



# St. Julie's Catholic High School

Headteacher Mrs Kate McCourt, BSc.(Hons), NPQH

"We must have courage in the century we live in. Great souls are needed, souls having the interest of God at heart."

St. Julie Billiart



22<sup>nd</sup> March, 2024

Dear Parent/Carers,

I am delighted to present the final report, [available here](#), following the recent visit by the Catholic Schools Inspectorate, which took place on Wednesday 28 February and Thursday 29 February. This was a rigorous process which included learning walks, lesson observations, surveys, meetings with students, staff and governors as well as reviewing a vast range of evidence sources. In addition, there are many aspects of this report which celebrates the Catholic Life and Mission of St. Julie's Catholic High School. Comments such as...

*'A strong sense of welcome, purpose and aspiration from all in St. Julie's.'*

*'Strong relationships and values underpin the effective pastoral support students receive. There is a tangible sense of mercy and forgiveness through restorative processes and pastoral systems, indeed one parent stated, 'Catholic values of inclusivity and acceptance are beautifully in evidence.'*

*'There is a wealth of student leadership opportunities which empower students to go out into the world and make it a better place.'*

*'Students truly understand and embrace the charism and mission of St. Julie's. They speak with pride about how they live out the Notre Dame values in their daily lives. Students feel valued, supported, safe, happy and confident.'*

*'Students show deep respect for themselves and others; they are welcoming to those of other faiths.'*  
*'The mission is known and witnessed throughout the school. Staff and students describe how God is present here.'*

*'Staff are exemplary role models for students; they demonstrate warm, professional relationships with their colleagues and loving and respectful relationships with the students.'*

*'Leaders and governors can articulate the school's mission and are strong guardians of the Notre Dame values in the school. They are models of Catholic leadership.'*

May I take this opportunity to thank all parents and carers for your unwavering support and commitment to the Catholic life of St. Julie's Catholic High School. Our partnership is crucial and underpins our Notre Dame values to ensure that students flourish into confident, caring and exceptional young women.

Yours sincerely,

Kate McCourt  
Headteacher



# St. Julie's Catholic High School

## Weekly Newsletter

Week Beginning 25<sup>th</sup> March 2024

### Forthcoming Dates for your Diary

27<sup>th</sup> March  
Awards Evening

28<sup>th</sup> March  
Easter Services

28<sup>th</sup> March  
Students finish for  
Easter Break at  
3:15pm



### CSE Awareness Week

This week marks our CSE Awareness Week and we have been working to raise awareness of the issue of Child Exploitation. PC Patterson has delivered assemblies to all students throughout the week which helped signpost some of the recognition signs and how students can seek help. These assemblies were followed up with a PSHE lesson to reinforce the key messages and develop further understanding. PC Patterson also held a drop in session to all students. During their assembly all students were given a badge to help show their solidarity and support for the campaign!



### Neurodiversity Celebration Week

This week has seen the celebration of the skills and talents and neurodiverse people. On Friday this week we changed our school bells to songs recorded by artists who identify as neurodiverse and neurodiverse students were invited to celebration event with a host of fun activities with prizes! Thanks to everybody who participated in events this week.



### Students Perform ACE Awareness Event

Our Now Festival winners have staged a performance of their study of domestic violence for an ACE Awareness event hosted at St Julie's this week. The powerful piece was delivered magnificently and made a huge impact on the appreciative audience. Thank you to all of the performers for giving their time and talents.

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



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Year 7: [Miss C Corrigan](#)

Year 8: [Mrs C Maguire](#)

Year 9: [Mrs K Monks](#)

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## Why not visit our Websites?

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## Catholic Schools Inspection Report

Following the recent visit by the Catholic Schools Inspectorate, which took place on Wednesday 28 February and Thursday 29 February, we are pleased to present the final inspection report which [can be found here](#).



## Support Marketplace for ACE Event

It is always a pleasure to invite partner organisations into our school, and they were represented in force at our ACE (Adverse Childhood Experiences) awareness event this week. Thank you to our colleagues at YPAS, CAMHS, Liverpool City Council, MYA and others for supporting our students and their families.



## Expert Advice For Exam Candidates

As we enter the home straight for the Summer public exam season, students in Year 11 have benefitted from the expert advice of Steve Carney, a lead examiner for AQA English. Students across the whole Year Group participated in an exam workshop with Steve in which he



## Live simply, sustainably and in solidarity

One of our Live Simply pledges is to support CAFOD's BIG LENT WALK.

St Julie's are aiming to walk 200km to raise money to help the environment. This Lent, CAFOD is supporting families with the skills and tools they've asked for to fight the climate crisis.

You can sign up yourself or support us by donating on our school's [Just Giving Page](#).



discussed approaches to non-fiction writing and how to generate original ideas under the pressure of exam conditions. His no-nonsense delivery helped to impart valuable practical advice but also instilled a sense of reassurance in the candidates and they enter final preparations for their final English exams.

## Easter Revision Classes

Printed below is the schedule of revision sessions taking place during the Easter Break. Sessions are open to students in Years 11 and 13.

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	AM Session 9am - 12pm	PM Session 12pm - 3pm
Tue 2nd April	RE Paper 1 - Chapel	GCSE PE  GCSE English RMC
Wed 3rd April	History GCSE Paper 1  Art GCSE & A level	Travel A-Level Revision
Thu 4th April		
Fri 5th April		
Mon 8th April	History GCSE Paper 2 English HMA/HGR	History A-Level
Tue 9th April		Dance GCSE
Wed 10th April		
Thu 11th April	RE Paper 2 - Chapel	



Year 13 Performers Take Final Bow!

Year 13 Drama students have taken their final bow on the St. Julie's stage as they performed for the A Level Examiner this week. Although this is their final performance at St Julie's, a number of students are currently auditioning for prestigious Drama Schools and hope to continue their studies next year.



Tombola Raises Funds for Pilgrims!

Fundraising continued this week to help support two Y11 students who are joining the Youth Pilgrimage to Lourdes. A Tombola was held at breaktime with lots of prizes to be won including Easter eggs, a Bluetooth speaker and beauty items. In total the tombola raised £97.90! Thanks to everyone who supported the event.



Scientists Have a Smashing Time at STEM Club

Scientists tried to avoid being a smash hit at STEM club this week as they created cushioned landing craft to try and protect a raw egg nestled deep within the craft. They tested their knowledge of damping,



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isolation, lift and drag in their designs, with some mixed results! Well done to everyone who took part.



### Year 7 Textiles Students Speak Out!

Students in Year 7 Textiles have produced some fantastic work developing slogan based tote bags from recycled materials. The bags creatively promote environmental awareness and all of the students crafted the bags themselves on sewing machines. Well done to them all on the some great work!

### Sixth Form Parents' Evening

Thank you to all of the parents and carers who participated in our virtual Sixth Form Parents' Evening this week. We hope that you found the evening helpful and informative.



### Liverpool Public Health Survey

Public Health at Liverpool City Council have commissioned a survey about school nursing services and are looking for young people aged 11-19 to participate, for which they will pay a fee. This from them:

"We're reaching out to help find young people aged 11-19 who

might like to take part in a paid research project that is happening during April. The researchers are looking for people to do a confidential interview for an hour (telephone or videocall), and anyone who takes part will be given £50. The project is about the local School Nursing services, understanding the needs of young people and experiences of the services available. This research will be used understand how the services could be developed.

The interviews are being undertaken by an independent organisation called Define, who have been commissioned to understand young peoples' needs, wants and ideas for developing the School Nursing services. Their job is only to listen to opinions and make recommendations for services based on this and they do not share details of anyone who takes part.

**For anyone under the age of 16 we would need written consent from a parent or legal guardian to take part. If you are under 16 we would need to explain the project to your parent/guardian and get their permission by responding to an email.**

**If you are the parent or guardian of a child under 16 who you think would be interested, we'll explain the project to you and get your permission before speaking to your child.**

If you are interested in finding out more, please email [LCCresearch@define.org.uk](mailto:LCCresearch@define.org.uk) with your preferred contact number **(for under 16s you must provide a parent number/name)** or call Define on 0208 346 7171 and ask to speak to Julie Taylor about the **Liverpool Young People project**. If you contact them there is no obligation to take part but they will explain more and you can decide if you would like to."



## My Autism



In loud areas I need to put headphones on to help me calm down in stressful situations.



To make sure I don't get side tracked I need a planner and I make lists to help me get through the day.



Sometimes I get hyper fixated on a thing or topic for a long time, for example games, movies and art.



To help me calm down I draw cute images or doodle on paper to distract me from the stress.

## AUTISM IS NOT ME!

Autism is the word about us. Not about smiling and laughing, not about being quiet in the middle of school, not about not being a hug.

Autism is the word about us. Not about being happy and always laughing, not about being nice or outgoing.

Yes, autism does define my personality. I can still participate in everything, autism is not me!



### WHAT I WISH PEOPLE KNEW ABOUT ME!

For the future I am a person who has some special skills, but on the other hand I have some challenges. I am a person who is very sensitive to noise, I am a person who is very sensitive to touch, I am a person who is very sensitive to light, I am a person who is very sensitive to smell, I am a person who is very sensitive to taste, I am a person who is very sensitive to feeling, I am a person who is very sensitive to thinking, I am a person who is very sensitive to everything.



There are so many things that I wish people knew about me. I wish they could live a day in my shoes, see what it is like to live everything I live. I wish people understood what it's like to be right and that it's not about me being right or wrong. I wish you got what I mean. I wish people got that it's not a choice to not like certain foods, that I don't choose to be messy, when I eat I do eat food, like apples and grapes (because I like them). I wish people understood that when I shake my head, it's not because I'm bored, it's because I'm trying to focus. I wish people understood that when I feel overwhelmed, it's not because I'm lazy, it's because I'm trying to process everything. I wish people understood that when I feel like I can't control my own feelings, it's not because I'm weak, it's because I'm trying to understand myself. I wish people understood that when I feel like I can't talk to people, it's not because I'm shy, it's because I'm trying to understand them. I wish people understood that when I feel like I can't do anything, it's not because I'm lazy, it's because I'm trying to understand everything.

I USUALLY BLOCK OUT THE UNNECESSARY EXCESS NOISE, WHICH CAN SOMETIMES BE VERY LOUD AND SUDDEN.

I MAKE A LOT OF WEIRD NOISES AROUND PEOPLE I FEEL SAFE WITH, BECAUSE I KNOW THEY WILL ACCEPT ME (FAMILY, FRIENDS)

I GET ANGERED VERY EASILY, USUALLY WHEN IM ANNOYED.

HYPERFIXATION I AM OBSESSED WITH DANCING AND ART, ART EASES MY BRAIN AND DANCING HELPS ME EXPRESS MY FEELINGS.

For neurodiversity week some of our neurodiverse students were asked by a team member at Alder Hey to produce posters that could be shared on Social Media, expressing what they wished that people knew about them. The students rose to the challenge brilliantly and we think their responses are fantastic!

### What I wish people knew about me



- I WISH PEOPLE WILL ACCEPT ME FOR WHO I AM.
- I AM CLOSE TO A SPECIAL FRIEND BUT I DON'T HAVE LOTS OF FRIENDS.
- I CAN SOME TIME STRUGGLE WITH MY SCHOOL WORK THAT IS REALLY HARD, BUT I HAVE SUPPORT AT SCHOOL AND HOME
- I CAN SOMETIMES HAVE FEELING'S WHICH CAN RELATE TO SCHOOL
- I SOMETIMES BECOME STRESS OVER MY WORK AND MY EXAMS AND THE I BECOME ANGRY.
- I WISH FOR MORE PEOPLE TO UNDERSTAND AUTISM.
- GIVE ENOUGH TIME TO THE PERSON SO THAT SHE/HI CAN UNDERSTAND THE INFORMATION YOU ARE SHARING AND WAIT FOR A FEW SECONDS FOR A RESPONSE IF IT IS NOT GIVEN IMMEDIATELY.
- ALSO, PEOPLE WITH AUTISM MIGHT TAKE WHAT YOU SAY LITERALLY SO AVOID A WORD WITH A DOUBLE MEANING AND HUMOUR THAT CAN BE UNDERSTOOD.

What I wished people knew about me

The smell or taste of something massively effects my view on something

I will shake or move uncontrollably if I'm excited or happy

Hyper fixation's stick with me for long moments and maybe years

And maybe I'll be afraid of harmless things

What I wish people knew about me

Autism is a big part of me. Sometimes it can be hard. Sometimes it can be challenging. But I'm glad I have it because if I didn't I wouldn't be me.

It is often hard for me to socialise. I find small things such as making conversation with people difficult. I often find myself worrying about things even if they aren't happy or overthinking over something and worrying about things.

Busy environments can be hard. The overcrowding and loud noise can make certain things a bit extra. I prefer being in a calm and quiet environment. I prefer being in a peaceful environment where I can relax and I can relax.

Even though autism can be hard, I'm glad I have it. Even though it can be negative, it has its advantages. Even though it can be hard, I'm glad I have it because I wouldn't be me.

If I didn't have autism, I wouldn't be me. I might not have the same things. I might not have the same personality. I might not have the same interests. I might not be me.



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## Holy Week Begins

This Sunday 24th March is Palm Sunday which signals the beginning of Holy Week for Christians.

Throughout Holy Week, Christians remember Christ's painful journey to the Cross. Through our Masses and services, we follow the Passion story from Jesus' triumphant arrival in to Jerusalem, to the Last Supper, to His arrest and trial and ultimate death on the Cross.

On Easter Sunday, we celebrate the joy of the resurrection and Jesus' victory over death. Your local parishes will be having Masses and services throughout the week.

Why not take the opportunity to reconnect with your local faith community?

You can find the contact details of [all parishes in the Archdiocese here](#).

## Big Lent Walk

Next week, our students will be fundraising for CAFOD through their participation in the Big Lent Walk. Students across all years will walk around the school grounds during one PE lesson and will tackle some thinking and physical activities along the way.

8 Checkpoints on the route will teach them about the work that CAFOD does to reach communities across the globe and tackle the climate crisis.

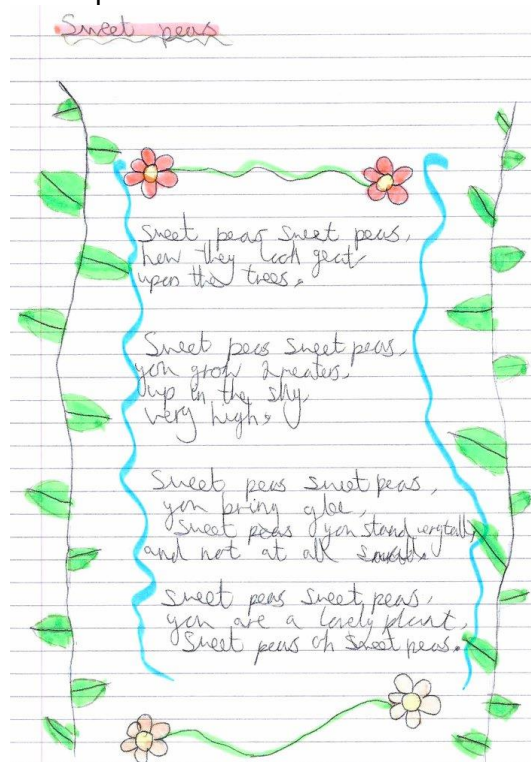
The Big Lent Walk is one of our Live Simply pledges and we need your support to help raise as much money as we can! Please donate if you can via

<https://schools.walk.cafod.org.uk/fundraising/st-julies-big-lent-walk>



## Sweet Pea Inspires Verse!

These thriving plants were planted by the gardening club. Each Friday the members of the gardening club has been busy preparing the garden for planting. The sweetpeas have been doing well and are nearly ready to be planted in the Peace Garden. The gardeners have been sorting seeds, preparing the beds and weeding. The growth inspired Lilly Jai to write a poem about the sweet peas.



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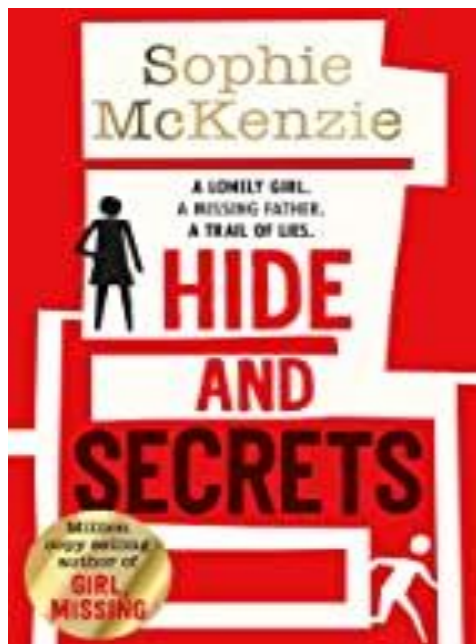
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### Recommended Read for March

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Hide and Secrets' by Sophie McKenzie.

***A lonely girl, a missing father and a trail of lies . . . From the million-copy bestselling author of Girl, Missing, comes a blockbuster teen thriller that will have you looking for answers round every corner.***

*Fourteen-year-old Cat is lonely - reeling from the loss of her father, she's disconnected from friends and fighting with her mum. But when a new boy, Tyler, arrives for the summer, Cat finds herself opening up to the handsome stranger. A shocking revelation about her dad turns Cat's world on its head. She and Tyler uncover a series of secrets that take them on a perilous journey. With fresh lies exposed and threats from a dangerous gang revealed, will Cat risk everything to keep herself and her family safe?*



### 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



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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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](#).