St. Julie's Catholic High School

Weekly Newsletter

Week beginning 23rd November 2026

Forthcoming Dates for your Diary

26th November
Year 7 Parents' Evening

3rd December
Sixth Form Open Evening



Service of Remembrance and Thanksgiving

On Thursday 19th November, we held our Service of Remembrance and Thanksgiving in the chapel, offering a safe space for students, parents, carers and staff to reflect and pray for those loved ones who have died. The service was led by our Ministry students and Chaplain, and included music, scripture, poetry and an opportunity to light a candle in memory of those who we have lost. During the service, the names of loved ones written in our Remembrance book were read aloud and all the souls of the faithful departed were prayed for. The atmosphere was moving and meaningful for all who were there.



Odd Socks for Antibullying Week!

On Monday we kicked off Antibullying Week with some mismatched ankle wear! In support of the Antibullying Alliance's annual campaign students came to school in a magnificent array of odd socks. The campaign uses odd socks as a way of celebrating and embracing differences.



Cake Sale for Lourdes Pilgrims

On Thursday our aspiring Lourdes pilgrims, Layla and Charlotte, held a cake sale to help raise funds in support of their pilgrimage. Thanks to everybody who showed their support either by contributing items for sale or by buying a cake!

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: Mr M Mottram
Year 8: Miss E Murphy
Year 9: Mrs J Navarro
Year 10: Mrs K Monks
Year 11: Miss V Homer
Sixth Form: Mrs R Lyons

Curriculum Leaders

English: Mrs D Walker
Maths: Miss M Naylor
Science: Mr J Magor
RE: Mrs T Hyland-Williams
MFL: Mrs R Buckton
Humanities: Miss J Rimmer
Performing Arts (including PE): Miss A Douglas
Art and Technology: Mrs A Bell
Social Sciences and Computing: Mrs K Byrne

SENDCo: Miss S Jackson
Safeguarding: Safeguarding Team

Why not visit our Websites?

St. Julie's Main Website
Chaplaincy Website
Chaplaincy Instagram: stjuliesl25
Wellbeing Website
Careers Website



LSSP Netball Champions!

On Thursday afternoon a team of Year 7 netballers took part in an LSSP tournament, lining up against teams from twelve other local schools. An absolutely outstanding performance saw them emerge as tournament champions! Their success comes as a result of dedication and hard time put in on the courts both during PE lessons and after school. Congratulations to Daisy, Neva-Milly, Bella, Katie, Haidee, Evie, Nell, Eva and Dolly on a fantastic tournament!



Year 11 Mock Exams Begin

On Wednesday we opened the GCSE mock exam season with the practical exam in Art, followed on Friday by some examinations for Spanish. The next two weeks will see students followed a dense exam schedule. We'd like to thank all of the students' families for their support both prior to and during this important exam season, and we wish all of our candidates the very best of luck.

Micah Liverpool

Advent Foodbank Collection - Advanced Notice

Advent begins in only two weeks!

Every Advent, the St Julie's community holds a foodbank collection to support the work of Micah Foodbank, which operates from St Vincent de Paul and St Bride's Parishes. We are always bowled over by the generosity and kindness of our families and staff and this year, Micah needs our help more than ever. Each week, we are asking for particular items to be donated, if possible.

Students can them bring in those items for their Form group collection and this will be collected by Micah on the last day of term to be given to those who desperately need it.

We will start our week 1 collection on Monday 30th Collection and then

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: Mr M Mottram
Year 8: Miss E Murphy
Year 9: Mrs J Navarro
Year 10: Mrs K Monks
Year 11: Miss V Homer
Sixth Form: Mrs R Lyons

Curriculum Leaders

English: Mrs D Walker
Maths: Miss M Naylor
Science: Mr J Magor
RE: Mrs T Hyland-Williams
MFL: Mrs R Buckton
Humanities: Miss J Rimmer
Performing Arts (including PE): Miss A Douglas
Art and Technology: Mrs A Bell
Social Sciences and Computing: Mrs K Byrne

SENDCo: Miss S Jackson
Safeguarding: Safeguarding Team

Why not visit our Websites?

St. Julie's Main Website
Chaplaincy Website
Chaplaincy Instagram: stjuliesl25
Wellbeing Website
Careers Website





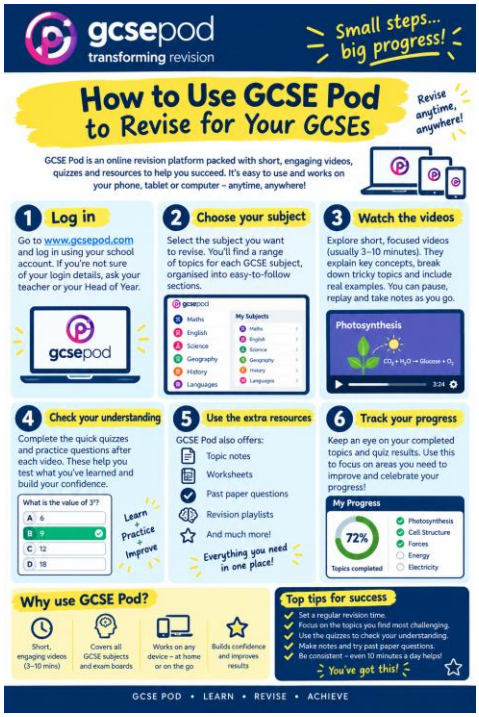
continue each week until we break up. It really will make a difference this Christmas!

WEEK 1
PANTRY POWER
- Pasta and rice
- Tea and pasta sauces
- Flavoured pasta or rice packs
- Microwave or hot-water sachets

WEEK 2
TINNED & TASTY
- Beans (NOT spaghetti!)
- Tinned tomatoes and vegetables
- Tinned fish or meat
- Tinned fruit, jam and custard

WEEK 3
FESTIVE FAVOURITES
- Christmas treats and goodies
- Biscuits
- Any other non-perishable food
- Anything that does not need a fridge

TOILETRIES • EVERY WEEK
- Shower gel
- shampoo
- toothpaste
- toothbrushes
- hair brushes
- combs
- nappies
- baby wipes
- loo rolls



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.

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: Mr M Mottram
Year 8: Miss E Murphy
Year 9: Mrs J Navarro
Year 10: Mrs K Monks
Year 11: Miss V Homer
Sixth Form: Mrs R Lyons

Curriculum Leaders

English: Mrs D Walker
Maths: Miss M Naylor
Science: Mr J Magor
RE: Mrs T Hyland-Williams
MFL: Mrs R Buckton
Humanities: Miss J Rimmer
Performing Arts (including PE): Miss A Douglas
Art and Technology: Mrs A Bell
Social Sciences and Computing: Mrs K Byrne

SENDCo: Miss S Jackson
Safeguarding: Safeguarding Team

Why not visit our Websites?

St. Julie's Main Website
Chaplaincy Website
Chaplaincy Instagram: stjuliesl25
Wellbeing Website
Careers Website





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



Chaplaincy Ministry

Calling all Year 7 students!

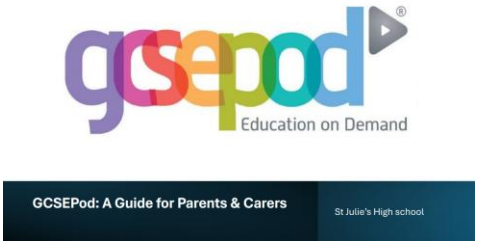
- Do you enjoy singing?
- Do you play an instrument?
- Are you a confident reader who likes reading in public?
- Are you an Altar Server?

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 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.

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: Mr M Mottram
Year 8: Miss E Murphy
Year 9: Mrs J Navarro
Year 10: Mrs K Monks
Year 11: Miss V Homer
Sixth Form: Mrs R Lyons

Curriculum Leaders

English: Mrs D Walker
Maths: Miss M Naylor
Science: Mr J Magor
RE: Mrs T Hyland-Williams
MFL: Mrs R Buckton
Humanities: Miss J Rimmer
Performing Arts (including PE): Miss A Douglas
Art and Technology: Mrs A Bell
Social Sciences and Computing: Mrs K Byrne

SENDCo: Miss S Jackson
Safeguarding: Safeguarding Team

Why not visit our Websites?

St. Julie's Main Website
Chaplaincy Website
Chaplaincy Instagram: stjuliesl25
Wellbeing Website
Careers Website



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.



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.

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: Mr M Mottram
Year 8: Miss E Murphy
Year 9: Mrs J Navarro
Year 10: Mrs K Monks
Year 11: Miss V Homer
Sixth Form: Mrs R Lyons

Curriculum Leaders

English: Mrs D Walker
Maths: Miss M Naylor
Science: Mr J Magor
RE: Mrs T Hyland-Williams
MFL: Mrs R Buckton
Humanities: Miss J Rimmer
Performing Arts (including PE): Miss A Douglas
Art and Technology: Mrs A Bell
Social Sciences and Computing: Mrs K Byrne

SENDCo: Miss S Jackson
Safeguarding: Safeguarding Team

Why not visit our Websites?

St. Julie's Main Website
Chaplaincy Website
Chaplaincy Instagram: stjuliesl25
Wellbeing Website
Careers Website

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 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

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: Mr M Mottram
Year 8: Miss E Murphy
Year 9: Mrs J Navarro
Year 10: Mrs K Monks
Year 11: Miss V Homer
Sixth Form: Mrs R Lyons

Curriculum Leaders

English: Mrs D Walker
Maths: Miss M Naylor
Science: Mr J Magor
RE: Mrs T Hyland-Williams
MFL: Mrs R Buckton
Humanities: Miss J Rimmer
Performing Arts (including PE): Miss A Douglas
Art and Technology: Mrs A Bell
Social Sciences and Computing: Mrs K Byrne

SENDCo: Miss S Jackson
Safeguarding: Safeguarding Team

Why not visit our Websites?

St. Julie's Main Website
Chaplaincy Website
Chaplaincy Instagram: stjuliesl25
Wellbeing Website
Careers Website

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

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

Your list of contacts at St. Julie's

You can click any of the hyperlinked names below to send an email.

Progress Leaders

Year 7: Mr M Mottram
Year 8: Miss E Murphy
Year 9: Mrs J Navarro
Year 10: Mrs K Monks
Year 11: Miss V Homer
Sixth Form: Mrs R Lyons

Curriculum Leaders

English: Mrs D Walker
Maths: Miss M Naylor
Science: Mr J Magor
RE: Mrs T Hyland-Williams
MFL: Mrs R Buckton
Humanities: Miss J Rimmer
Performing Arts (including PE): Miss A Douglas
Art and Technology: Mrs A Bell
Social Sciences and Computing: Mrs K Byrne

SENDCo: Miss S Jackson
Safeguarding: Safeguarding Team

Why not visit our Websites?

St. Julie's Main Website
Chaplaincy Website
Chaplaincy Instagram: stjuliesl25
Wellbeing Website
Careers Website

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

Addvanced 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.EHWB@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