



26th January 2024

Dear Parents/Carers,

As you are aware Mrs McCourt has been Acting Headteacher for some time due to Mr Alderman's retirement. On behalf of Governors I am delighted to announce that Mrs Mc Court has now been appointed as Permanent Headteacher of St Julie's Catholic High School.

A thorough interview process has taken place following a national advert.

I would like to thank you all for your support and patience during this time.

I am sure you will all agree that the legacy left by Mr Alderman will be carried forward under Mrs McCourt's leadership in order to ensure that St Julie's continues to be a great school with the key Notre Dame values at the heart of everything we do for your daughters.

Our congratulations go to Mrs McCourt on her appointment.

Best Wishes

Mrs Brigid Smith
Chair of Governors



Week Beginning 29th January 2024

Forthcoming Dates for your Diary

30th JanuaryPoetry Live! Year 11
English Trip

8th February
Year 11 Parents'
Evening

9th February Students finish at 3:15pm for Half Term

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



Congratulations to Indoor Athletes

Our Year 7 and 8 indoor athletics teams have had a fantastic competition at the indoor athletics tournament at Greenbank Park this week! Our Year 7 took the competition to the wire with a second place finish from a field of 18, losing the lead by just a single point. Our Year 8 team also had an impressive tournament, finishing the competition with a spirited fifth place. Very well done to all of the competitors.



Girls Out Loud: The Video!

Following the Merseyside launch from 'Girls Out Loud' at St Julie's last week, the video filmed on the day is now published. You can read the extended report on the event and view the video in this article at 'The Guide Liverpool'.



Cross Country Runners Fly At Arrowe!

Last week saw some of our talented cross country runners travelling to Arrowe Park for the Merseyside Cross Country Championships. Jessie, Stevie, Jasmine and Janet all ran for the year 7 team and Georgina and Amelia both ran for the Year 9 team. They represented St Julie's with pride and great enthusiasm. We offer a special

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congratulations to Janet in Year 7 who was crowned the Liverpool District winner in Year 7 and qualified to represent Merseyside in the English Schools' Competition! We'll keep you posted on her progress! Well done to all of our fantastic runners.



Now Festival...2 Weeks To

Performing Arts students have been working hard towards their upcoming performance for this year's Now Festival. A festival that explores children's mental health and this year focuses on Adverse Childhood Experiences (ACEs). With a three-year strategy launched to transform the way Liverpool City Council responds to violence against women and girls (VAWG), St Julie's students have explored this as their chosen ACE. Students have devised a hardhitting drama tackling domestic violence called, '1 in 4' where they stand up, speak out and vow not to become another woman 'silenced by flowers'. We wish students the best of luck in their final rehearsals.



615 Bus Diversion

Due to scheduled works on Gerrards Lane, Merseytravel have announced a diversion on the 615 school service.

Gerrards Lane, Halewood will be closed from Monday 22 January 2024 until Friday 1 March 2024



Live simply, sustainably and in solidarity

Focus: Live in solidarity

The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor.' -Luke 4

This scripture is one of many times Jesus speaks about the poor. Every person has dignity because they are human, yet the poor are often overlooked and badly treated by society. The Catholic Church promotes the Preferential Option for the Poor. Watch the short CAFOD video to learn more.

Tip: Live in solidarity

Be aware of your own thoughts when you see those less fortunate e.g. the homeless on the streets. Ask yourself: am I guilty of making judgements? Am I willing respond to their need? And how? Do I choose to support the needs of the poor?

Dear Lord, we pray the world can care for its poor more effectively and with compassion because we know every person has dignity and every life has value. **Amen.**

between the hours of 0800 and 1700 on weekdays and between 0930 and 1530 on weekends, from Wood Lane turning circle to Lydiate Lane.

Service 615

From Bowring Park, Roby Road, Court Hey as normal to Netherley, Wood Lane at Wood Lane Turning Circle turnaround then via right via Wood Lane, left to Caldway Drive, then via Childwall Valley Road, at Belle Vale Road, turn right via Belle Vale Road, to left Halewood Road.

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to the Lydiate Lane Roundabout and take the 3rd exit via Halewood Drive to Woolton, St Julie's Catholic High School (Manor Road, Speke Road).

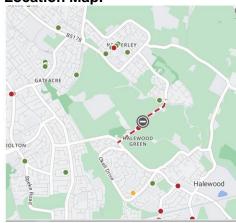
Omits Gerrards Lane, and Lydiate Lane.

From Woolton, St Julie's Catholic High School, Speke Road to the Halewood Road Roundabout and take the 1st exit via Halewood Road, to right Belle Vale Road, to right Childwall Valley Road and Caldway Drive, to right Wood Lane, to Netherley, Wood Lane Turning Circle turnaround, then right via Wood Lane and resume normal route to Bowring Park, Roby Road, Rimmer Avenue.

Omits Lydiate Lane, Gerrards Lane, and Wood Lane.

The details on Merseytravel's site can be found here.

Location Map:





A Level Taster Sessions

Year 11 Parents Evening is taking place on Thursday 8th February 2024. The event will start at 3:30pm and finish at 6:30pm and will be a face to face event. Appointments are made through the online booking system. Our A Level taster session programme has begun,

allowing students to get a flavour of what an A level lesson feels like. The schedule is below, and all sessions take place in the associated department area.

	Date	Subject	
	Tuesday 16th	RE	
	January 2024		
	Thursday 18th	Performing Arts	
	January 2024		
	Tuesday 23rd	Digital Media	
ļ	January 2024		
	Thursday 25th	English	
ļ	January 2024		
	Tuesday 30th	Science	
ļ	January 2024		
	Thursday 1st	Art/Fashion and	
	February 2024	Textiles	
	Tuesday 6th	Spanish	
ļ	February 2024		
	Tuesday 20th	Business Studies	
	February 2024		
	Thursday 22nd	Maths	
ļ	February 2024		
	Tuesday 27th	Sociology	
ļ	February 2024		
	Thursday 29th	Criminology	
ļ	February 2024		
	Thursday 7th	History and	
	March 2024	Politics	
	Thursday 15th	Geography and	
	March 2024	Tourism	



Year 9 Netballers Romp To Thumping Win!

Congratulations to our Year 9
Netballers who competed in the
Liverpool City Girls' League this
week. Olivia, Grace, Katie, Faye,
Yasmin, Libby, Georgina, Amelia
and Lois all travelled to face
Bellerive in two games, one of
which was a colossal 8-2 win!

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'Money and Me' from Bloom Mental Health

This week we welcomed Jon Jones from Bloom Mental Health UK who delivered a workshop to Sixth Form students titled 'Money and Me'. Financial information is critically important to Sixth Form students considering applying to University, but this particular workshop focuses on the interconnection between money and mental health and aims to tackle money anxiety. Bloom's research indicates that financial anxiety is on the rise in young people with the cost of living crisis fuelling valid fears about personal and household finances.

Kooth Presentation for Parents and Carers

On Monday 29th January from 3:30pm to 4:30pm a representative from Kooth will be in to deliver a short presentation on

- 1. How Kooth works as a mental health service for young people
- 2. How your child can access our support
- 3. Keeping young people safe
- 4. Tips for parents and carers when talking to children about their feelings

The pastoral staff and YPAS wellbeing clinic will be there too. If you would like to attend please email Dr Adams-White: jadamswhite@stjulies.org.uk

Parental Mental Health day - 27th January

Parent Mental Health Day 2024 is an opportunity for parents and carers to acknowledge and discuss their struggles and share in their achievements of connecting positively with each other and the whole family, and to learn ways to connect positively to maximise young people's mental health. For more info please visit the Stem4 website.

Wellbeing Award Survey

Our school is currently working to achieve a school improvement award. In order to evaluate our current provision, we need your input. Your views are important in helping us understand what we are doing well and how we can do even better. Please click here to complete the survey which should only take a couple of minutes. The submission window closes on 9th February, and if you have any questions about this survey please contact Dr Adams White.



Break Time Healthy Snack Sales

Our break time service of healthy snacks to Years 7, 8 and 9 students has now begun and proven to be popular with students! Snacks are purchased from the same funds used to buy lunch time food and sales are recorded in the catering system.

Careers Updates

This week we've got information from Springboard about National Apprenticeships in the run up to National Apprenticeships week. You can find out more at our <u>dedicated</u> <u>Careers website</u>.

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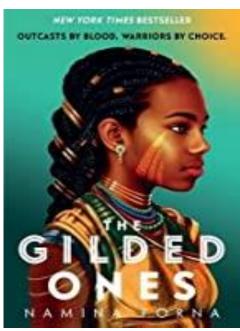
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Applications for Sixth Form Now Open!

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.



Recommended Read for January

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'The Gilded Ones' by Namina Forna.

Sixteen-year-old Deka lives in Otera, a deeply patriarchal ancient kingdom, where a woman's worth is tied to her purity, and she must bleed to prove it. But when Deka bleeds gold - the colour of impurity, of a demon - she faces a consequence worse than death. She is saved by a mysterious woman who tells Deka of her true nature: she is an Alaki, a near-immortal with exceptional gifts. The stranger offers her a choice: fight for

the Emperor, with others just like her, or be destroyed...

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

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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 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 <u>local and national</u> <u>helplines</u>, including a vital resource for adults <u>'#lt's</u> abuse'.
- The <u>Bright Sky app</u> is an excellent resource for victims of domestic abuse.
- The <u>Hideout</u> 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.

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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, 2.00pm5.00pm)
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, <u>available here</u>, 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.