

19 August 2026



Dear Parent/Carer,



We hope you are enjoying a wonderful summer holiday. The warm weather has certainly given us plenty of sunshine, although it now seems we are returning to much cooler temperatures.

We are looking forward to another successful year and are excited to welcome all students back to school on **Thursday 3 September at 8:30am**.



With just two weeks remaining before students return, we thought it would be helpful to share some key information to help ensure your child has the best possible start to the new academic year.

### The First Day



All students will receive their planners and timetables on their first day back. The first two lessons will be spent with Team Tutors, and students will attend assemblies that outline key updates, expectations and opportunities for the year ahead.



Students will then begin their curriculum lessons straight away; there is no time to waste with learning.

We are especially excited to welcome our new Year 7 students as they begin their Cowley journey. Additional support will be available during break and lunchtime while they continue to develop their understanding of routines and expectations. However, we know from the five transition days in the summer term that they settled in quickly and showed great enthusiasm and commitment to the Cowleian way of life.



### Timetables

Student timetables should become available on the MCAS app over the next few days. Please note that these are preliminary versions and some adjustments may still be made.



Students will also receive a printed copy of their timetable for their planner on the first day.



Being prepared for each school day is key to success. Please ensure your child has all required equipment, resources and completed homework with them each day.

### Uniform

As you know, Cowley has exceptionally high standards, and taking pride in our uniform is an important part of our Professional Standards.

All students are expected to attend on the first day of term in full uniform, in accordance with the school uniform policy. As was the case last September, girls are required to wear tights or trousers.

For our new Year 7, we would love to see the traditional "first day at secondary school" photographs once you have sent them to family and friends. If you would like to share these with us for us to share on our Facebook page, please send them to [marketing@cowleysthelens.org.uk](mailto:marketing@cowleysthelens.org.uk) - we are immensely proud of our newest Cowelians and the Class of 2031.

For full details regarding uniform requirements, please visit: [Uniform, Footwear and Essential Equipment - Cowley International College - St Helens](#)

### Piercings and Jewellery

Please ensure that your child complies with the school's jewellery and piercing policy before leaving home each morning.

### Hair Colour and Hairstyles

Please ensure that any holiday hairstyles or colours comply with our school policy before students return in September.

### Mobile Phones

Mobile phones must be switched off and stored in student bags throughout the school day. Students will continue to show that their phones are in their bags before entering the school site each morning.

We recognise that many students may have spent more time using phones and games consoles during the summer break. It may be beneficial to gradually reduce screen time over the next two weeks to help students prepare for the routines and expectations of the new term.

### Bedtimes and Home Routines

Over the summer break, it is natural for bedtimes and daily routines to become more relaxed. However, a sudden return to school routines can be challenging

if students have become accustomed to later nights and lie-ins, it is just like responding to jet lag.

We encourage families to begin re-establishing normal bedtime and morning routines over the coming fortnight. Arriving at school well-rested helps students to be happier, more engaged and ready to learn.

### Transport to School

A polite reminder regarding drop-off and collection arrangements.

Parents and carers are asked to use Gamble Avenue and avoid using the main school car park wherever possible. The main car park is reserved for students with disabilities and those who have authorised access to the main entrance.

Further information can be found here: [Parking, drop-off and pick-up FAQ - Cowley International College - St Helens](#)

### Pastoral Support

While we encourage all students to develop independence throughout their secondary school years, we recognise that everyone needs support from time to time.

Our pastoral teams for each year group are:

| Zone   | Year Group | College Manager | Deputy College Manager |
|--------|------------|-----------------|------------------------|
| Blue   | Year 7     | Mrs Green       | Miss Jones             |
| Silver | Year 8     | Mrs Mason       | Mr Wade                |
| Red    | Year 9     | Miss Heaton     | Mrs Case               |
| Green  | Year 10    | Mrs Foster      | Miss Houghton          |
| Yellow | Year 11    | Miss McMurry    | Miss Larnier           |

### Looking Ahead

We are confident that the year ahead will be another successful one and look forward to working in partnership with you to help your child thrive both academically and personally.

Should you have any questions, please do not hesitate to contact your child's College Manager or Deputy College Manager.

We look forward to welcoming everyone back in September.

Yours Sincerely,

Cowley International College