



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 27th November 2023

Forthcoming Dates for your Diary

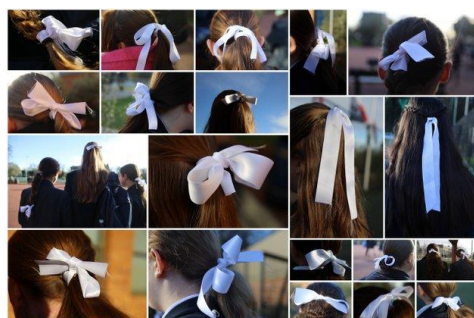
27th November
Year 11 Mock Examinations begin

14th December
Year 7 Parents' Evening



MP Maria Eagle Visits for White Ribbon Day

This week we welcomed the Rt Hon Maria Eagle, MP for Garston and Halewood, as part of a delegation of visitors including guests from First Steps and South Liverpool Domestic Abuse Service who visited school to meet Sixth Form students and hear some lived experience from our students. During the visit we saw the unveiling of our White Ribbon plaque, recognising the progress made by the school on raising awareness, challenging and supporting victims of domestic violence. You can see some photos in the [story on our website](#).



White Ribbons for Domestic Violence

On Friday many of our students chose to show that they stand against domestic violence by wearing a white ribbon in their hair or as an accessory. In doing so they showed solidarity with schools and workplaces across the world participating in a campaign that began in 1989.



HE+ Success!

HE+ is a collaborative programme between the University of Cambridge and its Colleges, working together with groups of state schools and colleges in 19 regions of the UK. It has been running for over 10 years and they have worked with approximately 30,000 students over the course of that time. In the 2021-22 academic

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

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Year 9: [Mrs K Monks](#)

Year 10: [Miss E Murphy](#)

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year, over 4,000 Year 12 students from more than 170 schools and colleges participated in the initiative. The programme provides a framework of support for schools and colleges in 19 regions to form regional consortia and promote institutional collaboration.

The programme is a sustained year-long initiative running from the autumn or spring term of Year 12 through to the autumn term of Year 13 and provides access to super-curricular activities designed to stretch and challenge the students academically. The outreach practitioners also deliver a comprehensive programme of information, advice and guidance sessions and study skills support in order to help ensure students make both a successful application and also a successful transition to highly selective universities. The programme also offers a funded visit to Cambridge for many participants each year allowing them to experience university life and meet Cambridge students.

After a rigorous application process, we are pleased and proud to share with you the news that Cara and Hannah from Year 12 have been accepted onto the programme. We look forward to learning more about their experiences when the programme begins in December.



Good Results for Year 9 Footballers

On Friday our Year 9 footballers faced up against five other teams in the Liverpool Cup. Playing teams from Gateacre, St Hilda's, Archbishop Beck, Calderstones and Blue Coat our players put in solid performances to secure a third



Live simply, sustainably and in solidarity

The Whitechapel Centre is a leading homeless and housing charity for the Liverpool region. They work with people who are sleeping rough, living in hostels or struggling to manage their accommodation. They are committed to helping people find and maintain a home and learn the life skills essential for independent living.

Tip: Live in solidarity

Items can be donated - DROP OFF ADDRESS: Unit 6, 10A Blackstock Street, Liverpool L3 6EP - open every Monday, Wednesday & Friday 10am to 3pm (closed on Bank Holidays). Tel: 07795 616727. www.whitechapelcentre.co.uk/donate-goods.html

Dear Lord, look with compassion on those without a place to live; restore them, we pray, to a home of their own, and give us a kind heart to help the homeless in their need. We ask this through Jesus Christ, our Lord.

Amen.

place finish putting them in the top half of the table. Among their matches they were the only team to beat eventual tournament winners, Calderstones. Well done to the players from all schools for a great day's play.

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JUNIOR ✝ 1804 SOCIETY

Junior 1804 Society Convene

Last week we shared with you the exciting news that our Junior 1804 Society met for the first time. Students were able to meet as a cohort and share ideas with regards to their new roles and responsibilities. This week, the focus of the meeting was to determine what each member would like to achieve as part of Junior 1804 and to work collaboratively with other members of the team. A very productive meeting was held this week when the society met with Mrs McCourt and Miss Jones, our Catering Manager, to discuss the food served in the Dining Room. We have introduced more varied and nutritious food and the feedback was very positive. This week, our warm welcome comes from our Student President Anna and Deputy Student Presidents Bethany and Lilly. Their roles are to lead and guide the group and to support our Notre Dame Values. Anna, Bethany and Lilly are hoping that their influence will encourage students to find their voice and share ideas and they are looking forward to the exciting year ahead.



Year 12 Subject Spotlights

We understand that selecting options for further study can be a tricky one. There are often new subjects to choose from, questions

about which topics will be studied in more depth and whether or not the course will support students in their next steps, whether they intend to go to university, enter employment or take up an apprenticeship. With this in mind, over the coming weeks Year 11 students will be able to watch a short subject spotlight to learn more about studying it at advanced level.

This week, our subject spotlight is Science. Year on year, a large number of our Sixth Form students move on to study STEM related subjects at higher education and we have working partnerships with a number of organisations which enable learners to undertake work experience and enrichment opportunities to support them with the next steps. To learn more about studying one of our highly popular Science subjects beyond GCSE, [click here](#).



Black Friday Online Shopping Safety Tips

Black Friday and Cyber Monday have ballooned in popularity during the past few years, as prices on almost everything are slashed for a few precious days. With consumers in the UK alone spending a staggering £9.4 billion over last year's discounted digital shopping weekend, it can often become a frenetic rush to grab tech, games and other products at knock-down

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prices. Such radical reductions are especially welcome at this time of year – but Black Friday and Cyber Monday are also peak season for scammers, who bet on a sense of urgency blinding shoppers to the red flags in their 'offers'. [National Online Safety's guide](#) highlights some common warning signs to help you bag the goods without being left out of pocket.



Clean Sheet for Year 7

Congratulations to our Year 7 footballers who secured a clean sheet in a thumping 0-10 victory in an away game. The team lined up against a side from Gateacre and the match was played in tough conditions. A clean sheet was kept by our goalkeeper Lois who played great. Captain Luella showed great leadership and skills during the match. Well done to all involved. Goals were scored by: Heidi (2), Freya (2), Ava, Sharnie (3) and skipper Luella (2).



The Big Ambition Survey

The Children's Commissioner for England, Dame Rachel de Souza, has launched **The Big Ambition**, a national survey of children and young people across England. **The Big Ambition** aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take

In 'white ribbon' week we're featuring a poem written by Rebecca in Year 9.

I am a Woman

From the eyes of innocence,
Forced into the eyes of a brutal reality,
Where Women are abused,
tormented and raped.
Where Women are objects for
men to purchase.
Where Women are misjudged,
misunderstood and misplaced.
Where Women fight for equal
rights and equal pay.
Where Women die every day,
From men who believe what
they have to do and say,
Is more powerful - Can a woman
not get her way?
"She's too emotional, she's filled
with rage,
She's on her period, she's
complaining about her wage,
She's having a mental
breakdown; she's going through
a phase."
Is she not good enough for you?
Women cry a river every day,
But force a smile on their face,
Pretend that everything's okay.
Women are scared to party,
Women are scared to rave,
Women are scared to go out,
Because we're worried men will
misbehave.
Women get rejected, become
broken,
But men still hurt us, make us
feel outspoken.
We laugh, say that we're joking,
But enough is enough,
When will society be awoken?
Women are equal, Women are
strong,
Women know where we belong,
Let's make it a better place for
the future of us girls.
We'll be equal, we'll be free,
I am a Woman,
And I am proud to be.

children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make

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children's lives better in England. Students are invited to share their views by completing this survey, which can also be completed by adults on behalf of their children. **The Big Ambition** survey will be open until Friday 15th December - [click here to watch a short video](#) about it all.



The Artful Dodgers!

Congratulations to our combined Year 7 and 8 Dodgeball team who tested their skills at a city tournament! Our team made the trip to Belvedere who hosted the competition that included 17 teams from across the city. With strength, speed, skill and amazing reflexes our team gave an amazing performance to finish a close second place. Well done to all of the players!



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](#).



English Stars of the Week

Congratulations to our Stars of the Week in English, who have impressed their teachers this week!

In Year 7:

Connie for commitment
Amelia for a great contribution during lessons and knowledge on Romanticism.

In Year 8:

Imogen for extended vocabulary use
Amber for working hard in every lesson and always being happy to help.

In Year 9:

Isabella for Excellence
Lucie for a can do attitude
Megan for constant focus and hard-work during lessons
Liscia for a mature approach to her studies

In Year 10:

Isabella for constantly wanting to improve her work and great engagement during lessons
Lily
Eden for working effectively as part of a team

In Year 11:

Lucy for Working hard on exam based creative writing
Isobel for her extensive poetry notes and commitment to learning.

In Sixth Form:

Honesty
Layla for conscientious approach to her studies in Literature
Olivia
Sophie for making a concerted effort with her Literature coursework

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Year 7 Parents' Evening

Year 7 Parents evening is taking place on Thursday 14th Dec 3.30pm - 6.30pm. This is a face to face event. The booking system goes live to parents on Wednesday 29th Nov and is left open until Wednesday 13th Dec. Further details on how to log on to make your appointments will follow.

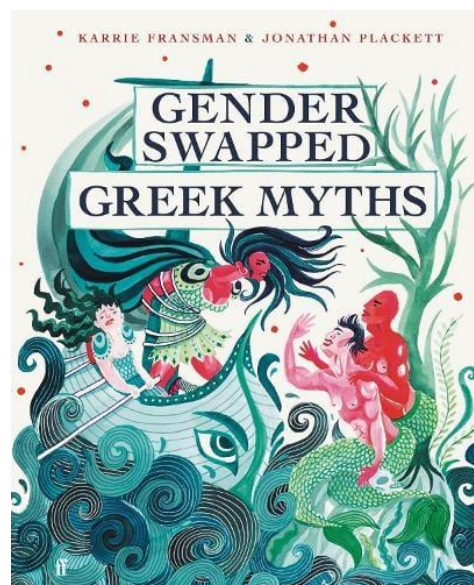


Faith In Action Award

Our Chaplain is launching the Faith In Action Award after half term. FAITH IN ACTION is a nationally recognised award that encourages young people to take their service of others into their wider community and accept greater responsibility for their faith in action. Participants collect credits of service in their parish and / or school and the wider community ('home' and 'away'). There are four levels of award: Pin - Discovery, Bronze - Service, Silver - Leadership and Gold - Innovation, but as some primaries work towards Pin, our students will begin with bronze. Each year, participants can build on their previous level achievements to help them become confident young leaders. More information about each award level can be [found here](#) or [email our chaplain](#).

Term Dates for Future Academic Years

We have recently updated the list of term dates and school holidays on our website. Dates for the next five academic years are available, up to Summer 2029.



Recommended Read for November

If you're stuck for inspiration for a read why not dip into our recommended read for the month? For November we're recommending 'Gender Swapped Greek Myths' by Karrie Fransman and Jonathan Plackett.

Imagine a world where seductive male sirens lure brave heroines to their death, where Icarus and his mother fly too close to the sun, and where beautiful men are forced to wed underworld queens...

For thousands of years, Greek myths have been told and retold. In these stories, brutality and bravery are reserved for men, while women are wicked witches or helpless maidens. Today, these myths continue to shape our ideas about justice, tragedy and what makes a hero's journey. Karrie and Jonathan love these stories, and have found a way to breathe new life into them by making one crucial change...

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

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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

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

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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 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.

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Licencing**

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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](#).