



St. Julie's Catholic High School

Weekly Newsletter

Week beginning 19th October 2026

Forthcoming Dates for your Diary

Throughout October
Black History Month
Month of the Rosary

22nd October
Year 9 Parents Evening

22nd October
Students finish for Half Term

23rd October
INSET Day 2
Student do not attend



Students Perform for High Sheriff

On Sunday a cast of performers joined illustrious company at the invitation of the High Sheriff of Merseyside to perform 'Flowers', a powerful dramatic piece showing the impact of domestic violence. The performance took place at the Hope Street Hotel in front of dignitaries from across the spectrum of justice, local authority and social care. Our performers rose to the occasion wonderfully, delivering an impactful performance that led to requests to perform the piece at several very high profile venues. We'll bring you more on that as details emerge!



St Julie's Hosts VAWG Conference

On Monday St Julie's hosted the latest conference of the Violence Against Women and Girls Network. The event drew together representatives from organisations across the city, who concluded their conference by watching a performance by our students of the powerful domestic violence piece performed the previous day for the High Sheriff.



Over the Finishing Line!

We'd like to offer a massive note of pride and congratulations to Miss Jackson and Mrs McCourt who successfully completed the Chester Marathon on Sunday, and both made it into school the next day! Both of our staff members were running to raise funds for the legacy foundation of Miss Knisz, and you can find out more about that in Miss McCourt's message on the next page. Well done to both of them!



To all of the St Julie's community,

I would like to extend my sincere thanks to everyone who supported our Chester Marathon Challenge on Sunday 11 October.

The encouragement, good wishes, sponsorship, and enthusiasm shown by our school community were truly phenomenal and helped keep us going every step of the way.

A special congratulations to Miss Jackson, who achieved an incredible marathon time of 4 hours 15 minutes. An outstanding achievement and a performance to be proud of!

As for me, I crossed the finish line in 5 hours 21 minutes. I was moving so slowly by the end that the course band were starting to pack up as I approached! Whilst my marathon pace may not have broken any records, I was determined to reach the finish line.

Most importantly, thanks to your generosity and support, we have now raised over £3,000 for Miss Knisz's Legacy Foundation. This is a fantastic achievement and will make a real difference to the important work carried out by the charity, which is still very much open for donations: [Fundraiser In memory of Olivia May Knisz](#)

Thank you once again to everyone who donated, cheered us on, and supported the challenge. We are incredibly grateful to be part of such a caring and generous community.

We're already thinking about the next fundraising challenge... but I can confidently say it won't involve another marathon!

Best wishes,

Kate McCourt
Headteacher



Sixth Form spotlight!

In this week's edition, we showcase three subjects that inspire critical thinking, communication, and cultural awareness.

In English Combined Language and Literature and English Literature, students explore a rich variety of texts, develop analytical and creative writing skills, and learn how language shapes the world — preparing them for careers in journalism, law, publishing, teaching, and beyond. Texts studied range from *The Kite Runner* to *The Great Gatsby*; *Othello* to Browning and *A Streetcar Named Desire* to *Tess of the d'Urbervilles*. If you want to know more about the benefits of studying English, [click here](#).

A level Spanish offers students the chance to master a global language, understand Hispanic cultures, and enhance communication skills, leading to opportunities in translation, international business, travel, and diplomacy. Fluency in a foreign language will open doors to top universities in the UK and will increase your employment opportunities in Britain, as well as in the Spanish-speaking world.

Philosophy and Ethics challenges students to question ideas, evaluate moral issues, and build reasoned arguments, supporting careers in law, politics, education, and social work. To learn more about what you can do with an A level in Philosophy and Ethics, [click here](#).

Across each of these subjects, students gain valuable transferrable skills such as analysis, communication, cultural literacy, empathy, and critical problem-solving — skills that will serve them in any future path.

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Why not visit our Websites?

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[Chaplaincy Website](#)
Chaplaincy Instagram: [stjuliesl25](#)
[Wellbeing Website](#)
[Careers Website](#)



Year 7 Welcome Mass

On Thursday evening we warmly welcomed students in Year 7 and their families to a Mass celebrated by Fr Gerard. The Mass was a formal welcome to all our new students and their families into the St. Julie's community and it was lovely to see so many parents and carers join us for the celebration. Students led the reading and music and we'd like to thank Father Gerard for being our celebrant.

We're particularly grateful as on this occasion Father Gerard was celebrating his second Mass of the day at St. Julie's, having led a service with all of our Year 11 students earlier in the day.



Football Round Up!

We've so many football fixtures to report on that it feels like 'Final Score'! Congratulations to our players across the Year Groups for five fantastic wins!

St Julie's vs Ridgeway High School (Year 7)

8-0 win (Goal scorers: Daisy (5 goals!), Erin, Aubree and Erin)

St Julie's vs Winsford Academy (Year 7/8)

7-4 win (Goal scorers: Eliza (2), Anya, Daisy (2) and Erin)

St Julie's vs Rainhill High School (Year 9/8)

4-1 win (Goal scorers: Eliza (3) and Darcey)

St Julie's vs Chesterfield High School (Year 10/11)

2-1 win

St Julie's vs Chesterfield High School (Year 7/8)

9-0 win



Wear Red Day 2026

On Friday, staff and students played their part in standing up to racism by wearing a red accessory. Wear Red Day, now in its twelfth year, is led by the anti-racism educational charity 'Show Racism the Red Card'. Students and staff came bedecked in ties, ribbons, hairbands and even a wig! Together we raised £97.34 in donations which will be sent on to the charity.



Linguists Rise to GCHQ Challenge!

This week a team of talented linguists met after school to grapple with the competition challenges thrown down by GCHQ, the centre for British Intelligence services. The challenges have involved linguistic decoding with relevance to codebreaking and are really stretching our students!

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Year 9 Parents Evening

On Thursday 22nd October we will be hosting our Year 9 Parents Evening, at which options allocations will be distributed.



UniPrep - Opportunities for Parents and Sixth Form Students

UniPrep is ready for Sixth Form students to use immediately. On sign up, students get access to live webinars on Personal Statement, Student Finance, Study Skills, Well-being at University, Results day preparation and much more. Access code is **UniPrep26**

During webinars students can have their questions answered by experts in the field and current undergraduates in addition to requesting access to previous webinars. Their next webinars are:

- Supporting Your Child's University Application – Tuesday 17th Nov 6:00pm – 7:00pm
- Managing Finances - Tuesday 9th Feb 4:30pm - 5:30pm

This year, UniPrep have also planned a series of webinars for parents and carers, designed to build their understanding of the higher education application process and the transition to university. These sessions will equip them with the knowledge and confidence to support their child with the transition to Higher

Education. The sign up link has already been shared with Sixth Form students via email, and [this link](#) will take parents / carers to their dedicated UniPrep community.



Parent Webinar: Understanding T Levels

On 20th October Amazing Apprenticeships are hosting a webinar to help parents and carers understand T Levels. The event runs online from 6:30-7:15pm and anyone who registers will be able to access the webinar recording on demand. Find out more and [register here](#).



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](#).

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Free Webinar on Degree Apprenticeships for Students Aged 15-18, their Parents & Teachers

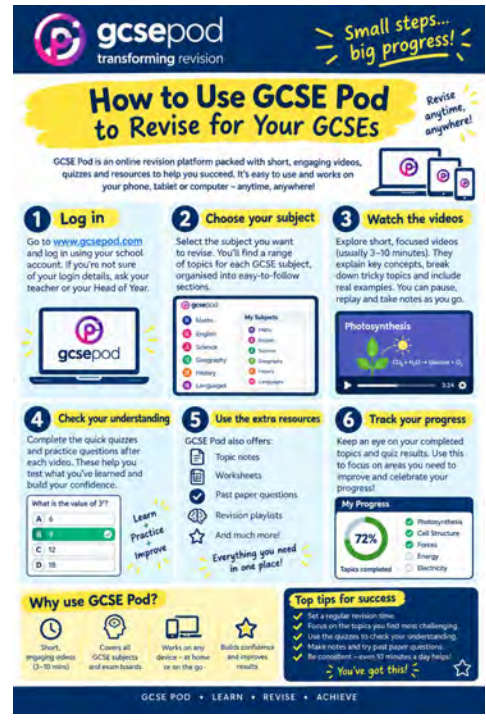
InvestIN have announced a new free webinar! Taking place on **Thursday 22nd October**, this webinar will shed light on how degree apprenticeships work and break down the application process. Information on this increasingly popular option for students after school can be limited and hard to find, so InvestIN hopes to bring some clarity to this area and share expert advice on navigating future applications. You can find out more and register your place [here](#).



Career of the Month with Unifrog

Unifrog have developed resources exploring subject and careers of the month for each year group. You can find October's resources here:

- [Year 7](#)
- [Year 8](#)
- [Year 9](#)
- [Year 10](#)
- [Year 11](#)
- [Year 12](#)
- [Year 13](#)



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 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.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](#)