



## What's On Next Week

### Monday 8th December

Y9 Annual Youth Parliament Workshop, Town Hall

### Tuesday 9th December

Y10 Rugby Fixture (Home) 2:15ko

### Wednesday 10th December

Y11 Rehearsal Results Day

### Thursday 11th December

Year 11 Parents' Evening

Year 10 Rugby (Away)

### Sunday 14th December

Senior Choir Christmas Performance, Candlelight Carol Service, St Helens Parish Church



We're thrilled to congratulate Carr Mill Primary School on being named 'School of the Year' at this year's Pride of St Helens Awards!

## Principal's Award



Congratulations to the students selected for this week's Principal's Award. Being nominated is an outstanding achievement and truly something to celebrate. Well done to each of you.

## Trip to France

Our Year 9 students have enjoyed an educational tour of the battlefields in Northern France this week, bringing their classroom learning to life. The trip included visits to major historical sites and a stop at Nausicaá Sea Centre, Europe's largest aquarium.

Students explored the British headquarters on

the Western Front, the trenches in Ypres, and attended the Last Post Ceremony at the Menin Gate. They also toured Sanctuary Wood Hill 62 Museum, Newfoundland Park, several significant cemeteries, and the Lochnagar Crater, deepening their understanding of the First World War.

The visit ended with some festive free time at the Lille Christmas Markets. Photos from the week can be found on the next page. Well done to all students for representing the school so well.

## Christmas Light Switch on



On Monday, we held our annual Christmas light switch-on, marking the start of the festive season. Year 7 gathered in the atrium, and we were pleased to welcome visitors from Merton Bank, Queens Park, and Rivington primary schools.

Our school choir performed wonderfully, creating a warm and festive atmosphere and making it a great way to begin the Christmas period.

## Year 11 Parents' Evening

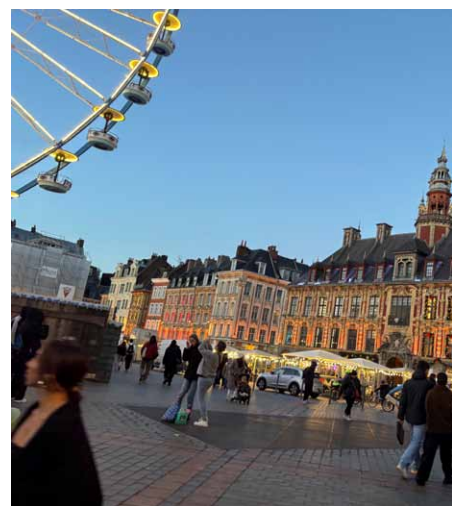


A reminder that our Year 11 Parents' Evening will take place next Thursday in the Sports Hall. We strongly encourage all parents and carers to attend. Meeting with teachers will provide important updates on progress, guidance on next steps, and strategies to support students through the months ahead. Thank you for your continued support.





Photos from the Year 9 trip to France





# Sports News



## Year 10 Rugby

Thursday night marked the final girls' festival of the week, and our Year 10s wrapped it up undefeated!

As always, the girls were brilliant and played some fantastic rugby!

## Year 7 Rugby

On Wednesday, it was the Year 7s' turn to take part in the festivals down at Ruskin. We were a little short on numbers again due to some injuries, so the girls played with just the seven of them.

They tackled all four of their games back-to-back with minimal rest – and with no substitutes, their effort was especially impressive! The results saw one win, one draw, and two losses, but they didn't reflect the determination, teamwork, and positive attitude the girls showed on the pitch.



## Year 7 Football

On Thursday, Cowley faced Rainhill in the first round of the Y7 Town Cup. Rainhill came strong with 14 players, many from academies, and quickly took a 4-0 lead from corners in the first 20 minutes. Despite conceding two more early in the second half, the lads never gave up and played some fantastic football, though the goals didn't come. The team gave 110% against a very strong side and showed true Cowley spirit.

## Year 8 Rugby

On Tuesday, our Year 8 girls took part in another local rugby festival at Ruskin Drive.

Although we were short on numbers for various reasons, the girls who turned up stayed positive and had a fantastic time!

They played four games in total and came away with one win.







**LAST DAY CELEBRATIONS**



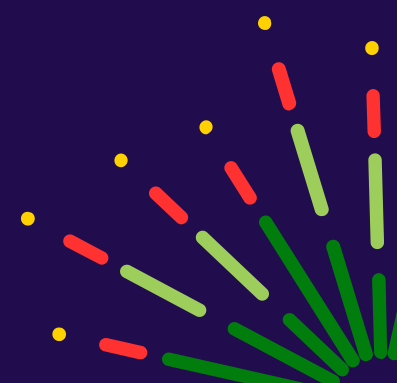
**THE COUNTDOWN IS ON!  
THERE IS A LOT TO LOOK  
FORWARD TO!**



**LAST DAY CELEBRATIONS - 19<sup>TH</sup> DECEMBER**



**Masked Singer  
Celebration Assemblies  
Attendance Prize Draw**



COWLEY  
SIXTH FORM COLLEGE

APPLY

NOW

for September 2026 entry



Scan to apply



# Is your child experiencing anxiety?

St Helens MHST are excited to offer a parent led group intervention that will aim to support parents to manage their child's worries and anxious expectations. These groups will take place in local community centres, register your interest below.

Does your child complain about feeling sick when they are worried about something?

Does your child seek reassurance from you before certain situations?

Does your child not want to go to school due to feeling worried?

Do they struggle to go to sleep as they feel anxious?



Scan the QR code to register your interest, it takes less than five minutes!



St Helens MHST

Phone: 01925 664 120

Office hours: Monday to Friday, 9am to 5pm



# Parent led group work

## St Helens MHST service offer:

We are excited to offer a parent led group intervention that will aim to support parents to manage their child's worries and anxious expectations. These groups will take place in local community centres or schools and will follow our standard referral process.

### Details:

We will need four parent referrals per school with their child aged between 5 to 11 and has a presentation of anxiety or worry. These referrals will be for parents to receive the support. The parents will need to attend one hour long session in person session per week in a local community centre. The intervention will be based on Cathy Cresswells book "helping your child with their fears and worries". The intervention will run for six weeks.

### Next steps:

Book in a consultation with your MHST practitioner who will be able to give you a time frame for assessments and an intervention start date. Gain consent from a few parents to discuss at consultation. These parents are those who you feel would benefit from this support and would engage with our service.

**St Helens MHST**

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