

**KEY EVENTS NEXT WEEK**
**Saturday, 17th January**

Cowley Sixth Form course information morning for Y11 and their family.

**Monday, 19th January**

Y11 parent workshop on how to support your child with their GCSE Maths and English exams. Starting at 4:30. See page 6 for more.

**Tuesday 20th January**

Y11 Progression Day

**Wednesday 21st January**

Y10 Study Skills at Hope Academy

**Thursday 22nd January**

Y9 Parents' Evening

**Principal's Award**

Congratulations to the students who were put forward for the Principal's Award this week.

**Presentation Evening**


Our Annual Presentation Evening took place on Monday, celebrating the achievements of students from Y7 - Y13 across the 2024–2025 academic year, as well as current Y7 students who have made a fantastic start to their journey at Cowley.

The evening was a wonderful celebration, highlighted by an inspirational address from guest speaker Dr. Rose Kogie-Henshall.

See next few pages for photos.

**Student Leadership Team**


We are delighted to welcome four new members as Student Leaders, strengthening a group of students who play a vital role in shaping our school community and ensuring that student voice is central to decision-making.

Our Student Leaders continually demonstrate commitment, confidence and responsibility – we are so proud of them!

**GCSE support Event for parents of Y11**

A parent/carer workshop on supporting your child with their GCSE English and Maths exams will take place on Monday at 4:30pm. We know Y11 can be challenging for everyone, and we want to support parents and carers as best we can. This promises to be a valuable hour, led by Heads of Department and packed with practical advice and guidance. Book your place using this link.

Starting next week, we have after school Super Sessions to support Y11 in being prepared for their GCSE exams. These sessions are led by heads of department. See next page for full timetable, and support in encouraging Y11 to attend would be appreciated.

**New York Trip**

We are delighted to inform students that Miss Dyer and Miss Marnell are currently planning another trip to New York, scheduled for February 2027.

Further details to follow.

**COWLEY**  
 SIXTH FORM COLLEGE

**COURSE INFORMATION  
MORNINGS**

Saturday 17 January &amp; Saturday 7 February

10:00am - 1:00pm



Book your place now

# Safeguarding in the Spotlight

As part of our ongoing commitment to safeguarding and supporting the wellbeing of our students, we would like to share some information regarding self-harm.

Discovering that a child or young person is self-harming can be incredibly distressing and overwhelming for parents and carers. Alongside the emotional impact, many families may feel uncertain about how best to support.

National organisations, including The Children's Society, have highlighted an increase in the number of young people seeking specialist support for mental health concerns, including self-harm and suicidal thoughts. This reinforces the importance of awareness, early support, and open conversations.

## Where to seek support

Support is available for young people who self-harm or who may be experiencing thoughts of self-harm, as well as for their families.

- At Cowley, you can speak with Mr Bennett, Mrs Fairhurst, the Wellbeing Team, Year Teams, or a student can speak with any member of staff they feel comfortable with.
- Your GP
- CAMHS
- Call NHS 111 and select the mental health option
- Those under 19 can call 0800 1111 to talk to Childline.

## Useful links and contact telephone numbers

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-harm/#Whatisselfharm>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

- CAMHS Crisis Response Team  
01744 415 640
- YoungMinds Parents Helpline  
0808 802 5544

We are here to work in partnership with families to ensure every young person feels safe, supported, and able to access help.

## Tell, Tell, Tell

Students, if you're ever worried about yourself or someone else:

- Tell someone you trust — a teacher, team tutor, safeguarding lead, or another adult in college.
- Tell them everything you can
- You don't need to have all the details or be sure something is wrong.
- Sharing a concern is never getting someone in trouble — it's about keeping people safe.

# Year 11 **PERIOD 6 SUPER SESSIONS**

**Week Beginning: 19th January**

## **TUESDAY**

**Geography**  
Miss Barry  
M20/M21

## **WEDNESDAY**

**Maths**  
Expanding brackets  
  
Mrs Hughes  
Maths corridor

## **THURSDAY**

**English**  
Unseen poetry  
  
Mrs Dawber  
English corridor

## **FRIDAY**

**Science**  
Blood sugar control  
and diabetes  
  
Mr Dickinson  
E5/E6

**Week Beginning: 26<sup>th</sup> January**

## **TUESDAY**

**History**  
Paper 3 Skills  
  
Mrs Mackay  
M19

## **WEDNESDAY**

**Maths**  
Factorising into a  
single bracket  
  
Mrs Hughes  
Maths corridor

## **THURSDAY**

**English**  
Paper 1 Q5 description  
(6 paragraph plan)  
  
Mr Hewlett  
English corridor

## **FRIDAY**

**Science**  
Rates of reaction  
  
Mr Bennett/Mr Jones  
E5/E6

**Week Beginning: 2<sup>nd</sup> February**

## **TUESDAY**

**Geography**  
Revising key case  
studies for Paper 2  
  
Miss Barry  
M20/M21

## **WEDNESDAY**

**Maths**  
Angles  
  
Mrs Hughes  
Maths corridor

## **THURSDAY**

**English**  
Themes in An  
Inspector Calls  
  
Mrs Dawber  
English corridor

## **FRIDAY**

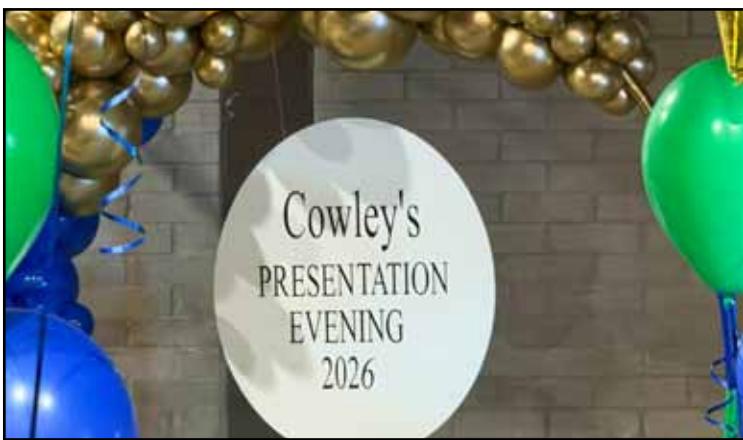
**Science**  
Crude oil  
  
Mr Bennett/Mr Jones  
E5/E6



**SESSIONS TAKE PLACE AFTER SCHOOL 2:50 - 3:45PM**



# Presentation Evening



# Presentation Evening Award Winners



# Presentation Evening Award Winners





WE INVITE PARENTS OF Y11 STUDENTS TO A WORKSHOP

# HOW TO HELP STUDENTS REVISE FOR GCSE ENGLISH AND MATHS

**MONDAY, 19TH JANUARY**  
**4:30PM - 5:00/5:15PM (APPROX)**



**TOP TIPS FOR EFFECTIVE REVISION**



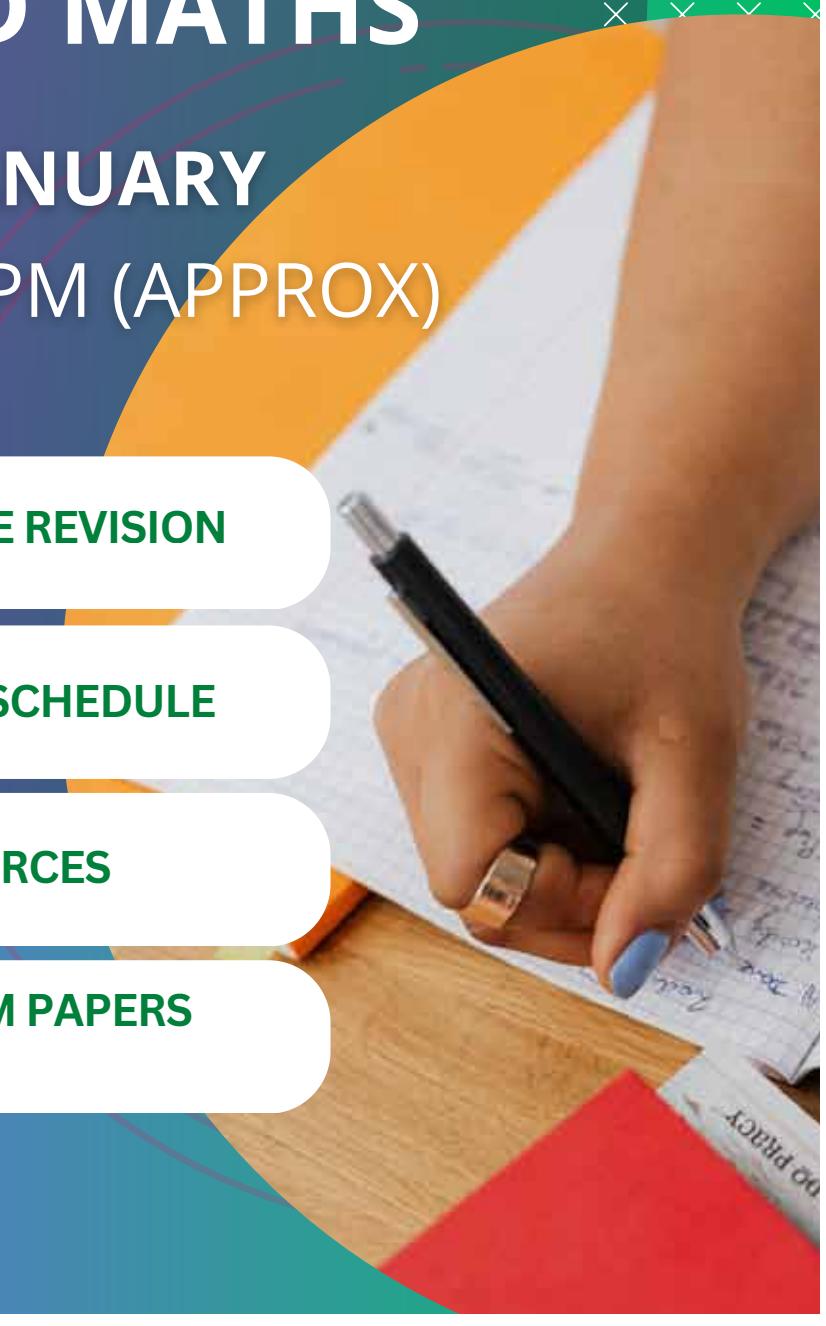
**CREATING A REVISION SCHEDULE**



**USEFUL ONLINE RESOURCES**



**HOW TO USE PAST EXAM PAPERS  
AND MARK SCHEMES**



11-18 YEAR OLDS

# DISCOVER YOUR SPACE

YMCA ST HELENS

## YOUTH HUB

Youth Hub  
YMCA St Helens  
College Street  
St Helens WA10 1TF

### WEEKDAYS:

- OPEN 4-8:15PM MON-FRI
- DROP IN - NO NEED TO BOOK
- FOOD AND DRINK
- A PLACE TO CHILL
- LOTS OF ACTIVITIES TO TRY

GAME DESIGN, MUSIC,  
DUNGEONS & DRAGONS,  
SPORT, ART & MORE

Youthwork@ymcasthelens.org.uk

01744 415260

YMCA

Here for young people  
Here for communities  
Here for you

### WEEKEND CLUB

SATURDAYS OPEN 1-8PM

SUNDAYS OPEN 12-7:30PM

SPORT, PHOTOGRAPHY,  
COOKING, DIGITAL MEDIA  
AND MORE.

SCAN THE QR CODE TO SIGN  
UP OR JUST DROP IN



FREE