



St. Julie's Catholic High School

Weekly Newsletter

Week Beginning 30th September 2024

Forthcoming Dates for your Diary

3rd October
Year 11 Prefect Inauguration

4th October
National Poetry Day



Girls Out Loud Meet Their Match!

Friday was a landmark day for students participating in the Girls Out Loud 'Big Sister' mentoring programme. The programme offers students the chance to have a mentor, role model and advisor with a little more life experience - everything you would want a big sister to be! Under the supervision of Jane Kenyon from Girls Out Loud, today the students celebrated their matching ceremony where the little sisters met their big sisters for the first time!



Liverpool Scholars Launch!

This week, Year 12 students were visited by Jessica and Eleanor from the University of Liverpool in order to learn more about the Scholars' Programme. They listened to former students describe their experience and consider how being part of the programme could support them during their time in Sixth Form and beyond. [Read more here!](#)



Nine Medal Haul for Year 7 Swimmer!

Congratulations to Emmie in 7 Nugent who brought home a massive haul of nine medals and two flags from the Liverpool and District Swimming Championships held at Wavertree Aquatics Centre. Emmie, who normally trains with Warriors of Warrington swimming club, entered this competition representing her former club of

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

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seven years, Everton Swimming Club. You can read more about what happened in the [full story on our website](#).



Edge Hill Higher Education Fayre

Year 13 students enjoyed an educational visit to Edge Hill University's Higher Education Fayre this week. The Sixth Form team realise that choosing the right university is a big decision and wanted St Julie's sixth formers to consider their future careers and next steps. Together with 1-2-1 UCAS interviews, regular guest speakers from local universities and the opportunity to attend Open Days, St Julie's Sixth Form students are well equipped to make informed decisions about their future. Over 80 Higher Education providers were present at the event allowing students to learn about a range of universities across the UK and what they have to offer. Edge Hill student ambassadors and advisors were also on hand to answer their queries about student support, scholarships and accommodation amongst other things. They also had the opportunity to tour the campus to see the existing and planned facilities on site. Staff and students were impressed with the range of universities represented and benefitted from campus tours and small group activities. They even managed to get a sneak peek at the Learning Resource Centre and student accommodation to see what studying and living away from home could be like in addition to sampling free food! Over the coming weeks UCAS appointments with the Sixth Form Team will recommence as we continue to support our students with university,

employment and apprenticeship applications. Many thanks to Mrs Lyons, Sixth Form Progress Leader, for organising the visit and to Mrs Ainscough and Miss Jackson for accompanying the trip.



It's European Languages Day!

Thursday brought us European Languages Day 2024 and we celebrated with an amazing fundraising cake sale celebrating the nations of Europe! Students and their families dug deep and generously baked and beautifully decorated cakes, many of which depicted the flags of countries from across Europe. We were gifted some incredibly crafted cakes that were created by family members of Bahiyiyih and Michele, both in Year 7, which were so beautiful that they were put up as raffle prizes. The sale was enthusiastically supported by staff and students alike, with the £200 funds raised being split between Marie Curie and MacMillan Cancer Support. Thanks to everyone who took part! You can [see photos here](#).



RE Revision Schedule for Year 11

The schedule for our Year 11 revision topics within RE has been planned and shared with students. You can [read the full list on our website](#)

St Julie's Live Simply Success!



The St Julie's Catholic High School community are delighted that students and staff from our school have achieved the LiveSimply Award validating that we are living simply, sustainably, and in solidarity with the world's poorest and communities around the world experiencing poverty.

The LiveSimply Award, championed by the international aid overseas development charity CAFOD, will be presented to St. Julie's after we successfully planned and implemented faith inspired actions that highlighted the importance of caring for people and the planet. Our actions have had a positive impact throughout the school, in the local community, and globally too, as we have reached out to make a difference.

Several events and projects have taken place including litter picking, supporting Woolton in Bloom, gardening club, Christmas afternoon tea for local parishioners, new recycling systems, foodbanks and various fundraising activities.

Lay Chaplain, Jo Wallace believes that the Live Simply Award has enabled students to think about and express faith in a very real and tangible way: "For teenagers, faith can often seem like something distant that they can't get a handle on, but there was an immediacy to our action plan that they could get behind. Then they realised that the good feeling they had from doing these actions was from the sharing our Notre Dame Values - faith, hope, truth, joy, love and justice."

A Year 8 student commented on why they took part in the LiveSimply Award. Lily said, *'The LiveSimply project has demonstrated to me the importance of community, compassion and looking after each other. Positive actions and words.'*

In addition, Jemima (year 13), said, *'We organised Christmas afternoon tea with local parishioners who can feel quite isolated. This community event brought us all together. As a result of the LiveSimply project I want to study environmental science and work in humanitarian aid to support our poorest communities.'*

There will be a formal event planned to acknowledge the success of this programme and how we continue to embed the various programmes across the school for many years to come. As Julie Billiart said, *'Do small things with great love.'*

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Printing Perfection By Year 8

Textile students in Year 8 have been highly productive with a production line of screen prints and polyprints. Their designs were intricate and really encapsulated their studied design theme of Indian culture. Students also displayed Note Dame values, as they worked so effectively as a team!



U13s Take ESFA Cup Game To Pens

On Wednesday our U13 football team faced Calderstones in Round 1 of the English Schools Cup, resolved by a tight penalty shoot out. The game was a close one finishing 1-1 after 70 minutes, then heading straight into penalties. St Julie's emerged victorious 5-4 after penalties and proceed into the next round.

Well done to all involved.

Y7

Emily, Evie, Charlotte, Cloda, Darcey, Daisy, Peggy

Y8

Sharnie, Luella, Annabelle, Freya, Scarlett, Maisie



Testing To Destruction

Year 9 scientists have been having a smashing time doing some destruction testing in a study of materials science! Taking real world construction as their inspiration, the students created cast concrete slabs, some of which used paperclips to model large scale reinforcing steel bars.

Testing took place by hanging weights of increasing mass from each slab as it was suspended in a frame. The quality of the material was such that quite a few of the slabs made it through unscathed as the students ran out of weights! Some of them did fail quite spectacularly and even under the controlled conditions gave everyone cause to jump!



Year 9 Study Support Workshop

Parents, carers and students in Years 9 and 10 were invited to attend a study support night this week. The presentation, [available here](#), showed different methods of revision that can be used for all types of learners. It also signposted into the various online learning platforms we have here in school that all students are registered for. A huge part of school and exams is stress, so this was also talked about, with tips and strategies on how to manage this. There are various teams in school to support your child through this time. If you need further support, please contact

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the Progress Leader for the Year group in the first instance.

$$\left\{ \begin{array}{l} 2x_1 + x_2 = 7 \\ x_1 + x_2 - 3x_3 = -10 \\ 6x_2 - 2x_3 + x_4 = 7 \\ 2x_3 - 3x_4 = 13 \end{array} \right.$$

Congratulations to Our Mathematicians!

Well done to the following students who achieved the highest XP (Sparx experience) points in their Maths homework for the week 17/09-24/09. All students will be given a certificate from their maths teacher.

Year 7:

1. Annabelle M
2. Sarah S
3. Ariana P

Year 8:

1. Freya F
2. Scout W-B
3. Faye Q

Year 9:

1. Amelia M
2. Niamh H
3. Heidi J

Year 10:

1. Lily B
2. Ellie M
3. Freya W

Year 11:

1. Lois J
2. Jasmine S
3. Eden A

Calling all year 7 readers:
Write a book review based on a book with a female main character.
Your review needs to include:

- The author
- What the book is about
- Details about the main character(s)
- What you liked / disliked about the book

Please give your entries to Miss Flood by 18th October. Entries can be submitted on paper or electronically. The best entries will receive a prize.



Liverpool City Region

Parent Sessions

Liverpool City Region Careers Hub are running a series of online sessions for parents and carers. This series, Creating Careers Pathways: Parent & Carer Information Sessions, will explore Apprenticeship and Technical Education (ATE) routes in the Liverpool City Region (LCR), designed to give you the information you need to effectively inform and prepare your young person for their best next step.

Each session will give you a look at pathways into careers in some of the LCR's largest sectors, the skills you might need to succeed in these industries and give you the chance to hear from real-life employers, ask questions, and explore some of the open and upcoming opportunities.

[Apprenticeship and Technical Education Overview](#)

October 15th, 6-7pm

Do you know what ATE routes are available out there? From apprenticeships to T-levels, we will explore the different post-16



WRITE A BOOK REVIEW BASED FOR A BOOK THAT HAS A FEMALE MAIN CHARACTER

- Things to include:
 - Author
 - What the book is about
 - Details about the main character(s)
 - What you liked / disliked about the book
- Give your entry to Miss Flood - can be a paper or electronic copy
- Deadline: 18th October
- Best reviews will receive a prize

Year 7 Book Review Competition

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pathways, as well as how to find and apply for opportunities in the LCR.

[Digital & Creative Sector Session](#)

October 23rd, 6-7pm

From games to cyber, the LCR Digital and Creative Sector is booming, and offers a wide range of exciting jobs – from the Baltic Triangle to Daresbury Sci-Tech, digital, creative and tech roles could be the ideal next step for your young person. A hugely diverse industry, the LCR is also home to a thriving gaming sector, developing some of the biggest games in the world.

[Energy and Net Zero Jobs](#)

November 6th, 6-7pm

The LCR is committed to being net zero carbon by 2035 and to do this, we need to continue to grow new green skills and reduce our carbon footprint – meaning careers in clean growth and renewable energy are vitally important. From working on electric vehicles to retrofitting our homes to make them more energy efficient, there's lots of careers in the LCR that help futureproof our planet.

[Advanced Manufacturing Sector Session](#)

November 21st, 6-7pm

The Advanced Manufacturing sector in the LCR is large and diverse – with automotive, aerospace, chemical, pharmaceutical, food and drink and engineering and machining just some of the sub-sectors which employ thousands of people. Home to some of the biggest companies in the world, a career in the advanced manufacturing sector could be the perfect next step for your young person.

Knowsley Borough are delivering parenting support drop in sessions for parents of children aged 0-25 years. No appointment is necessary.

Northwood Family Hub at The Pride, 2 Simonswood Lane, Northwood, L33 5YP

Every 2nd Thursday of the month
Thursday 10th October
Thursday 14th November
Thursday 12th December

Hilltop Children's Centre, Bedford Close, Huyton, L36 1XH

Every 3rd Wednesday of the month
Wednesday 16th October
Wednesday 20th November
Wednesday 18th December

New Hutte Children & Family Hub, Litchfield Road, Halewood, L26 1TT

Every 4th Wednesday of the month
Wednesday 23rd October
Wednesday 27th November

For any further information please call a member of the parenting team on: 07792540131/ 0738514 6408.

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

**SEND Parent
Support Drop In**



**Knowsley SEND Parent
Support Drop In**

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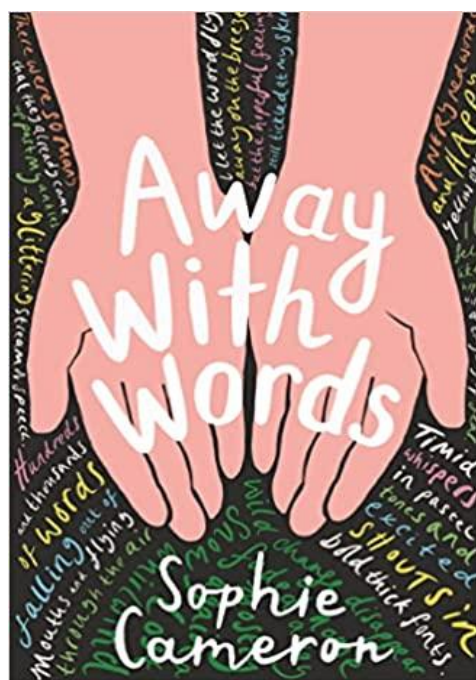
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lessons! Remember, school attendance matters.



Register As An Alumnaus

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](#).



Recommended Read for September

If you're stuck for reading inspiration why not take a look at our recommended read? This month we're suggesting 'Away With Words' By Sophie Cameron.

Gala and her dad, Jordi, have just moved from home in Cataluña to a town in Scotland, to live with Jordi's boyfriend Ryan. Gala doesn't speak much English, and feels lost, lonely

and unable to be her usual funny self. Until she befriends Natalie, a girl with selective mutism. The two girls find their own ways to communicate, which includes collecting other people's discarded words. They use the words to write anonymous supportive poems for their classmates, but then someone begins leaving nasty messages using the same method – and the girls are blamed. Gala has finally started adapting to her new life in Scotland and is determined to find the culprit. Can she and Natalie show the school who they really are?

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.

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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 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](#)'.

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- 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.

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.