



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 28th September 2026

Forthcoming Dates for your Diary

26th September
European Day of Languages

1st October
Year 11 Prefect Inauguration Ceremony

2nd October
UN International Day of the Girl

Throughout October
Black History Month
Month of the Rosary

23rd October
INSET Day 2



A Performance of Distinction!

Congratulations to all 52 members of our LAMDA cohort who have ALL passed with distinction! The awards from the London Academy of Music and Dramatic Arts are internationally recognised qualifications in acting, speaking poetry and prose, public speaking, and musical theatre. Our cohort drew on members from Years 8 all the way to 13 who performed for three examiners in pursuit of their award. The examiners all commented on the professionalism of the students and we recently received the results with the wonderful news that all performers had achieved a distinction grade. Congratulations to all of them for this fantastic achievement in the pursuit of realising and developing their talents.



Celebrating European Languages Day

This Saturday marks European Languages Day and we've been leading up to it this week with assemblies and activities including a live webinar with Cyrille Rollet, a Research Fellow at Lancaster University who helped Year 8 explore the benefits of linguistic richness and diversity.



High Sheriff of Merseyside Visits St. Julie's

On Wednesday this week we welcomed Hazel Snell DL, the High Sheriff of Merseyside, into school to find out more about our pro-active work related to Violence Against Women and Girls. At the start of her tenure, the High Sheriff pledged to highlight work on tackling VAWG. She watched our dramatic

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performances and this has led to an exciting opportunity for our students to showcase their work to a wider audience. In October a group of our students will be performing for a number of distinguished guests including High Court Judges, the Lord Lieutenant of Liverpool and the Chief Constable of Merseyside. This is a wonderful recognition of both the quality of their performances and the importance of the messages that they have worked so hard to communicate.



Celebrating Mass Across The School

This half term, all Year groups are beginning the new academic year with a joyful celebration of Mass. Last week, Fr Peter celebrated the beginning of a new Key Stage with Y12 and this week Y10 and Y8 had their Masses led by Fr Ed and Fr Stephen respectively.

Year 10 focused on John's Gospel 15:1-8 'I am the true vine', reflecting how they can stay close to God as they begin their GCSE courses this year, and Year 8 heard the narrative of Jesus' Baptism as told in Mark's Gospel. Fr Stephen reminded Year 8 students about the gift of the Holy Spirit, which they will be able to receive again in the Sacrament of Confirmation later this year. Our Student Ministry team continued to serve the St Julie's community in leadership roles during Mass such as welcomers, readers and singing. Next week, Year 13 will gather for their celebration and Years 9 and 11 will follow in the remaining weeks of this half term.



Leadership Roles for St Julie's Footballers!

Since winning the national cup last May the Liverpool Schoolgirls have re-trialled all players for the U13s squad in the 26/27 season. We're delighted to report that five of our Y8 students have earned involvement in this year's side, with Anya, Eliza and Sophie making the full squad and Honey and Blossom returning on training contracts. Most significantly, Sophie has been named as squad Captain and Anya has been named as Vice Captain. These vitally important roles require the players to show courage, determination, resilience and leadership both on and off the pitch. We wish all of the players the very best of luck as they start their title defence with an away game against East Riding District.



United Nations International Day of the Girl

On Friday 2nd October this exciting event will bring together students from Notre Dame schools across the world, including participants from the United States, Nigeria, Kenya, and the United Kingdom. It will provide a wonderful opportunity for our students to listen to and learn from the experiences of women and girls across different countries, while exploring how we can work together to create positive

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change in our communities and beyond.



Supporting our Oxbridge Applicants!

We were delighted to welcome Harry Doyle from Aspire Liverpool to St Julie's on Thursday morning to work with and support our current Oxbridge applicants as they prepare for the next stage of their applications. The Liverpool Aspire project works with high-achieving students across the Liverpool City Region, providing guidance, mentoring and enrichment opportunities to help students understand and access competitive university pathways, including Oxford and Cambridge. Harry's sessions provide our students with valuable advice around the application process, personal statements, admissions tests and interviews; as well as helping them to develop the confidence and skills needed to make successful applications. We are particularly pleased to be building on the success of Holly, who recently headed off to Cambridge University to read English. Her achievement is a fantastic example of what our students can accomplish, and we look forward to supporting our next cohort of aspiring Oxbridge students as they follow in her footsteps.

Year 9 and 10 Study Support Evening

Thank you to all of the students and parents who joined us for our study support evening on Thursday. You can find a [copy of the presentation slides that were presented during the evening here](#), and the guide for both parents and students on how to use GCSE Pod appears later in this newsletter.



Flu Protection for the Coming Season

On Tuesday the school immunisations team delivered hundreds of influenza vaccines to students across the school. The delivery went very smoothly thanks to the experienced team and the maturity and co-operation of all of our students.



GCHQ Languages Competition

In the run up to European Languages Day we've been having a pre-launch with students of the National Language Competition run by GCHQ. It's a virtual competition for teams of 13-14 year olds from around the UK to compete against each other to solve language-based challenges and score points. The overall winners of the National Language Competition are then invited to GCHQ's headquarters in Cheltenham to receive their trophy.



Results in for Cross Country Fixture

The results are in for this week's cross country fixture on Camp Hill, and Erin and Lula pressed the home advantage for second and third places respectively on the

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1.6km course in a field of around 50 runners. Our Year 8 runners contested the Year 8 and 9 event over a 2.14km course in a field of 100 runners. Congratulations to Holly (12th), Daniella (13th), Katy (18th) and Eliza (30th). Well done to all of our runners and good luck in the next fixture!

RUSSELL GROUP

Careers: Russell Group Webinars

UK University Search are running some webinars between October 20th and 29th. This is incredibly informative for students considering applying for RG universities such as Cambridge, Bristol, Birmingham, Leeds, Liverpool, Manchester, Durham and Kings. The webinars will cover topics such as Personal Statements & Applying, Researching University Options and Student Life. Students and parents can sign up for each webinar [via the registration link](#).



The Big Future Survey

The Children's Commissioner, Dame Rachel de Souza, is appealing for young people and children to make their voices heard in the 'Big Future' survey. If you would like to share your views, aspirations and the things that are important to you then you can [find the survey here](#).

Small steps... big progress!

How to Use GCSE Pod to Revise for Your GCSEs

GCSE Pod is an online revision platform packed with short, engaging videos, quizzes and resources to help you succeed. It's easy to use and works on your phone, tablet or computer - anytime, anywhere!

- 1 Log in**
Go to [www.gcsepod.com](#) and log in using your school account. If you're not sure of your login details, ask your teacher or your Head of Year.
- 2 Choose your subject**
Select the subject you want to revise. You'll find a range of topics for each GCSE subject, organised into easy-to-follow sections.
- 3 Watch the videos**
Explore short, focused videos (usually 3-10 minutes). They explain key concepts, break down tricky topics and include real examples. You can pause, replay and take notes as you go.
- 4 Check your understanding**
Complete the quick quizzes and practice questions after each video. These help you test what you've learned and build your confidence.
- 5 Use the extra resources**
GCSE Pod also offers:
Topic notes
Worksheets
Past paper questions
Revision playlists
And much more!
Everything you need in one place!
- 6 Track your progress**
Keep an eye on your completed topics and quiz results. Use this to focus on areas you need to improve and celebrate your progress!

Why use GCSE Pod?

- Short, engaging videos (3-10 mins)
- Covers all GCSE subjects and exam boards
- Works on any device - at home or on the go
- Builds confidence and improves results

Top tips for success

- ✓ Set a regular revision time
- ✓ Focus on the topics you find most challenging
- ✓ Use the quizzes to check your understanding
- ✓ Make notes and try past paper questions
- ✓ Be consistent - even 10 minutes a day helps!

GCSE POD • LEARN • REVISE • ACHIEVE

Using GCSE Pod

GCSE Pod is a great revision resource with information presented in bite size chunks. The quick guide for students [can be found here](#) and the guide for parents [can be found here](#).



Chaplaincy Ministry

Calling all Year 7 students!

- Do you enjoy singing?
- Do you play an instrument?
- Are you a confident reader who likes reading in public?
- Are you an Altar Server?

If so, then come and join our Chaplaincy Ministry Team! Our team is currently about ten students from across Y8, 9 and 10 who lead music and support the liturgy at all our school Masses and special services. We would like to invite any Y7 students who are interested to come and join us in serving others through their gifts and talents! Meet new people! Have fun! Learn new

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skills! Grow in confidence! See Miss Higgins – Chaplain – for more information.



Responsible Parking

Please [click here to read a copy of a letter](#) circulated by Mrs McCourt referring to parking and stopping whilst picking up and dropping off students.



GCSEPod for Parents

GCSEPod is an online learning and revision platform designed to help students revise their GCSE subjects through short, engaging videos, quizzes and other revision activities. You can [find a parents' guide full of tips for supporting your child with GCSEPod 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](#).



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

Mental Well-being Support

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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](#)