



WHAT'S ON NEXT WEEK:

Tuesday

- Visit to Queens Park Primary to meet the Parents/carers of the Y6 students who will be joining us in September

Wednesday

- Y9 Trip to University of Liverpool
- Y10 Cowley V Sedbergh Cricket Fixture, Away Game

Thursday

- Cowley Gold
- Y12 D10 Showcase, 5pm-7pm,

Friday

- Y13 students leave

Welcome back. I hope you all had a restful half-term break and enjoyed the recent spell of sunshine.



As we move into the summer months, I'd like to gently remind everyone about the importance of water safety.

There have sadly been a number of incidents reported across the country, and while we mentioned this before the break, it remains important that we keep this message front of mind.

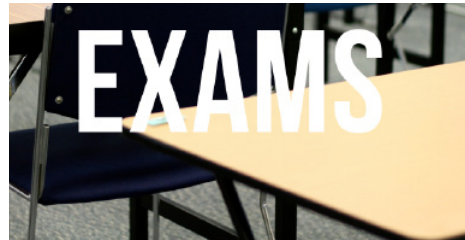
Please do take the time to speak with your children about staying safe around water. We want everyone in our community to enjoy the warmer weather safely, and to avoid any incidents.

Great to see students looking smart and ready to learn

Students have returned looking smart, and ready to learn, which is wonderful to see. It is clear they are setting themselves up well for success.

Thank you, as always, for your support. This makes a real difference to the calm, purposeful atmosphere across the college and supports effective learning for all.

Exams



Exams continue, and it has been another busy week for Y7 and Y10, alongside the ongoing GCSE examinations for Y11. This is always an anxious time for staff as we wait to hear how students feel each exam has gone. As a Physics teacher, and with the Physics exam taking place earlier this week, I share that same sense of anticipation. However, it is always reassuring to hear students leaving the exam hall saying things like, "It was OK, I felt well prepared," or "The revision lessons and work at home really helped." Comments such as these are a credit to the effort, resilience, and commitment students have shown throughout their preparation.

We will continue to support and encourage all students to stay focused and keep going right through to their final exam..

Y11 Leavers' Assembly

Over the half-term break, I shared a collection of Y11 photos from my school laptop with Mr Collins and Mrs Green. They show some fantastic memories from the past five years and highlight the journey our students have been on during their time with us.

At Cowley, it's a valued tradition to include a selection of these moments – from lessons, trips and events – in the leavers' assembly. Alongside the proud highlights, there are, of course, a few amusing photos that always raise a smile!

It was a real pleasure to look through them. Time really has flown by – it only feels like yesterday that many of these students arrived in Y7, some a little unsure of where to go, still getting used to finding their way around the building. Now they leave us as confident, capable young people.

Supporting Excellence



Last night, I attended a meeting with a number of our primary Headteachers.

It was wonderful to hear how impressed they have been with the Secondary All Star Awards and their enthusiasm for developing similar celebrations within their own schools.

Cowley has been instrumental in the design and organisation of the All Star Awards, so it was a pleasure to share our experiences and reflect on how the event has grown into a key date in the St Helens calendar.

Secondary schools are currently in the process of making nominations, which will be submitted over the course of this term. This year's event is scheduled for 13th October, and we look forward to another special evening recognising the achievements of our young people.

Lots to look forward to

As mentioned, this is a busy half term with both exams and a range of trips taking place, including the Y8 Quinta residential. We will also be welcoming our new Cowleians joining us in Y7 and Y12 next year.

As a little throwback, see next page for photos from last year's Quinta residential.



We are incredibly pleased to celebrate the success of Year 7 students Amelia and Faye, who have been selected to represent the Girls' U12 North West touch rugby team at a festival in Nottingham this August.

Both students spoke enthusiastically about their achievement, with Amelia describing it as "exciting and an adventure," and Faye sharing how delighted she was to be chosen and how much she is looking forward to meeting new people and developing her skills further. We are extremely proud of them both and have no doubt they will represent the region brilliantly. We hope they have a fantastic time and enjoy every moment of this wonderful opportunity.

It is fantastic to see our students continuing to achieve so highly in rugby—an inspiration to our current pupils and those joining us in September.



Congratulations to three girls from Cowley who have been selected for the 2026

RUGBY FOOTBALL LEAGUE GIRLS TALENT HUBS

AMBER

ISABELLE

GEORGIA

Stay hydrated

As the weather becomes warmer, we would like to remind students of the importance of staying hydrated throughout the school day.

The school provides access to fresh drinking water through our fountains, and we encourage all students to bring a refillable water bottle with them each day during this half term.

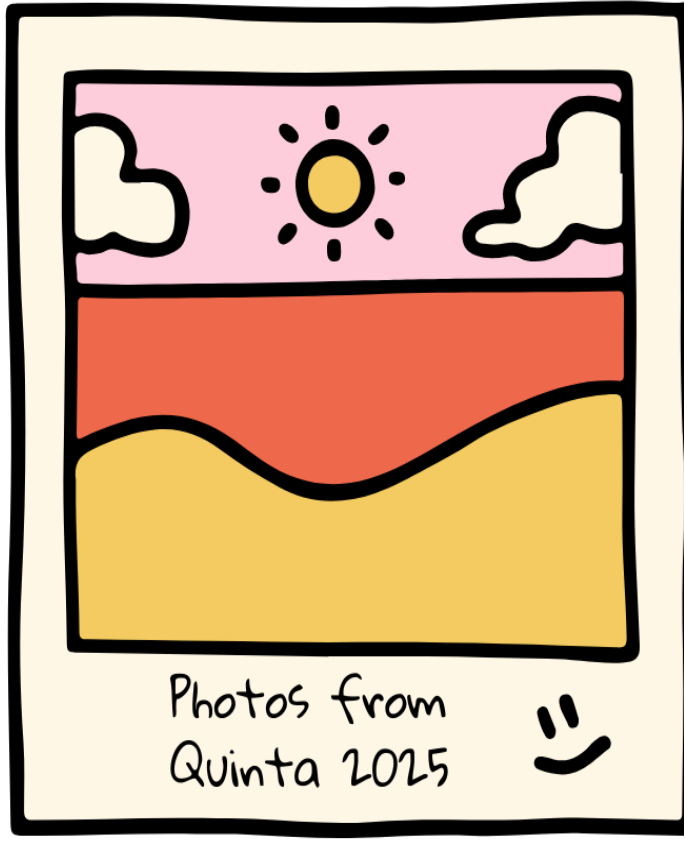
Staying hydrated is essential, particularly in warmer weather, as it supports concentration, maintains energy levels, and contributes to overall health and wellbeing. Small habits such as drinking water regularly can make a significant difference to students' comfort and focus in lessons.

STAY HYDRATED

Can we please ask parents/carers to remind your child to:

- Bring a refillable water bottle to school every day
- Refill it regularly during breaks and lunchtime







WATER SAFETY ADVICE

As the weather warms up, many families will be spending more time near water – whether at the coast, rivers, lakes, or canals. While this can be a great way to enjoy the outdoors, 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.**

Further information and resources

Parents, carers, colleges, and schools can find more guidance and free resources from the RNLI and Merseyside Fire and Rescue Service:

- Water safety advice and guidance: <https://rnli.org/safety>
- Float to Live advice: <https://rnli.org/safety/float>
- Education and teaching resources for children and young people: <https://rnli.org/youth-education>
- Merseyside Fire and Rescue Service water safety advice: [Water Safety | Merseyside Fire & Rescue Service](#)

Talking to children about water safety before visiting any location near water can make a vital difference.

Raising awareness of water safety helps keep everyone safe and could save lives.





COWLEY
INTERNATIONAL COLLEGE



SEND drop in and tour



For
parents/carers of
Y6 students who
will be attending
Cowley from
September

DROP IN
ANY
FRIDAY
2:00pm



NO BOOKING REQUIRED!
Simply drop in at the 11-16 Reception desk, 2:00pm
any Friday throughout the summer term

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



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 3rd June - 9.30am - 2.30pm

Session 3 & 4: Wednesday 10th June - 9.30am - 2.30pm

Session 5 & 6: Wednesday 17th June - 9.30am - 2.30pm

Places are free but booking is essential
**email: 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