



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 27th April

Forthcoming Dates for your Diary

27th April
Year 11 Spanish Speaking Exams

11th May
Public examinations begin

22nd May
Year 13 Leavers' Mass



Dancers Head to National Finals!

Congratulations to our two dance competition teams who faced 39 other acts at the 'Big Dance Off' North West regional final on Tuesday night. Our teams, representing students from Key Stage 3 and Key Stage 4/5 respectively, gave dazzling performances as they delivered carefully honed choreography devised by Miss Evans. We're thrilled to report that our KS4/5 team, performing a piece inspired by the 'Peaky Blinders', came second in the regional competition and are on their way to London for the finals!



Youth SVP Hear From Mary's Meals

This week Youth SVP heard from guest speaker Annie Houghton visiting from *Mary's Meals* this week to talk about their campaign. *Mary's Meals* serves a nutritious daily meal to some of the world's poorest children to attract them into the classroom where they can gain an education and a brighter future.



Student Speaks At International Celebration

Congratulations to Aurelia in Year 7 who confidently addressed a gathering of 100 eminent medical professionals included surgeons who saved her life! Alder Hey Children's Hospital hosted a monumental event on Friday 13th March celebrating 75 years of children's heart surgery in Liverpool.

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The event celebrated ground breaking surgery performed at Alder Hey over the years and welcomed past doctors, surgeons and nurses from the past seven decades, who's dedication and innovation has contributed to the advancements in congenital cardiac surgery. Surgeons and doctors came from all over the world to celebrate this achievement.

Aurelia was invited to speak about living with a Fontan circulation and she spoke in front of 100 people from chief executives of both Alder Hey and Liverpool Heart and Chest hospital to surgeons and doctors, and she delivered with confidence and articulation. It was an emotional but inspirational day and Aurelia got to have a picture with the surgeon who performed her first operation who moved to Australia months after her operation and hasn't seen her since and the surgeon who performed her last operation at 4 and half years old. She is also photographed with her cardiologist, the woman who saved her life by scanning her mum on Christmas Eve at her 20 week scan. Very well done to Aurelia for being a wonderful speaker and a powerful role model.

PSHE Curriculum Review

Please [click here for a copy of a letter](#) circulated this week by Miss Corrigan with information about a forthcoming PSHE curriculum review.



Past Paper Club Sees a Blistering Start!

Our after school past paper club got off to a phenomenal start this week as students arrived in strength for a massed study club exploring past paper questions in Maths. Thank you to everyone who came along, and we encourage you all to keep coming back for further sessions across different subjects.



Year 10 Parents Evening

Thank you to all the parents and carers who were able to join us on Thursday evening for our Year 10 Parents Evening. We hope that you found the event helpful and informative.

Year 11 Revision Techniques:

- Flashcards, mind-maps and notes.
- Learning posters and visual material.
- Keywords, phrases, themes or concepts.
- Teach someone else about it.
- Reinforce your memory-you could write key information over and over.
- Create a revision schedule.

If you would like any further support with revision techniques or an opportunity to revise quietly, please see Mr Mottram in B109 on Monday's during lunch time.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME
8:30AM-4PM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	8AM-10AM
4PM-5PM	HOMEWORK	TV/ GAMES/ SOCIAL MEDIA	HOMEWORK	TV/ GAMES/ SOCIAL MEDIA	HOMEWORK	10AM-11AM
5PM-6PM	DINNER	DINNER	DINNER	DINNER	DINNER	11AM-1PM
6PM-8PM	REVISION - BIOLOGY	HOMEWORK	REVISION - HISTORY	REVISION - FRENCH	REVISION - SCIENCE	1PM-3PM
8PM-9PM	REVISION - MATHS	REVISION - ENGLISH	FREE TIME	HOMEWORK	FREE TIME	3PM-5PM



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Students Debate at the Athenaeum

On Thursday, a group of Year 10 pupils were invited to attend the annual Athenaeum debate for schools across Merseyside. Of course, whether arguing in proposition or opposition, our girls' fantastic skills won the votes of the house. The debate was followed by a fascinating tour of The Athenaeum in Liverpool city centre by former president of the private members' club, David Roscoe. Find out more about this iconic institution here! <https://theathenaeum.org.uk>. Well done to all of our students for representing our school so eloquently!



Are You Thinking of Studying Abroad?

If you're thinking of studying at an overseas university you might want to attend Unifrog's virtual global university fair on the 3rd June! Students can meet over 30 top universities from around the world, including McGill University (Canada), IE University (Spain), Imperial College London (UK), and Hong Kong PolyU (Hong Kong). The fair is free to attend and ideal for Y10–12 students who are interested in studying abroad. Students are welcome to drop in for just one or two sessions, or they can stay for the full fair. Learn more and [sign up here](#).



Careers: Competition Time! Win a Fully Funded Place on an InvestIN Summer School

If you're aged 15-18 and looking for work experience this summer, InvestIN's [new competition](#) is for you. You have until midnight on Monday 11th May to enter and be in with the chance of winning a fully funded place on an InvestIN Summer Experience Programme of your choice in 2026.

So, how can you enter? Simply select your preferred career programme and answer these two questions in any way you would like:

1. **Why do you want to attend this programme?**
2. **Imagine your chosen career 10 years from now. What do you think it will look like, and what role would you like to play in it?**

Enter [here](#) now.

Students should be aware that this opportunity is based in London and travel and accommodation are NOT included.



DigData Virtual Live Online Careers Panel Event

Following the success of a previous virtual panel, DigData are delighted to invite you to an upcoming live event. Open to students of all year groups, as well as parents and educators, this session will explore

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what it's really like to build a career at the cutting edge of innovation.

Panellists include:

Rohan Vinod, Data Scientist - IBM

Phoebe Everitt, Data Science Apprentice – Pfizer

Matteo Guarnaccia, Software Engineer Apprentice - Science and Technology Facilities Council

They'll share their career journeys, the challenges they've overcome, and insights into working in industries shaping the future.

[Find out more here.](#)



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 and engagement 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.



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/OccupationalTherapist> 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 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

Children in care (under 18?) Polaris Knowsley. EHWB@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](#)