to visit www.gcsepod.com and click on 'Sign in with Office 365'.



Cake Sale for Cash for Kids Campaign!

Thanks to everybody who supported our cake sale this week for the 'Cash for Kids' campaign that is fundraising to develop our sensory room. Students were very generous with many opting to add their small change to the donation box, or even make a donation without buying a cake. Their kindness raised over £90 on the day.



Domestic Abuse Awareness Month October 2023

Domestic Abuse Awareness Month

As part of school's commitment to supporting local women suffering domestic abuse issues, we are asking again for your help in donating women's toiletries, sanitary products, nappies and baby wipes. Please give what you can any donation would be gratefully received. Donations are to be collected the week of the 23rd October

If you or someone you know are living with domestic abuse and would like to get help the numbers, you can call are:

Refuge national helpline: 0808 2000 247

Liverpool domestic abuse service: 0151 263 7474

South Liverpool domestic abuse service: 0151 494 2222

Knowsley Safer communities: 0151 443 4608

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Sefton women and children's aid:
0151 922 8606
Men's advice line: 0808 801 0327
LGBT domestic violence helpline:
0800 999 5428



Admissions Consultation

Every seven years a foundation school must undertake a consultation process for their Admissions Policy. At this point, St Julie's Catholic High School do not want to make any changes to their Admission policy. The Planned Admission Number (PAN) will remain as 180. The consultation process will last for 6 weeks between 1 October 2023 and 12 November 2023. Any comments on the Admissions Policy should be addressed in writing to the Clerk to Governors: hchapman@stjulies.org.uk



Star Athletes: Maisie's Story

This week in our star athlete series, we meet Maisie in Year 7, goalkeeper for the U12 Liverpool Schoolgirls' Team.

Maisie's story began in Year 4 when St Paschal Baylon Catholic Primary School began running sessions with a peripatetic football coach. Maisie loved the game and joined a football team, St Anne's Rovers in Huyton, where she competed in league games at Jericho Lane.

Her preferred position was centre midfield, but the team at the time didn't have a permanent goalkeeper and so the goalkeeping position was filled in matches by rotating outfield players. When Maisie took her turn she found that she not only enjoyed it but had a natural aptitude for goalkeeping. She got some goalkeeper gloves and started practicing in the garden, eventually becoming the team's permanent keeper.

While developing her skills between the sticks Maisie trialed for the Liverpool Schoolgirls' Under 11 side and was brought onto the team. She moved on from St. Anne's to Bellefield Academy but after a few months underwent trials for the Crewe Alexander Academy and was successful! Crewe Alexandra, one of the oldest football clubs in the country and a founding member of the football league, has a men's team that has rarely risen to the top divisions yet their football academy - established in the 1980s - is one of the top ten rated in the country.

At Crewe Maisie is following a developmental programme and playing friendlies against other academy teams from across the North West.

Shortly after joining Crewe Maisie trialed for the Liverpool Schoolgirls' Under 12 team and was successful, playing alongside some team mates from St. Julie's and recently kept a clean sheet in a 6-0 victory!

We wish Maisie the best of luck with her forthcoming games and we'll keep you updated on her progress.

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Speakers for Schools - Youth Council

Speakers for Schools are looking for new members of their Youth Council. If you're:

- Aged 15-17
- Studying at a UK State School or College
- Passionate about giving young people a voice

You should click this link to find out more about their exciting new youth programme: [Youth Council](#), [Speakers for Schools: Empowering Young Voices](#)

The initiative aims to give students one-to-one training and supervision including help with public speaking and creating blogs and vlogs; it enables them to work closely with the Speakers for Schools Research and Policy team to meet policymakers and employers and develop their personal skillset. To watch a short video about the Youth Council, [click here](#).



English Stars of the Week

Congratulations to our Stars of the Week in English this week, whose effort and contribution have impressed their teachers.

In Year 7

Abigail for consistently high levels of effort
Evie for excellent effort in written responses
Millicent

Scout and Lydia for showing a desire to do well!

In Year 8

Ava for excellent effort in recent weeks!
Emily for great engagement with her Reading Plus

In Year 9

Bobbie J for excellent effort at all times.
Ava for consistently writing detailed notes in lessons.
Rebecca
Lucie for commitment & maximum effort!

In Year 10

Charlotte
Ava for engagement with Jekyll and Hyde
Lilia for great evaluation of a text for homework
Jasmine for excellent work and consistent levels of effort

In Year 11

Cleo for outstanding attitude to learning, well done
Ruby for writing a fantastic poetry essay for her homework
Chloe
Charley for working hard in extra revision and English lessons

In Sixth Form

Jennifer for helping to organise revision guides



Eat 2 Meet Programme for October Half Term

The October Half Term Eat 2 Meet programme starts on the 30th October and there are lots of great activities happening over the school holidays. Children and young people, from reception to age 16 (including year 11 leavers), who are

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eligible for benefits related free school meals, will be able to access hundreds of activities throughout the half term holidays including specific provision available for children with SEND or additional needs, at **no cost**. There's a great range of activities across the city including **Halloween themed activities such as pumpkin carving, apple bob, halloween crafts making spooky masks, boxing, football, music, dance, cycling, cooking, podcasting, basketball, arts and crafts, drama, zumba, trips out** and much more! Every day there will be a range of fabulous meals available with many schemes holding family events as well.

To find out where the nearest scheme is click on this link [October Half Term 'Eat to Meet' – Merseyside Play Action Council \(merseyplay.com\)](#) or go to <https://www.merseyplay.com> and click on the October Half Term Eat 2 Meet link.

When a parent/guardian/carer has chosen the activity/scheme they will need to contact that organisation to book a place. Each organisation will have either a telephone number, email address or online booking system. If the child has any additional needs or dietary requirements then please discuss this with the organisation when booking. There is no central booking system so please read the details of the programmes on the website and contact the providers directly.

If you want to know how to register or how to check if your child is eligible for free school meals then please click on the link <https://www.gov.uk/apply-free-school-meals>

You will need your national insurance number or an asylum seekers support number.

If you are struggling with the cost of living then please click:

<https://www.liverpool.gov.uk/cost-of-living/>

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to

buy healthy food and milk. Click on the link to find out how to register <https://www.healthystart.nhs.uk/>

If your child is not eligible for benefits related free school meals you may be eligible for support with childcare costs -

<https://www.gov.uk/childcare-calculator>

Liverpool City Council is working with Mersey Play Action Council, the local schools, voluntary and community organisations, and childcare providers to deliver the October Half Term Eat 2 Meet programme.

The Family Information and SEND Directory also provides a wealth of useful information and support for families - [FISD](#).



DESIGN A CHRISTMAS CARD COMPETITION!

Live in Solidarity

- In November we will be sending Christmas cards to Christians in the Holy Land.
- Many Christians are persecuted because of their faith.
- We want **YOU** to design a Christmas card that can our school can send to parishes and schools in the Holy Land!
- Designs can be hand drawn or designed with digital artwork
- Cards must have a FAITH message (eg. Nativity/peace/hope etc)
- Submit your design to our Chaplain by Friday 21st October

Design a Christmas Card Competition

One of our Live in Solidarity actions is to send Christmas Cards to Christians in the Holy Land who are being persecuted for their faith. So we have launched 'Design a Christmas Card' competition for all years! The best entries will be made into school Christmas cards that will be signed by form groups and posted off to schools and parishes in Jerusalem.

- Designs can be hand drawn or designed with digital artwork - no bigger than A4 please
- Cards must have a FAITH message (e.g. Nativity/peace/hope etc)
- Submit your design to our Chaplain by Friday 21st October

Please write your name and form in pencil on the back of your entry.

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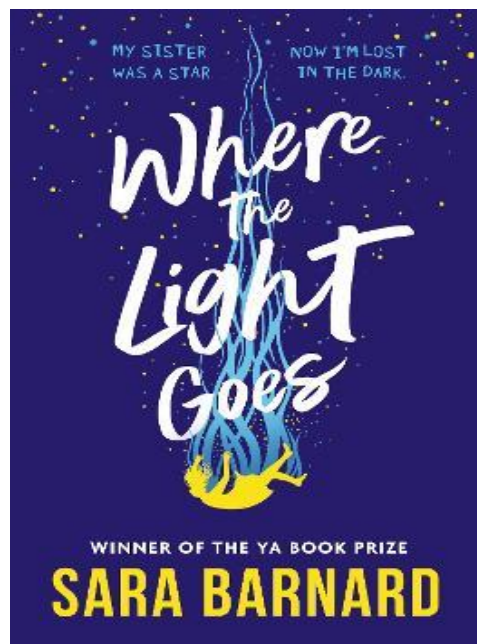
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All entries will receive a small prize and winners will receive a prize and have their design turned in to our official Christmas Card!



Recommended Read for October

If you're stuck for inspiration for a read why not dip into our recommended read for the month? For October we're recommending 'Where the Light Goes' by Sara Barnard.

A heart-wrenching exploration of grief from a bestselling YA author, set in a landscape corrupted by fame and the scrutiny that comes from living in the shadow of a star.

To the world, Lizzie Beck is a superstar: famous, talented and beloved. To Emmy, she is simply Beth: her brilliant older sister, her idol. But then Beth takes her own life, and all the light in the world disappears. Now Emmy is lost. Amidst the media storm and overwhelming public grief, she must fight to save her own memories of her sister – and find out who she is without her.



November Vaccination Programme: Winter Flu Vaccine

Please [click here for a copy of a letter](#) that we have been asked by Mersey Care to circulate to parents of students in Years 7 to 11 relating to the winter flu vaccine programme.

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

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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 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

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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)

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](#).