



## WHAT'S ON NEXT WEEK

### Throughout the week

- Y7 - Y10 Celebration Assemblies
- GCSE Exams

### Wednesday, 21st May

- Y10 University of Liverpool Trip
- Behaviour, Structure and Routine: Parent/carer Briefing, 5:00 - 6:00pm

### Thursday, 22nd May

- High School Musical
- Y8/9 Girls' Rugby - NW Counties Final

### Friday, 23rd May

- High School Musical
- Break up for half term

## Rewards Breakfast



One of my favourite moments of each week is getting to share breakfast with the superstar students who have been put forward by the year teams for going above and beyond.

Very well done to all the students who took part in the Principal's Award this week.

## Uniform Update – September 2026

We are excited to announce that we are planning to introduce a new school uniform starting in September 2026. This is an exciting opportunity to refresh and modernise our uniform and we look forward to exploring what this could look like.

Please be assured that both parents and students will be fully consulted well in advance of any changes. The current uniform will still be allowed during a phased transition period, so there will be no need for an immediate changeover.

In the meantime, our current uniform expectations remain firmly in place. We are taking steps to sharpen up uniform standards—shirts must be tucked in and skirts should not be rolled up. Wearing the uniform properly and with pride is an important part of the professional standards we uphold at Cowley.

Thank you for your continued support.

## Stakeholder Event



On Wednesday evening, I had the pleasure of attending a Stakeholder Event at the Town Hall alongside Council Officers, Councillors, and other community representatives—including one of our former students, Emily.

It was a powerful and inspiring evening where we reflected on the many successes across our town over the past year. A key message from the event was the importance of taking pride in our community and making a conscious effort to 'talk up our town'. St Helens is a truly wonderful place, and we all share a role in celebrating and championing it.

Reverend Rachel Shuttleworth also introduced the #LoveStHelens initiative—an exciting campaign encouraging everyone to share what they love about our town. Our students have done their part in embracing this positive initiative, see next page. The campaign runs from 21st May to 28th June and offers a great opportunity to get involved and spread positivity.

Let's all take those moments—big or small—to show our love for the amazing St Helens community.

Read more on this here: <https://sthelens.gov.uk/article/13452/Borough-comes-together-to-say-we-lovesthelens>

## Exams continue



As we come to the end of another incredibly busy week of exams, I want to take a moment to reflect on the remarkable effort shown by our students. Their stamina, focus and determination throughout exam season so far has been truly impressive.

We know how stressful this time can be, both for students and families. In this newsletter, we've included some helpful tips and guidance which we hope will provide extra support during

this period.

Our staff have also been outstanding in their commitment—welcoming students each morning, guiding independent revision sessions, and leading warm-up assemblies to help everyone feel confident and well-prepared.

To further support Year 11, we will be running Masterclass Revision Sessions over the May half term—on Tuesday, Wednesday, and Thursday. A detailed timetable for these sessions will be shared shortly.

Finally, I want to extend a heartfelt thank you to you—our parents and carers—for your ongoing support of your daughter or son. Your encouragement at home makes a real difference, and we truly value the strong partnership we share in helping our students thrive.

## Sports Successes

Earlier this week, our Y9/10 girls football team played in the final at Ruskin Drive against Rainford High School.

The teams were evenly matched with end to end play throughout. Rainford scored first, then after the break, we were rewarded with a goal for persistently chasing every ball down.

1-1 at full time meant straight to penalties. Penalties finished 2-2 so it was onto sudden death. Rainford missed their penalty and we stepped up to score the winner!

The majority of these girls represented school in the rugby last week too, they've had a fantastic couple of weeks!

## High School Musical - KS3 performance



Join us for an evening of fun, music, and talent as our KS3 students take the stage in High School Musical next week. The production runs on Thursday, 22nd and Friday, 23rd May, 5:00 PM start, tickets are £5 and can be purchased from the Performing Arts team now.

Have a great weekend.  
Mr Cormack



#LOVESTHELENS





COWLEY PRESENTS



# HIGH SCHOOL MUSICAL

**22ND & 23RD MAY**

**TICKETS £5**

TICKETS CAN PURCHASED FROM THE PERFORMING ARTS DEPARTMENT

# 6 ways to manage stress through exam season

## Think Positive

Exams can be tough — but so are you.

Flip the script:

✗ "I'm going to fail"

✓ "I'm doing my best — that's enough."

💬 Positive self-talk helps your brain stay calm and focused.

Believe in your progress,  
not just the outcome.

## Don't Compare Yourself to Others

Someone else's revision method? Their scores?  
Not your business. You do you.

- 👤 Everyone learns differently
- 📱 Focus on your own path
- 📵 Take breaks from social media if it's making you anxious

## Be Honest About How You Feel

Feeling stressed, stuck, or anxious? Say it out loud.

- 🗣️ Talk to a friend, family member, or teacher
- 👥 Get support — it's a strength, not a weakness
- 📖 Or write it out — even a quick journal entry helps

You don't have to go through  
exam season alone.

## Create a Realistic Revision Timetable

Not everything has to be done in a day.

- 📌 Break subjects into small chunks
- ⌚ Use short 25–45 minute revision blocks
- 🕒 Schedule breaks — your brain needs rest
- 📅 Be flexible — plans can change!

Study smart, not non-stop.  
You've got this.

## Take Care of Your Physical Health

Your brain needs a healthy body to do its best.

- 😴 Sleep 7–9 hours
- 🍽️ Eat proper meals (not just snacks)
- 🚶 Move your body — walk, stretch, dance!
- 💧 Stay hydrated

Healthy habits = better focus  
& less stress.

## Let Stress Out (Don't Bottle It Up)

Feeling overwhelmed? Let it out.

- 💬 Talk to someone you trust
- 🎧 Blast your favorite music
- ✍️ Write down your thoughts
- 🎨 Get creative — draw, paint, move!

Holding it in = pressure cooker.  
Letting it out = relief.