



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 25th September 2023

Forthcoming Dates for your Diary

28th September
Year 9 and 10 Study Support Evening
(Year 9 5pm, Year 10 5:30pm)

5th October
Year 11 Prefect Inauguration Ceremony

12th October
Year 7 Welcome Mass



A Warm Welcome for All!

At St Julie's we take pride in being a warm and welcoming school community, and so were delighted to welcome so many guests to our Open Evening event this week! Visitors got a great opportunity to meet our staff, explore our building and most importantly find out more about what it means to be a student at St Julie's. You can see some photos from our event in the [full story on our website](#).



Congratulations to Merseyside U14 Footballer!

We'd like to congratulate Savannah in Year 9 who has been selected for Merseyside County's Under 14 football team! We wish her and the team the very best of luck as Savannah makes her first appearance in the coming weeks. You can [read more here](#).



Year 7 Building the Kingdom of God

Last Friday, all Year 7 students participated in a Mission day led by Fr Simon, Ellie and Lauren from Animate, the Archdiocese Youth Ministry Team. To help Year 7 settle in to life at St Julie's the Mission Day was based on the theme 'Building the Kingdom of God'. Students completed a variety of group challenges to test their

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

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Why not visit our Websites?

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patience and resilience and reflected on the qualities we need to strengthen and help us grow as a school community. For one task, Year 7 displayed leadership and team work to decide roles within their groups – acknowledging the gifts and talents that their friends have.

After a treat of juice and biscuits, the final task was to design a 'dream' house and then to think about how different parts of a house represent the people and things we need to help build up the Kingdom of God e.g.. door = how can we welcome people? roof = who offers us protection and shelter? Year 7 had some fantastic responses! Lots of smiles seem to suggest that the students enjoyed it too! Thanks to Fr Simon, Lauren and Ellie for a great day! You can [see some photos from the day here.](#)



Congratulations to our 100% Attendance Winner!

Congratulations to Ava in Year 7 who was last week's winner of the 100% weekly attendance award! Each week, every student with 100% attendance for the week is put into a raffle for a shopping voucher. The figures are reset each Monday, so all students have a fresh start each week and an opportunity to be entered into the draw. Every student in Years 7 to 13 are automatically entered if they attend school each day for a week. We also have weekly prizes for the best form attendance, which was a tie between 7 Arrowsmith and 7 Maria. Congratulations to all our attendance winners this week!



Live simply, sustainably and in solidarity

Focus:

Live Simply

Tip:

Get used to silence and practice slow breathing – begin with just a minute or 2 at first and gradually build it up to longer periods of time.

Prayer:

Lord Jesus, we ask you to give us all around peace in our mind, body, soul and spirit. We want you to heal and remove everything that is causing stress, grief, and sorrow in our lives.

Amen.



YOUTH MENTAL HEALTH DAY

19th September

Youth Mental Health Day

Tuesday the 19th September marked Youth Mental Health Day. Youth Mental Health Day encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round. Each year, the day aims to get young people, and those who support them, talking about how to improve mental health. This year's theme for Youth Mental Health Day was "Be Brave." It's a call to action

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for all of us to foster a safe and supportive environment where our students feel empowered to be brave in facing their mental health challenges. St Julie's have been taking part in #YMHD by nominating people who they believe have done something brave. This could be speaking up in class, coming into school when they have found it difficult or trying new things.



Star Athletes: Annie's Story

We recently brought you news of four students with an athletic talent who have joined Year 7. This week let's meet Annie!

Annie's is a gymnastic tumbler who competes at a national level.

She started her journey when she joined AK Elite in Widnes as a five year old, and subsequently moved to the City of Liverpool who train in facilities at Toxteth.

Annie started in the vault and floor competed at British Gymnastics' Ministrada in 2022. A change in discipline came when a place became available at Liverpool Tumblers in South Liverpool.

Competing regularly, Annie qualified for the English Championships in Telford in 2022 where she took a national eight place in her age group. She returned to compete at the English Championships in 2023 taking a sixth place in the England in the 11-12 age group.

Annie is set to compete in the Regional Team Finals in Birmingham as we go to press and we wish her lots of luck in the competition!



Year 12's Spiritual Retreat

Over the last two weeks, all Y12 were offered a retreat afternoon on the theme of 'Do Not Be Afraid'. This was rare time away from studies to reflect on the changes from Y11 to Sixth Form and the challenges that lie ahead. Using the painting 'The Annunciation' as inspiration, the students who attended had space to reflect on what it means to overcome fears and say 'yes' to God. One group this week had some particularly open and reflective comments on what it is like being their age and the pressures they feel.

After some chocolate croissants and juice, they then completed an acrostic message of positivity for themselves based on 'Do Not Be afraid'. Asked what they enjoyed the most, students said the warm-up games about bravery and the chance to have conversation with others.

This week's group message...

Don't worry

Open Up

Never keep it in

Optimism will get you far

Tell someone if you're struggling

Be honest with yourself

Everybody has their own personal journeys

Always remember yours matters as well

Face your fears

Respect yourself

Accept your faults AND gifts

Inspire others by being kind

Don't worry!

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St Julie and the Angelic Sunflowers

Students in 7Q3 English have been exploring poetry and Miss McCormack was hugely impressed by a poem composed as homework by Jessica in 7A. We'd like to share the poem with you here.

St Julie and the Angelic Sunflowers

High over the hills - low over the lakes
wandered a Julie who was a saint
curiously gazing, gazing, gazing
up above at the star
shooting across her vision.

A bunch swaying, dancing freely in the
cool Summer night was
a sunflower and at a second glance
ten thousand spread
across my sight –
sleeping tightly in the free night.

The waves swaying, swooshing,
swirling
but they did not outdo the
sunflowers
twirling.
The morning dew, birds tweeting,
the sun flowers knew to start
kneeling
for the Saviour Julie and
her greetings.



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**.

Expecting the Best: Our Expectations for the Coming Year

Please [click here to read a document](#) that sets out our expectations for behaviour and some of our behaviour management information, as well as useful contact information.



Stars of the Week In English

Congratulations to our Stars of the Week who have gone the extra mile and impressed their English teachers this week.

In Year 7:
Esme
Eva for attention to detail
Scout for excellent articulation
Sienna

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In Year 8:

Daisy

Anno for showing resilience and a desire to do well

Rubi for reading aloud in class

Meghan for excellent contributions in class

In Year 9:

Macie for superb effort with extended writing task

In Year 10:

Sophie Ruby for a great written response.

Lois for a great written response.

Hannah

Ava for thoughtful analysis of Mr Hyde

Scarlett

In Year 11:

Alesha

Ruby

Alisha for demonstrating resilience when analysing the writer's language

Levi for extra work in her own time to meet her target

In Sixth Form:

Bethany

Layla for excellent homework on the opening of The Kite Runner

Alexandra

Pheobe for great progress made in the use of quotations in English

Ava for lots of fantastic independent work to support her studies

Safeguarding: Supporting Young Girls' Wellbeing

From managing screen time, the fear of missing out and body image. All these and more can affect the wellbeing of children. Internet Matters have put together a great series of articles for parents and although aimed at 9-10 year old girls it is worthwhile for all older and younger children. You can see the advice page [here](#).

Safeguarding: Samsung Kids Parental Controls

Samsung Kids is a parental feature which you can set up on your

child's device which can be used to apply restrictions such as app access, downloading, screen time, privacy and more. It's really easy to set up and use and will help you to manage your child's online activity. To learn more, including a setup guide, see [here](#).

Would You Like to Work at St. Julie's?

We're currently advertising for Learning Support Assistants, Cleaning Assistants and some teaching posts. You can [find the details here!](#)



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.

Careers Updates

This week we've got details of the [latest virtual work experience](#) offer from Allied Health Mentor, offering experience of the lives of the allied health professionals. Our [provider access statement](#) is available on both our main and Careers websites. We circulate a weekly careers newsletter to parents, and copies of all of the previous issues can be found on the [dedicated page](#) on our careers site.

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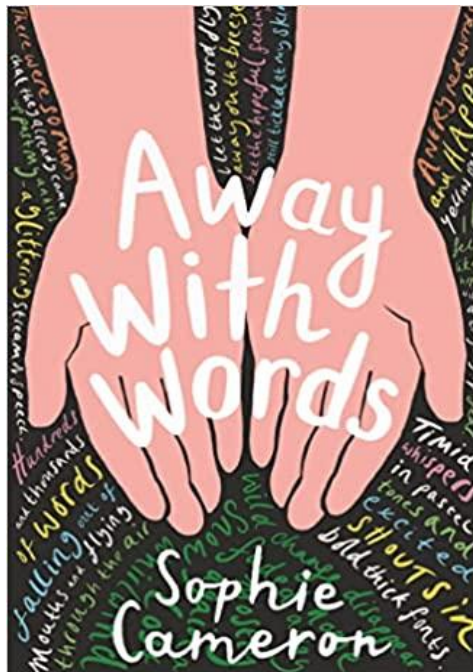
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Recommended Read for September

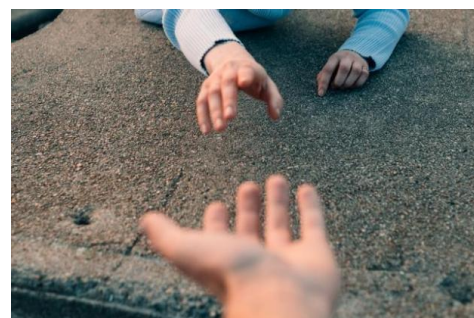
If you're stuck for inspiration for a read why not dip into our recommended read for the month? For September we're recommending 'Away with Words' by Sophie Cameron.

Gala and her dad, Jordi, have just moved from home in Cataluña to a town in Scotland, to live with Jordi's boyfriend Ryan. Gala doesn't speak much English, and feels lost, lonely and unable to be her usual funny self. Until she befriends Natalie, a girl with selective mutism. The two girls find their own ways to communicate, which includes collecting other people's discarded words. They use the words to write anonymous supportive poems for their classmates, but then someone begins leaving nasty messages using the same method – and the girls are blamed. Gala has finally started adapting to her new life in Scotland and is determined to find the culprit. Can she and Natalie show the school who they really are?

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.



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

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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 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

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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](#).