St. Julie's Catholic High School

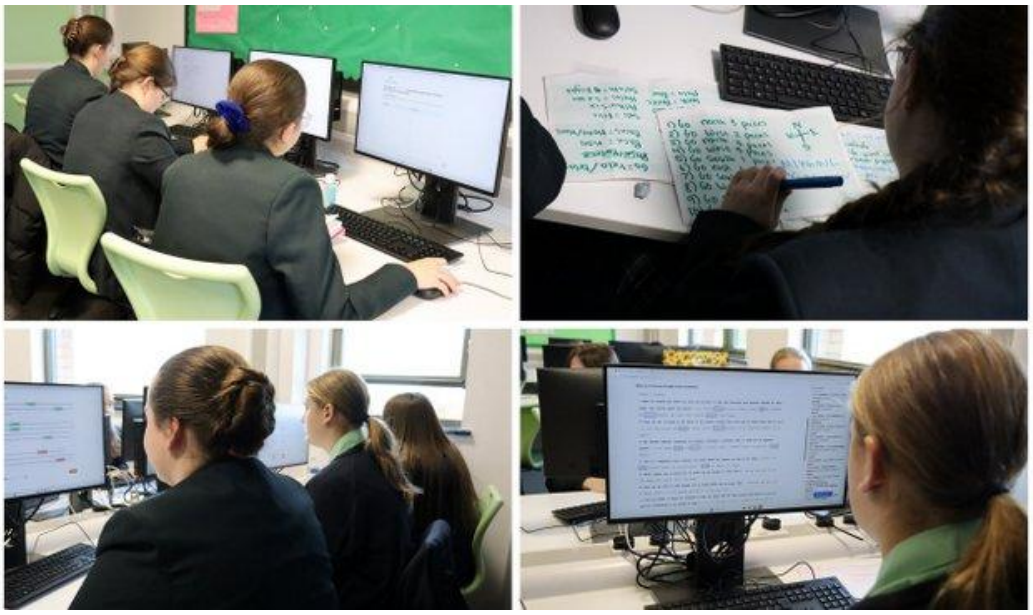
Weekly Newsletter

Week beginning 30th November 2026

Forthcoming Dates for your Diary

3rd December
Sixth Form Open Evening

4th December
School Production Performances Begin



Taking the GHCQ Linguistic Challenge

A huge well done to the Year 9 students who have been competed in the GCHQ National Language Competition last week. They have dedicated their time and energy to a variety of language challenges, competing alongside thousands of students from schools across the UK. With the results in, we came inside the top 7% of schools nationally, and in the North West region we placed a hugely impressive 17th! We are immensely proud of their commitment and the way they have embraced this exciting opportunity.



Year 7 Students Meet Author

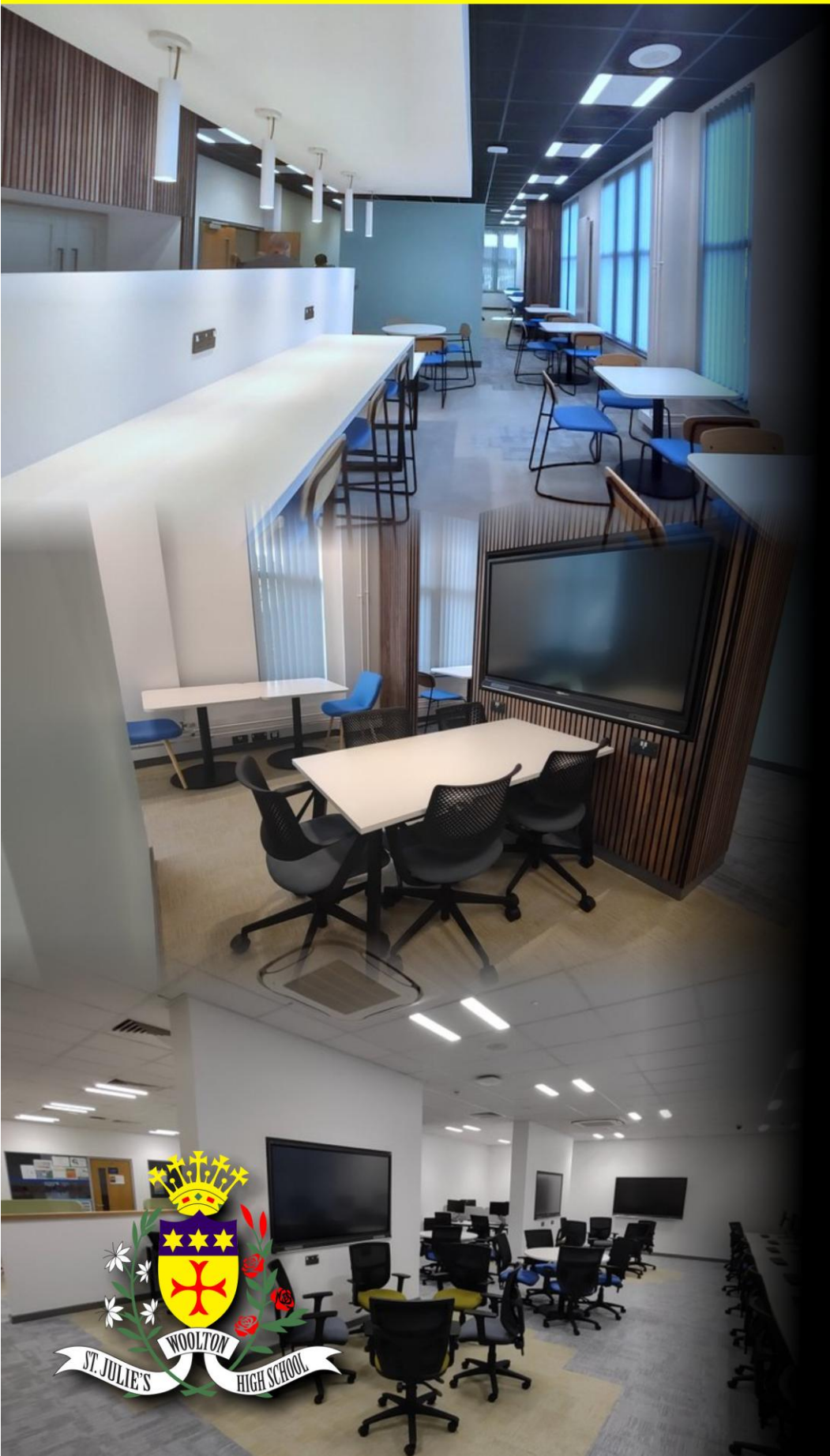
On Friday some students from Year 7 joined other schools at Anfield Stadium to hear from author Nat Luurtsema. Nat was talking about her book "The Overthinker's Club", as well as wider discussions on mental health and happiness. She gave a live reading from her work and signed some copies!



Merry Thriftmas!

This week saw the launch of our very first **Geography Thriftmas Club!** The idea behind the club is to get everyone thinking about how we can make Christmas a little more sustainable, while still spreading plenty of festive cheer. For our first activity, students got creative and made beautiful Christmas bows from old, unwanted shirts. Some took their creations home to decorate their Christmas trees or

6F Open Evening: 3rd December 4-6pm



We are looking forward to welcoming parents and carers of our Year 10 and Year 11 students to our Sixth Form Open Evening next week.

The evening will provide an opportunity to explore our Sixth Form facilities, speak with the Sixth Form Team, subject teachers and subject ambassadors, and meet representatives from local universities to find out more about the opportunities available beyond Year 11.

There will also be a short presentation from Mrs Jones, Head of Upper School, who will share further information about our Sixth Form provision, expectations and the opportunities available to our students. Mrs Jones and Mrs Lyons will be happy to answer questions and offer advice about the transition into Sixth Form.

We look forward to meeting you, sharing what makes our Sixth Form special and helping our students begin to explore the exciting opportunities available to them as they take their next steps towards the future.

ST. JULIE'S WOOLTON HIGH SCHOOL

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use on presents, while others left a little surprise for our teachers! Using recycled photocopying paper boxes, students made little notes to accompany the bows and left them on teachers' desks – a lovely bit of recycled Christmas kindness for them to discover the next morning.



'School of Rock' Sells Out In Record Time!

Thank you to everyone who has supported our Christmas production this year by buying a ticket. In a selling frenzy not unlike Glastonbury we old our entire run in a record three minutes! The students have been working really hard in preparation and we hope you all enjoy the show!



Pathways Exploration from Liverpool Hope

We were delighted to welcome Liverpool Hope University into school on Thursday to speak to our Year 9 students about the opportunities and pathways available to them when they leave school. The presentation gave students a valuable insight into university life, future career possibilities and the different routes they can take to achieve their ambitions. Encounters like these are incredibly important in broadening students' horizons, raising aspirations and helping them to recognise the opportunities that are available to them. Hearing directly from universities helps to make future pathways feel more accessible and achievable, encouraging students to start thinking positively about their next steps and the exciting possibilities ahead. Year 9 students were praised by our presenter for their engagement and excellent behaviour throughout.



Year 7 Parents' Evening

Thank you to all of the parents and carers who joined us on Thursday evening for our Year 7 Parents' Evening event. It was a great opportunity for us to meet with you to discuss progress and we hope that you found the evening as helpful as we did.

JUNIOR 1804 SOCIETY

Introducing Our New Junior 1804 Society

We are delighted to introduce our new Junior 1804 Society for this academic year! Acting as our School Council, the society provides students with a voice, giving them the opportunity to share their ideas, represent their peers and play an active role in shaping school life. We are looking forward to working together over the coming year, listening to our students' views and turning ideas into positive action. Over the coming weeks, we will be introducing our new Junior 1804 members through a series of short profiles, giving everyone the chance to get to know the students

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representing their year groups. To get things started, we will hear from our Student Presidents, Olivia (KS4) and Phoebe (KS3), who will tell us a little about their roles and what they hope to achieve this year. We look forward to sharing their contributions with you!

Student President: KS4
Hello everyone, my name is Olivia and I'm in Year 10. I'm so excited to be this year's KS4 Student President. My favourite subject is History as I love getting to learn about the past. In the future I would like to be an educational psychologist. I am so excited to be involved with Junior 1804 this year because I love listening to people and helping them have their voices and opinions heard. What I'm most looking forward to is being a member of Junior 1804 is being able to represent students and making sure everyone feels like their voices are heard. I have been a part of Junior 1804 since I started school in Year 7 so I am excited to continue helping with making changes that benefit St Julie's.

Student President KS3:
Hi everyone! My name is Phoebe and I'm KS3 Student President. My favourite subject is Drama because I like acting and trying to boost my confidence. I wanted to a part of the Junior 1804 Society because I wanted to make new friends, work with others and like to share my opinions. I am most looking forward to listening to people's ideas to make the changes they want to see happen.



Great Country Result for Year 8 Cross Country Runner

Well done to Holly in Year 8 who recently ran for Merseyside in an Inter Counties cross-country race. She finished an impressive 6th in Merseyside. Well done Holly!



Togetherness Newsletter for Parents

The December Togetherness newsletter has a focus on parenting and managing family relationships over the forthcoming festive period. You can find a copy here.

Micah Liverpool

Advent Foodbank Collection - Advanced Notice

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

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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 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

Careers Update: Work Experience and exploring opportunities beyond the classroom

Year 10 Work Experience updates

Preparations for our Year 10 Work Experience programme (12th – 16th July 2027) are continuing, and it is encouraging to see students beginning to organise their placements and explore opportunities within a range of exciting sectors. Elevate EBP are continuing to carry out the necessary Health and Safety checks on the placement information received to ensure that arrangements are suitable and meet the required requirements ahead of the placement period.
For students who are arranging their own placements (self-placing), please remember that it is important to ensure your chosen employer completes all sections of the Self-Placement Form. Incomplete forms may delay the approval process, so please check that all the necessary information has been provided before returning the paperwork to school.
We are looking forward to seeing our Year 10 students take this important step. Work experience is a valuable opportunity to develop confidence, experience a professional working environment, build new skills and gain a better understanding of what a future career might involve.

Virtual Work Experience: Explore, Discover and Develop!

Work experience doesn't always have to take place in a traditional workplace. Virtual work experience is an increasingly popular way for students to explore different industries, learn from employers and gain insight into potential career pathways, all from the comfort of home.
For students in Years 10–13, these opportunities can be particularly valuable alongside their studies. They provide a chance to explore careers they may not have previously considered, develop a better understanding of the skills employers look for and demonstrate curiosity,

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independence and motivation. They can also provide useful talking points for future university applications, apprenticeship interviews and CVs. There are lots of opportunities available online, many of which are free and can be completed flexibly around school commitments. Virtual simulations are also a useful addition to work experience, rather than necessarily a replacement for an employer-approved placement. Students are encouraged to check individual age, year-group and application requirements, as these can differ between providers.

Here are some platforms worth exploring:

1. Springpod: Discover Your Future
Interested in medicine, law, engineering, finance, psychology, journalism or something completely different? Springpod offers a fantastic range of free virtual work experience programmes, allowing students to explore different careers through interactive activities, projects and employer-led sessions. Explore Springpod opportunities: What is Virtual Work Experience with Springpod? | Springpod

2. NHS Virtual Work Experience: Medicine and Dentistry
Thinking about a future in healthcare? These online programmes provide an insight into careers in medicine and dentistry, helping students understand different medical specialities, patient care and the responsibilities of healthcare professionals.

- Explore Medicine Virtual Work Experience: University Hospitals Birmingham Trust Virtual Work Experience - Medic Mentor
- Explore Dentistry Virtual Work Experience: WEX (Work Experience) – Dental Mentor

3. Forage: Experience the World of Work
Forage offers free virtual job simulations created by well-known employers. Students can try realistic workplace tasks and explore what different careers involve, including law, business, finance, technology and consulting. These simulations are a great way to develop practical skills and gain a better understanding of professional environments. Explore Forage programmes: Free virtual job simulations and career prep | Forage

A little extra experience can make a big difference!

We would encourage all students to make the most of the opportunities available to them, whether through a traditional work placement, a virtual programme, an employer insight event or an online career simulation. These experiences are not simply something to add to a CV. They can help students discover what they enjoy, recognise their strengths, develop new interests and make more informed decisions about their next steps. Parents and carers can support their son / daughter by encouraging conversations about career interests and helping students explore opportunities that might be right for them.
**Remember, you don't have to know exactly what you want to do in the future to start exploring your options. Sometimes

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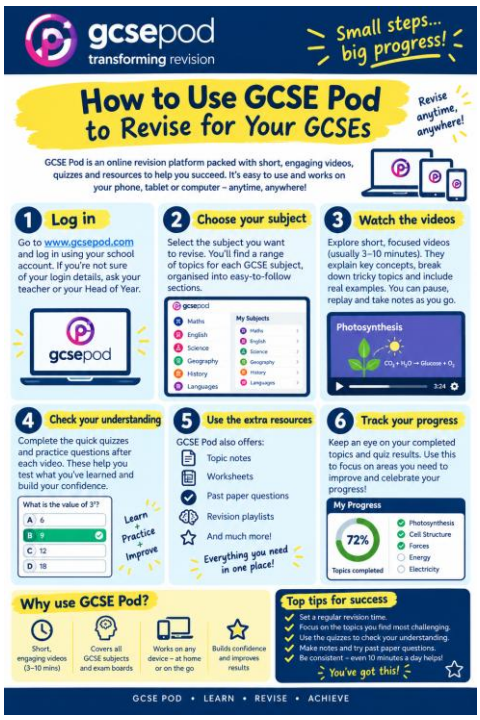
discovering what interests you, and even what doesn't, is the most valuable experience of all.



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.



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.

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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.



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

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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 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

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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

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

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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

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