



## KEY EVENTS NEXT HALF TERM

- GCSE and A-Level examinations

### Tuesday, 22nd April

- Y10 Prepare for Success event (4:30pm)

### Thursday, 1st May

- Junior Maths Challenge

### Wednesday, 21st May

- Y10 trip to University of Liverpool
- KS3 Musical (dress rehearsal)

### Thursday, 22nd May

- KS3 Musical

### Friday, 23rd May

- KS3 Musical
- End of half term

## Principal's Award



Congratulations to our Principal's Award winners for this week!

Yesterday, I enjoyed breakfast with this week's nominated students and gave out certificates for their excellent work and efforts. I'm extremely proud of them. Well done!

## Y8 Rugby success

Huge congratulations to the Y8 boys rugby team who progressed to the quarter finals of the National Cup this week with a 28-14 win over Furness Academy in Cumbria!

The lads played fantastically well and scored some terrific tries, representing the College brilliantly both on and off the pitch.

To make it into the final 8 teams in the whole country is a massive achievement, and the team now has a quarter final away against Dewsbury to look forward to, as well as Town Cup and North West Counties semi-finals after Easter!

I'm extremely proud of them, well done to everyone involved!

## Presentation Evening



Last night, we held our annual Presentation Evening to celebrate the successes of the 2023-2024 academic year. The event had been put back after the snow caused a postponement in January, but it was brilliant to finally congratulate all of our amazing achievements and celebrate with the students and their families.

I'd like to thank all the team who were involved in organising the event.

## SEND Coffee Morning

Thank you to all the parents and carers of our new Cowleians (current Y6) who came in yesterday to meet with the SEND department. It was lovely to see you all and I hope you found the event useful to meet our fantastic SEND team who will help with supporting your child at Cowley.

## Y10 Preparation for Success Event

May I remind Y10 parents about an upcoming event just after we return from the Easter break.

The Y10 team will be running a Preparation For Success event on Tuesday 22nd April for all parents of Y10 students.

The session will focus on some advice and strategies that will help you support your daughter/son in their GCSE journey.

Please book onto the event, more information and booking details can be found on the poster on page 4 of this newsletter.

## Easter Holiday Activities

Over the Easter break, we will be running revision masterclasses in College for Y11 and Y13 students to help support the students ahead of their all important final exams.

I wrote to the Y11 students this week to offer them some tips about the upcoming exam season. You can find a copy of the letter [here](#).

Mr Watkins has also written a letter to the Y13 students, about making the most of the resources in College for these final few weeks. Please find a copy [here](#).

Keep working hard, revise, attend the extra revision support sessions and I'm confident you will achieve in the exams coming up. You've got this!

A full timetable for both Y11 and Y13 can be found on page 5 of the newsletter, please take a look and attend if you can.

## Podcast



The sixth episode of the Cowley Sixth Form College student podcast was released this week and features a Question & Answer session.

The Y13 students involved answered a wide range of questions, from their favourite subjects, favourite food to buy from the canteen to what would you show aliens in the landed in the sixth form car park!

Well done to the student hosts! You can catch it now on [Spotify](#), [Apple Podcasts](#) or [Amazon Music](#). Please give it a listen.

## Safeguarding in the Spotlight

At the National College, our [WakeUpWednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, links and tips, please visit [nationalcollege.gov](#).

### What Parents & Educators Need to Know about INSTAGRAM

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

**AGE RESTRICTION 13+**

**WHAT ARE THE RISKS?**

- ADDICTION**  
Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling, often with scrolling reels to catch our eyes. In essence, it's a fear of missing out. On Instagram, young people can lose track of time when endlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.
- UNREALISTIC IDEALS**  
Children sometimes compare themselves to what they see online. They may have unrealistic expectations of what life is going to be like when they grow up. They may also see unrealistic portrayals of others' lives, which could lead to feelings of jealousy or inadequacy. A constant comparison with unrealistic ideals can lead to low self-esteem and mental health issues.
- GOING LIVE**  
Livestreaming on Instagram allows users to interact with friends and followers in real time. While it's a great way to connect, it also means that anything said or done is public. Because of this, users should be aware of the potential risks of going live, including the possibility of being harassed or bullied. A constant comparison with unrealistic ideals can lead to low self-esteem and mental health issues.
- INFLUENCER CULTURE**  
Social media influencers are sometimes paid to promote products or services, often in exchange for sponsored posts. This can be a problem for young people, as they may feel pressured to promote products or services that they don't actually use or believe in. This can lead to a loss of trust in influencers and a sense of disappointment.
- PRODUCT TAGGING**  
Product tags allow users to tag a product or service in their posts. This can be a problem for young people, as they may feel pressured to purchase products or services that they don't actually need or want. This can lead to a loss of trust in influencers and a sense of disappointment.
- EXCLUSION & OSTRACISM**  
Young people are highly sensitive to being excluded, which can be a common experience on social media. This can lead to feelings of isolation and loneliness, which can have a negative impact on their mental health. Young people may also feel excluded from social groups or activities if they are not on Instagram or if they are not part of the latest trends.

### Advice for Parents & Educators

- AVOID GOING PUBLIC**  
If a young user wants to share their clothing style, make-up or similar and use product tagging to show off their items in their posts, they may be tempted to change their settings to public. This means their profile is visible to everyone, which means the risk of cyberbullying, grooming and other risks is increased. It's important to talk to your child about the risks of going public and the importance of keeping it private.
- USE MODERATORS**  
Instagram has implemented a 'mechanic' called 'Moderators', meaning that content can be reported and removed. However, this doesn't mean that all content is safe. It's important to talk to your child about the risks of using Instagram and the importance of reporting any inappropriate content.
- FOLLOW INFLUENCERS**  
Following influencers will allow you to monitor what they're posting and see if they're able to discuss anything which you deem inappropriate. Talk to children about how to follow influencers and how to report any inappropriate content.
- MANAGE LIKE COUNTS**  
Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts. This can be a problem for young people, as they may feel pressured to get a large number of likes. It's important to talk to your child about the risks of following influencers and the importance of managing like counts.
- BALANCE YOUR TIME**  
Instagram has a built-in activity dashboard that lets you see how much time you've spent on the app. Make sure children sign in to the platform with the correct age. It's important to talk to your child about the risks of spending too much time on Instagram and the importance of balancing their time.

**Meet Our Expert**  
Dr. Claire Kutherford is an online safety consultant at iCyberAware. She has developed and implemented online safety policies for schools in Australia and the UK. Claire has written various academic papers and continues to research the Australian government's online safety and wellbeing behaviours of young people in the UK, US and Australia.

Source: See full reference list on guide page 6: <https://nationalcollege.gov/guides/instagram-2023>

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Instagram remains one of the world's most popular social media platforms, especially among teens – used by around 70% of 13 to 17-year-olds.

It may be one of the most familiar social media names around, but features like AI-powered chatbots and Threads integration have added fresh challenges for families and schools to navigate. From worrying live streams to issues like social exclusion and fear of missing out, Instagram isn't just about photos. As the platform evolves, so too must the conversations we have with young people about how they use it.

Download your free guide [here](#).



May I finish this week's newsletter by wishing you all a lovely and safe Easter break. Don't forget that we return to College on **Tuesday 22nd April at 8:30am**. Please ensure students are ready with the correct uniform and equipment to get straight into learning from minute one when we get back. Thanks, as always, for your continued support.

Mr Cormack





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**IMPORTANT**

We are now in  
revision weeks!

# YEAR 9 EXAM HUB

Check out our new Year 9 Exam Hub page—packed with subject activities and resources to help you prepare and succeed in your exams.



[cowley.st-helens.sch.uk/  
y9-exam-hub/](https://cowley.st-helens.sch.uk/y9-exam-hub/)





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WE INVITE Y10 PARENTS/CARERS TO A

# **PREPARATION FOR SUCCESS EVENING**

## **SUPPORTING YOUR CHILD'S GCSE JOURNEY**

### **TUESDAY 22ND APRIL, 4.30PM**

This important session will provide you with practical advice and strategies to help your child succeed in their GCSEs.



**HOW TO HELP YOUR CHILD REVISE**



**SUBJECT SPECIFIC ADVICE - WHAT THEY NEED TO FOCUS ON**



**WELL-BEING - MANAGING STRESS**



**ASK QUESTIONS / SHARE IDEAS**

Don't miss out on this opportunity to prepare for a successful Year 11! To secure your place, please book your attendance by scanning the QR code.

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# Y11 EASTER MASTERCLASSES



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TIME	MONDAY 7TH APRIL	TUESDAY 8TH APRIL	WEDNESDAY 9TH APRIL	THURSDAY 10TH APRIL
<b>SESSION 1</b> 9:00 - 11:00	Science (Separates) (J)	Mathematics (K)	Religious Education	Chemistry (H/F)
	English (K)	English (J)	Technology - Graphics and Textiles	Technology - Graphics and Textiles
		History (H/F)		
<b>SESSION 2</b> 11:15 - 1:15	Mathematics (K)	Science (K)	Physics (H/F)	Religious Education
	English (J)	Mathematics (J)	Technology - Graphics and Textiles	Technology - Graphics and Textiles
		Dance		

## Easter Masterclasses - Week 1

**COWLEY**  
SIXTH FORM COLLEGE

Monday 7th April	Tuesday 8th April	Wednesday 9th April	Friday 11th April
9:00 - 11:00 am Y13 Chemistry	9:00 am - 2:00 pm Y13 Computing	9:30 am - 1:30 pm Y13 English Language	9:00 am - 12:00 pm Y13 Psychology
10:30 am - 3:00 pm Y13 Music Performance	10:00 am - 12:00 pm Y13 Physics	10:00 am - 12:00 pm Y13 Physics	10:00 am - 1:00 pm Y13 Chemistry
12:00 - 2:00 pm Y13 Biology	12:30 pm - 2:30 pm Y13 History		1:00 - 3:00 pm Y13 Law
1:30 - 4:00 pm Y13 English Language			

YOUR FUTURE. YOUR SIXTH FORM.

## Cowley Sixth Form Easter Masterclasses

There are 23 Easter Masterclasses taking place on the sixth form during the holidays to offer some extra support for Y13 students in the lead up to exams.

## Easter Masterclasses - Week 2

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Monday 14th April	Tuesday 15th April	Wednesday 16th April
9:00 am - 12:00 pm Y12/Y13 Criminology (U2) both groups	9:00 am - 12:00 pm Y13 Psychology	9:30 am - 12:30 pm Y13 French
9:30 am - 12:30 pm Y13 Criminology (U4) both groups	9:30 am - 12:30 pm Y13 Business	10:30-3pm Y13 Music Performance
10:00 am - 1:00 pm Y13 Chemistry	10-2pm Y13 Ethics, Philosophy & Religion	
1:00 - 3:00 pm Y12/Y13 Criminology (U2) both groups	10:00 am - 2:00 pm Y13 Politics	
	1-3pm Y13 Law	

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