

## WHAT'S ON NEXT WEEK

### National Careers Week

**Wednesday 4th March**  
Sixth Form Admission Evening

### Welcome back!

It's been wonderful to see everyone back this week, looking smart, coming to school prepared, and putting in lots of effort.

### Y11 Mock Exams



I would like to start this newsletter by giving a big shout-out to our Y11 students who are currently tackling their mock exams with focus, drive and determination - it's been impressive to see - keep up the great work!

There is revision taking place at home, during Breakfast Boost, Period 6s and at lunch time and break time as the students try to get an edge on their exam performance. As I said to the students: "I do not care what grades you get in these rehearsal exams, I care about what you do in response to these results." There is not much time left, but there is enough to make a difference. I have seen students shift by 1, 2 or even 3 grades in this time.

I want to stress that good habits, such as being prepared and getting plenty of rest, can really make all the difference. Students, please don't hesitate to ask your teacher/support staff for help if you need it.

### Attendance

This half term is a short and fast sprint to Easter. Let's see if we can have all students attending every day. Remember, if students are in every day, they are more likely to be successful in school and in their future.

Being in school every day is so important, please do contact the school if you need any support with your child's attendance.

### Sixth Form Admissions Events

Cowley Sixth Form's Admissions Events have been busy and we are seeing Y11 students from all schools across St Helens and further afield applying to secure a place in September. Y11 students who have applied will have received an email with a link to book their admissions interview. If a student, who has applied, hasn't had this interview yet, please see page 3 for more.

## Student Ideas Take Centre Stage



On Tuesday, our Art Department welcomed representatives from St Helens Arts Service to Cowley to hear the ideas and opinions of our Y9 Elite Artists group.

They're particularly interested in our students' thoughts on public art in St Helens and how it could make the town even more vibrant and engaging.

Cath Shea, Arts Development Manager, said: "It was brilliant to get input from young artists at Cowley on the types of public art and activities that they would like to see more of, to inform the development of St Helens Borough Art Strategy.

"Thanks so much to the students that took part and the passionate and committed art staff for organising this opportunity for us after-school. We know how busy schools are, so we really appreciate this!"

This visit is part of the Arts in Libraries project, which aims to connect young artists with the local community and encourage creative input in public spaces. It's a fantastic opportunity for our students to share their artistic vision and see how their ideas could have a real impact on the town.

The students who were involved were a real credit to the school and I can't wait to see what comes from this collaboration!

### Sports News

On Tuesday, our Y11 rugby team qualified for the North West Counties Final with a 30-28 victory over Deanery School.

This outstanding achievement reflects the years of dedication in training. This win secures the team a place in the last eight of the National Cup - we are so proud!

## Safeguarding In The Spotlight

As part of our C4L programme, we regularly explore important local and global issues.

This week, all year groups learned about ketamine as a controlled substance, including its risks, effects, and the pressures young people may face.

### What is Ketamine?

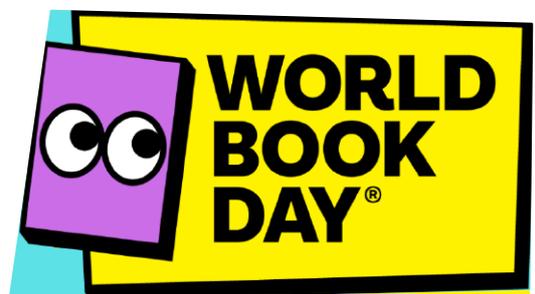
Ketamine is a powerful anaesthetic used in medical and veterinary settings, and usually appears as a white or off-white powder. When used, Ketamine can result in a young person becoming confused, unable to move their arms and legs properly and may lead to very dangerous situations.

Ketamine is highly addictive, and frequent use can lead to:

- Severe bladder damage, including incontinence, pain, or blood in urine
- Kidney and liver damage
- Malnutrition & rapid weight loss

### More info:

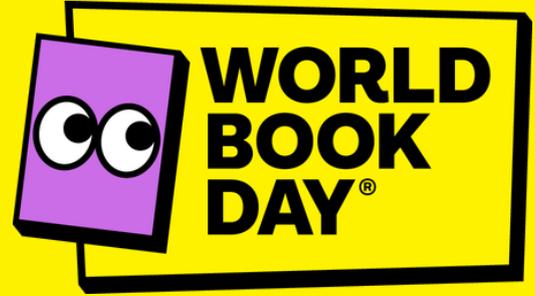
A useful page about Ketamine, including information and support: <https://sthelens.gov.uk/ketamine>



### World Book Day

Next week, on Thursday 5th March, we will be celebrating World Book Day and we invite students to dress up as their favourite character from a book.

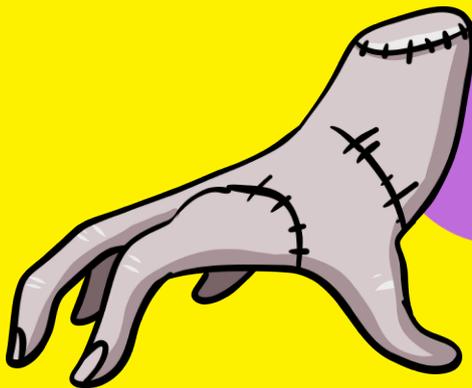
A form needs to be completed if a student wishes to take part - here is the link:



# Thursday 5<sup>th</sup> March

We invite all students to dress up as their favourite character from a book for World Book Day.

If a student wants to take part, a short form needs to be completed. Please use the link below to complete.



[CLICK HERE](#)

## Enrichment Spotlight



**COWLEY**  
INTERNATIONAL COLLEGE

## Rock School

We believe that music is for everyone. Whether you're a beginner picking up a guitar for the first time, a drummer looking to perfect your timing, or a vocalist ready to rock the stage, Rock School provides a supportive, fun, and creative environment for students of all ages and skill levels.

Join Rock School and become part of a community where your musical journey matters.

Unleash your potential, make friends, and most importantly—have fun rocking out!

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Wednesday in W10/W11, see any member of the Performing Arts team for more info





## Y8 Show Determination at Ruskin Football Festival

On Thursday, our Y8 team took part in the Ruskin football festival.

They got the evening off to a fantastic start with an outstanding team performance, securing a 4–0 victory over Rainford and keeping a clean sheet. William was the standout player, making a series of superb saves to protect the goal.

The second match proved more challenging against a strong Rainhill side. The boys nearly claimed another win in their final game against Rainhill's second team, but a late goal meant they finished the tournament with one win, one draw, and one loss.

Despite facing tough opposition, the team demonstrated excellent spirit, resilience, and determination throughout.



**COWLEY**  
SIXTH FORM COLLEGE

**Year 11**



**Don't forget to book your  
Admissions Interviews**

**4<sup>th</sup>, 12<sup>th</sup> & 16<sup>th</sup> March**

*DEVELOPING LIFE READY LEARNERS*

A link to book an admissions interview has been sent via email to all those who have applied. If you have applied and have not yet received this email to book an interview, please email: [admissions@cowleysthelens.org.uk](mailto:admissions@cowleysthelens.org.uk)

# ARMY CAREERS

Army careers resources: online events



**Tuesday**

3rd March 2026

British Army - Seven Career Streams,  
Endless Opportunities

Join us this National Careers Week and International Women's Day for an inspiring webinar exploring the breadth of career opportunities within the British Army.

Tuesday 3 March 18:30 – 19:30

Event Type: Virtual

Register Today:

<https://britishar.my/SevenCareerStreamsEvent>



**Starts at :**

6:30pm



**Wednesday**

11th March 2026

Women in the Army – Real Stories,  
Real Impact

Join us for an online event celebrating women in the Army and the many career opportunities you can explore. You'll hear from soldiers and officers as they chat about their roles, the sports they get involved in, the places they've travelled, and how they balance Army life with family life.

Date: Wednesday 11 March 18:00 – 19:00

Event Type: Virtual

Register Today:

<https://britishar.my/RealStoriesRealImpact>



**Starts at :**

6:00pm