



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 26th January

Forthcoming Dates for your Diary

11th February

International day of Women and Girls in Science

12th February

Careers Fair

13th February

Students finish for February half-term



Year 8 Students Ask 'Who Am I?'

On Tuesday we welcomed Tamara, Stevie and Billie from Humanutopia to deliver their inspirational one day programme 'Who Am I?' to Year 8 students. The programme revolves around three separate sessions based on barriers, mindset and the future and encourages students to both reflect on the changes they want to make in their life and empowering them to confidently make those changes. The workshop has always been well received at St Julie's and this year's cohort were no exception, taking an enormous amount away with them.



Pausing For Thought In Philosophy Club

This week saw the launch of a new lunch time club as students considered some of the big questions in Philosophy Club. In the first session students were introduced to what the club is all about and the kind of topics coming up for discussion. If you're interested in joining it's not too late - ask Mrs Cobourne for more details.



Supporting Police Operation

This week PC Mark has been delivering assemblies as we have supported this month's focussed Merseyside Police operation combatting County Lines and Child Exploitation. The assemblies helped students understand the signs, risks and consequences of criminal exploitation.

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Lift Off For Gymnastics Club!

On Wednesday this week students took part in the inaugural session of our new gymnastics and cheerleading club! The gymnasts got off to an almost literal flying start with some wonderful lifts and tricks! If you'd like to join them the club takes place after school on Wednesdays and you can ask Miss Jones for more details.



Business Enterprise Workshop for Year 10

On Friday this week some of our enterprising Year 10 students took part in an all day workshop developing business ideas. The workshop, delivered as a joint enterprise between the King's Trust and the Liverpool FC Foundation saw students pitching business ideas and then modelling them for viability using computer based tools. The workshop had a competitive edge, with the best ideas going forward to a regional competition and maybe even further!



Year 11 Parents' Evening

Thank you to all of the parents and carers who were able to join us for our Year 11 Parents' Evening on Thursday. The evening saw Year 11 students getting their mock exam results in a similar experience to GCSE results day. We hope that our visitors found the evening helpful and informative.



Liverpool Called!

We welcomed Fr Simon Gore, Lauren and Ellie from Animate Youth Ministries in to school to speak to all of Year 8 about the Sacrament of Confirmation. Through a game of 'Who wants to be a millionaire?' Lauren demonstrated to students how difficult it can be to make choices and deciding who to listen to. By receiving the Sacrament of Confirmation, it can help guide us as we navigate our way through life and growing up. Registration for Confirmation is still open to baptised Catholics in Y8 and above until 13th February via www.liverpoolcalled.co.uk. If you miss the deadline, contact your local parish.

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Parent Governor Elections

We are inviting nominations from parents to fill two vacancies for Parent Governor on the Governing Body at St. Julie's. The successful candidates will become full members of the Governing Body and serve for four years. To be eligible for election, your child must be a registered pupil of this school when the election takes place. Details of the election procedure and nomination form can be found in the [letter from Mrs McCourt](#) circulated by email this week.



UCAS launches Scholarships Tool

Hundreds of financial support packages worth up to thousands of pounds can be claimed by students to cover tuition or living expenses at university or college amid rising costs of living. UCAS has launched a new online tool that pulls together nearly 800 scholarships, bursaries and grants all in one place on the UCAS website for the first time, after its research found that low awareness of funding opportunities may be adding to financial uncertainty for prospective students. The scholarships tool enables UCAS applicants to easily check what is on offer at universities and colleges across the country. Awards can range from £500 to full tuition fees for both UK and international applicants, and can

also cover the cost of accommodation, meals and travel. Students using the tool can search for awards matched to their background, achievements or chosen course. Some of these offer extra benefits such as internships, networking or accommodation discounts. UCAS hopes the tool will help widen access to higher education by connecting students to extra sources of financial support, particularly those from the most disadvantaged backgrounds, while reducing feelings of uncertainty around costs. To access the tool and learn more, [click here!](#)



Aspire Liverpool

Programme – Year 12

We are delighted to announce that 9 of our Year 12 students have been selected to take part in the Liverpool Aspire Programme - an exciting opportunity designed to support ambitious learners in achieving their university and career goals. Through a series of workshops, mentoring sessions, and enrichment activities led by the University of Liverpool, students will gain valuable insights into higher education, develop essential academic and professional skills, and build confidence for their future pathways. We extend our congratulations to Chloe, Azuo, Hannah, Chloe, Aimee, Patsy, Lottie, May and Orla, and look forward to sharing their journey as they make the most of this inspiring programme. To learn more about Aspire Liverpool, [click here.](#)

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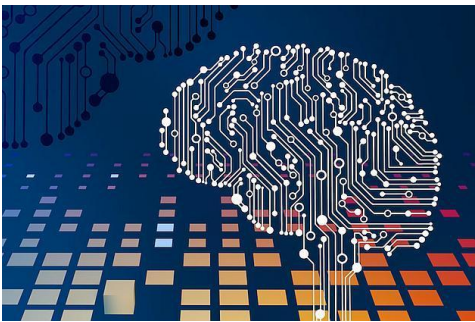
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Jobs For The Future

With AI transforming how we work, many students are questioning what the workplace will look like by the time they leave school. In the past, automation replaced repetitive manual work. Today, AI is reshaping jobs across every industry, from finance to healthcare. InvestIn have launched a series of free online workshops to help students explore these changes. Session 1: [Will AI Take My Dream Job?](#) - 3rd February | 6PM (UK time)

- How is AI affecting jobs today?
- How AI will impact jobs in the future
- The opportunities and challenges of AI
- How AI affects subject choices, university decisions and career planning

Session 3: [How to Futureproof Your Career](#) - 10th February | 6PM (UK time)

- How to prepare for changing career paths
- Why personal values matter more than ever
- How to develop key transferable skills
- The importance of work experience

The first session looks at how AI is shaping the workplace and what it means for the choices students make now, followed by an interactive workshop where they'll take practical steps to prepare for their future careers.



Careers Fair Coming Soon!

We have partnered with Careers Connect to offer a Careers Fair on Thursday 12th February. A range of employers, apprenticeship providers, Further Education and Higher Education providers will be in attendance on the day to provide information, advice and guidance to students across all year groups. This will be an excellent opportunity for students to ask questions, learn about career and training pathways; local labour market information and skills required for their career of choice.



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.



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.

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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](#).

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.

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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:

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

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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 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

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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 0800 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

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](#)