

WHAT'S HAPPENING NEXT WEEK

Monday, 8th September
Y11 Ambassadors Meeting

Tuesday, 9th September
Y12/Y13 Parent Conference

Thursday, 11th September
11-16 Open Evening, 4:00 - 6:30pm

We are delighted to have students back in College. Students have arrived looking smart and with the right equipment ready to learn. We have high hopes for all of our students. Our thanks go to parents and carers who have ensured that students meet our high standards.

Each week I send this newsletter to all parents/carers that includes news, updates and student successes. I am already looking forward to sharing news of achievements with you.

I would like to extend a warm welcome to our new Y7 and Y12 students and parents. Over this last week, it has been fantastic to see our Year 7s starting their life as Cowleians - making new friends and settling into lessons so quickly.

Celebrating students

Today has been filled with celebrations. It's been a brilliant start to the year already, and we couldn't be prouder of our students and we want to celebrate them.

Mr Bennett shared good news on the tannoy, we've had the Principal's Award breakfast & Cowley Gold.



Principal's Award – Week 1

What a fantastic start to the term!

Congratulations to our Principal Award winners for showing outstanding effort and leadership in our first week back. We're proud of the example you've set – keep it up!

We are celebrating big wins, small wins, and everything in between. Keep an eye on our Facebook page for regular celebratory posts.

Attendance – Everyday counts

Having good attendance at school is really important. We understand that getting back into a good routine can sometimes take time. We have added some pages to this newsletter that offer advice on what parents can do to help their child in going back to school.

The Year teams can be contacted on: 01744 678 030 or by email enquiries@cowleysthelens.org.uk if you need any attendance support.

Parents' Evenings

Here are the dates for this years' Parents' Evenings.

These evenings offer a valuable opportunity to connect, share insights about your child's progress, and work together to support their learning and wellbeing.

Year 7 Thursday, 13th November
Year 8 Thursday, 19th March
Year 9 Thursday, 22nd January
Year 10 Thursday, 26th March
Year 11 Thursday, 11th December

Year 12 Thursday, 29th January
Year 13 Thursday, 29th January

OPEN EVENING

We invite Y5 and Y6 students and their families to attend our Open Evening on

Thursday 11th September 2025

4:00 - 6:30pm



GCSE & A-Level Results Success



Congratulations to all our students on their fantastic GCSE and A-Level results!

We're incredibly proud of the hard work and resilience shown throughout the year.

Many of our Sixth Form leavers are now heading off to university, apprenticeships, or other exciting pathways, and we're thrilled to see so many Year 11 students continuing their journey with us in Sixth Form.

A special mention goes to Phoebe, who achieved an outstanding set of GCSE results — nine grade 9s across the board.

This exceptional performance places Phoebe within the top 0.2% of students in the UK, a remarkable achievement that reflects years of hard work, commitment, and academic excellence. We couldn't be prouder — well done, Phoebe!.

Well done to everyone — it was brilliant to see so many of you on results day with your results in hand excited about your next steps.

Y12/Y13 Parent Partnership Conference

The Sixth Form Parent Partnership Conference takes place next Tuesday and offers a wonderful for parents to meet the team as they share key information about Sixth Form.

The Addams Family

I am delighted to announce that the whole school musical this year is 'The Addams Family'. Auditions took place on the first day back and rehearsals are now under way!

The talent and enthusiasm of the number students who attended the audition was incredible and proves that the musical will be another success.

Shows are the last week of term (including Saturday). Information for tickets will follow soon.

Open Evening, Thursday, 11th September, 4.00 - 6.30pm

Next Thursday, we open the doors to Year 5 and Year 6 for our annual Open Evening.

We continue to be oversubscribed and our annual Open Evening is an opportunity for prospective students in Year 5 and Year 6 and their parents/carers to come into College, meet our staff, students and see our wonderful facilities.

Enrichment

At Cowley, we are fortunate to have a huge number of extracurricular activities on offer and we encourage all students to try as many clubs, activities and sports as possible. The timetable will be on our website shortly.

Students Make a Difference in Cambodia



ETHICAL JOURNEYS WITHOUT COMPROMISE

Over the summer, a group of our students embarked on an extraordinary journey to Cambodia with Camps International, taking part in life-changing community development projects.

This once-in-a-lifetime experience saw students fully immerse themselves in local culture while making a real impact. From supporting essential community initiatives to contributing to vital environmental work, they demonstrated resilience, teamwork, and compassion every step of the way.

We are incredibly proud of all the students involved — your commitment, courage, and community spirit have made a lasting difference. Well done!

Cowley Gold Shines in Week One!

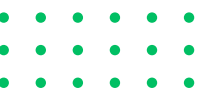
What an incredible start to the term! In just the first week, staff have put forward some outstanding examples of student work for Cowley Gold from subjects across the board.

We're proud to celebrate the success of our students — well done to everyone recognised so far, see gallery below. You've set the bar high, and we can't wait to see what's next!





COWLEY
INTERNATIONAL COLLEGE



OPEN EVENING

We invite Y5 and Y6 students and
their families to attend our
Open Evening on

Thursday 11th September

4:00 - 6:30pm



Ofsted
Good
Provider



CHAT &
CHILL OVER
A BREW

JOIN OUR COFFEE MORNING

Come and meet the Children's Commissioner for St Helens Council.

This is your opportunity to give feedback on children's services and highlight what would make a real difference for you and your child or young person with SEND. Your voice matters. Your experiences can help shape future services.



Friday
12th September
10am-12pm

**Wonderland
Community Centre**
WA10 3JQ

**FREE
PARKING**

CONTACT US ➤

Email
listen4change@outlook.com

Website:
listen4change.uk

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.



8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY



Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE



Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN



Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS



Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY



Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION



Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY



Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING



Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER



Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE



Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



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Source: See full reference list on guide page at:



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