

## WHAT'S ON NEXT WEEK:

Y12 Progression Week

- **Monday - Wednesday**  
Y10 French Speaking Exam
- **Tuesday**  
Y11 Celebration Assembly
- **Thursday**  
Cowley Gold
- **Friday**  
Sports Day

## Exams Update and Looking Ahead

Exams have continued for other year groups, and I am proud of the commitment and organisation shown by our students. Their aspiration to demonstrate what they have learned and to take pride in their achievements is fantastic.

As we move beyond the rehearsal exam period, it is especially important that students maintain strong attendance so they can continue to build on their progress and address any gaps in learning. Over the coming weeks, teachers will be reviewing exam performance, providing detailed feedback, and identifying both strengths and areas for improvement in each subject.

## Principal's Award Breakfast



Congratulations to all the students nominated for this week's Principal's Award. It was a delight to host them at a special breakfast, where we celebrated their achievements. They should feel extremely proud of what they've achieved—very well done to each of them!

## Year 13 Farewell



Today, we celebrated our Y13 students at their Leavers' Assembly. It was a fantastic opportunity to recognise their achievements and look back on some memorable moments. We wish them success for the future. This milestone marks the end of an important chapter and the beginning of exciting new opportunities.

Thank you for being such an important part of our Sixth Form.

## Year 11 Leavers' Assembly

We look forward to welcoming Y11 back for their Leavers' Assembly on Tuesday 23rd June. Students are to arrive at 8:35am in their own clothes. They are welcome to bring a shirt for signing to mark this important milestone.

## Year 7 Transition: Queens Park

We were delighted to welcome parents and carers from Queens Park to a drop-in event on Tuesday evening. It was clear that the children are excited about joining Cowley—looking forward to exploring new subjects, getting involved in extracurricular activities, and even sampling the canteen food!

## Year 8 Quinta Residential

Our Year 8 Quinta residential has been a fantastic experience—what a trip! I had the pleasure of visiting yesterday, and it was wonderful to see the students enjoying themselves so much.

A huge thank you to the staff who give up time away from their own families to make opportunities like this possible. Their dedication ensures our students have such memorable and enriching experiences.

See next page for more photos.

## Stay safe

As the weather warms up, it's important to remember that water can be unpredictable and dangerous. It's important that everyone is aware of a few simple steps to stay safe:

- Know the risks – conditions can change quickly, and it's easier than you might think to get into difficulty in open water.
- Always supervise children and young people closely around water – even if they can swim.
- Avoid jumping into unknown water – there may be hidden hazards, and sudden entry can lead to cold water shock.
- Teach children what to do if they get into trouble: Float to Live – tilt your head back, keep your ears submerged, relax and gently move your hands and feet to stay afloat while you control your breathing.
- Know how to call for help – in an emergency, dial 999 or 112 and ask for the Coastguard.

Talking to children about water safety can make a vital difference. Here are some useful links:

<https://rnli.org/safety>

<https://rnli.org/safety/float>



## Year 7 Ambassadors

We are proud to announce that a group of Year 7 students have been selected as ambassadors. They have stood out through their kindness, confidence, and willingness to support others. They will play an important role in helping our incoming Year 6 students settle in, offering a friendly and reassuring presence during their transition. We are incredibly proud of them.

# Quinta 2026



having fun



# OPEN WATER: DON'T TAKE THE RISK



Swimming in or playing near rivers and canals may seem like a great idea, particularly on a warm day, but it could all end in tragedy. **DON'T take the risk.**



## THE WATER IS COLD...


...even on very warm days, rivers and canals contain water barely above 10 degrees. Sudden immersion can lead to cold water shock, which can cause gasping and intake of water.

**This can be deadly in a matter of seconds.**

## DID YOU KNOW?

Even the narrowest of rivers can be considerably deep. Rivers are subject to strong flow and **hidden currents** which can trouble even the strongest of swimmers.

Remember, there are no lifeguards to help you at your local river, lake, canal or dam.



Rivers can be very difficult to climb out of, especially with steep or slimy banks. **Stay clear of rivers with steep or unguarded banks.**

## WHAT LIES BENEATH?




**The water is untreated and can make you ill.**

Canals and rivers contain pollutants, sewage and often unseen underwater obstructions and snag hazards.



Debris under the water such as shopping trolleys, broken glass and cans can cause **injury** or **trap** you.



**IN AN EMERGENCY...NEVER** enter the water to try and help a person or animal. You could get into difficulty yourself. Instead, dial 999 and use any water rescue equipment that is available.

**If you fall into the water unexpectedly, fight your instinct to thrash around. Instead, lean back, extend your arms and legs & float.**



MERSEYSIDE  
FIRE & RESCUE  
SERVICE

[www.merseyfire.gov.uk](http://www.merseyfire.gov.uk)



# BEACH SAFETY: KNOW THE DANGERS

## MUD AND QUICKSAND

Large areas of the coast can have mud and quicksand which can cause you to get trapped and risk drowning.



### REDUCE THE RISK

Check tide times

Follow warning sign advice

Avoid crossing estuaries and mud where there can be hidden channels or fast water

If trapped, **sit back and spread your weight evenly across the surface**

Stop others from trying to help you as they may get stuck

Call **999** immediately and ask for the **Coastguard**



Strong currents can sweep inflatables and people out to sea

## FOLLOW THE FLAGS



There are lifeguards in the area. Swim between the two flags.



Do not enter the water. There could be unseen dangers such as currents.



No swimming in this area. There may be non-powered watercraft such as surfboards, kayaks, etc. in this area.

## IF YOU SEE SOMEONE STRUGGLING:



### PHONE 999

Tell them to **FLOAT** on their back

**THROW** them something to help them float

**TOP TIP**  
ALWAYS GO TO A BEACH WITH A LIFEGUARD



# Neurodevelopment pathway drop ins



**Mersey Care**  
NHS Foundation Trust

**Come along to one of our drop in sessions in St Helens.**

Our team will answer questions you have about the neurodevelopment pathway process.

You don't need to be using our service, you can drop in if you have any questions to ask about this.

We look forward to meeting you.

**Tuesdays at Parr Children's Centre and Central Link Family Hub**

See details and times below

**13 January** at Parr Children's Centre, 9am to 12 noon.

**10 March** at Parr Children's Centre, 9am to 12 noon.

**12 May** at Parr Children's Centre, 9am to 12 noon.

**27 January** at Central Link Family Hub, 1pm to 4pm.

**24 March** at Central Link Family Hub, 1pm to 4pm.

**26 May** at Central Link Family Hub, 1pm to 4pm.

**10 February** at Parr Children's Centre, 9am to 12 noon.

**14 April** at Parr Children's Centre, 9am to 12 noon.

**9 June** at Parr Children's Centre, 9am to 12 noon.

**24 February** at Central Link Family Hub, 1pm to 4pm.

**28 April** at Central Link Family Hub, 1pm to 4pm.

**23 June** at Central Link Family Hub, 1pm to 4pm.

We work with children and young people with complex neurodevelopmental difficulties, who need an assessment to gain a better understanding of their needs.

Parr Children's Centre, Ashtons Green Drive, St Helens, WA9 2AP

Central Link Family Hub, Westfield Street, (off Peter Street), St Helens, WA10 1QF

If you need more information you can contact us on **01744 415 608** or email: [mcn-tr.sthelensneuropathway@nhs.net](mailto:mcn-tr.sthelensneuropathway@nhs.net)



# Autism Learning Programme

## Tweens and Teens

for parents and carers in St Helens

ADDvanced Solutions Community Network

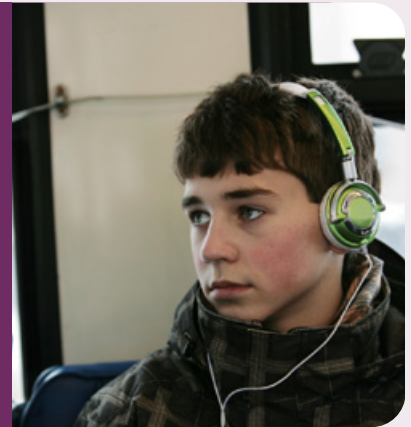


**ADDvanced Solutions**  
Community Network  
Supporting you to find the answers

The Autism Learning Programme has been designed to support and empower parents and carers to understand how autism is experienced by young people aged 11-18 and to provide guidance and strategies to enable you to meet your own young person's individual needs as they navigate high school, puberty and increased social expectations.

ADDvanced Solutions Community Network is commissioned to deliver this programme for St Helens parents and carers whose young person has received a diagnosis of autism, but subject to availability, places will also be offered to those who are waiting for a diagnosis.

- Exploring Autism, diagnosis & presentations
- Unique thought processes
- Sensory Processing Difficulties
- Communication, Social Interaction and relationships
- Eating and Sleeping difficulties
- Anxiety, Stress and understanding behaviours
- Meltdowns and Shutdowns
- Building independence skills



**across 3 Wednesdays at The Beacon  
College St, Saint Helens WA10**

Session 1 & 2: Wednesday 3<sup>rd</sup> June - 9.30am - 2.30pm

Session 3 & 4: Wednesday 10<sup>th</sup> June - 9.30am - 2.30pm

Session 5 & 6: Wednesday 17<sup>th</sup> June - 9.30am - 2.30pm

Places are free but booking is essential  
**email: [info@advancedsolutions.co.uk](mailto:info@advancedsolutions.co.uk) or  
call [01744 582172](tel:01744582172) to book your place**

*we also run the Autism Learning Programme for parents and carers  
of preschool and primary aged children - dates released soon.*

for more information about our full offer **[visit our website](#)**



### **ADDvanced Solutions Community Network**

is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them. We are commissioned and funded by NHS Cheshire and Merseyside.



**Mersey Care**  
NHS Foundation Trust