

## WHAT'S HAPPENING NEXT WEEK

**Tuesday 13th October**

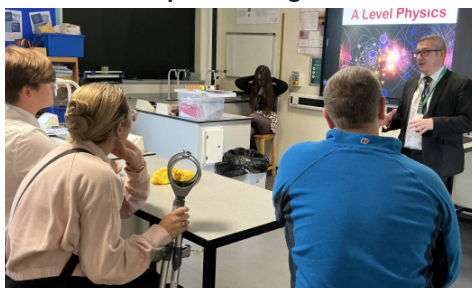
St Helens All Star Awards

**Wednesday 14th October**

NYC parents meeting – 5:30pm

It has been another incredibly busy and positive week at Cowley, and one where I have once again felt enormously proud of our students and our school. I work closely with all of our feeder primary schools and have the privilege of serving on the governing body of Merton Bank Primary School. This week, the school had their Ofsted inspection. As we know, inspections are both challenging and demanding for school staff, so it was especially rewarding to hear the positive feedback from the inspection team. I felt incredibly proud, not only to be associated with Merton Bank, but also to work within the St Helens community. It was clear to see the school's high aspirations for its pupils, alongside its strong commitment to care, support and serving the local community. Well done Merton bank!

### Sixth Form Open Evening



Wow, what a busy night we had on Thursday! It was fantastic to welcome so many students and families to our Sixth Form Open Evening. I really enjoyed speaking with so many aspirational young people about their plans for the future and seeing the excitement about what comes next.

Thank you to everyone who joined us, and to our staff and students who helped make the evening such a success. If you are thinking about joining Cowley Sixth Form - use this link to get your application in!

### Proud to showcase Cowley

On Thursday, I also had the pleasure of welcoming three senior Local Authority officers into school. I am always incredibly proud to show visitors around

Cowley and give them the opportunity to see our school in action and, most importantly, to meet our brilliant students. Our visitors were incredibly impressed with the school, and it was wonderful to hear such positive feedback about the community we are so proud of.

### Welcoming David Baines MP



On Friday, I was delighted to welcome our local MP, David Baines, back to Cowley.

David has long been a great advocate for Cowley and for education. As a former teacher and former Cowley Governor, as well as our local MP, he has a real understanding of Cowley's heritage and the important role education plays within our community.

We had a really positive discussion about Cowley's relentless drive to do the very best for the community we serve, and our vision for the future. I know how busy David's schedule is, so I was particularly grateful for the time he spent with us.

Weeks like this are a wonderful reminder of just how much there is to be proud of at Cowley.

### Enrichment

Don't forget to sign up for Enrichment!

Our Enrichment timetable and sign-up form have now been shared with parents/carers via MCAS. There are lots of fantastic clubs and activities on offer, giving students the chance to try something new, develop new skills and get involved in school life.

If your child would like to take part, please complete the MS Form this week.

## Safeguarding In the Spotlight

### World Mental Health Day, Saturday 10 October

World Mental Health Day is a reminder that mental health matters to everyone. This year's theme, "Lived Experiences Heard: Real Voices, Real Change", highlights the importance of listening and making sure people feel heard and supported.

### Looking after your mental health

Small things can make a difference. Encourage your child to:

- Talk to someone they trust
- Connect with friends and family
- Get outside and get moving
- Take time away from screens and social media
- Prioritise sleep and a healthy routine
- Ask for help when things feel difficult

### Support at Cowley

Students should never feel they have to manage worries alone. They can speak to their Team Tutor, Head of Achievement, College Manager/Deputy College Manager, our Wellbeing Officer or any trusted member of staff.

Our message is simple: Tell tell tell. We encourage students to tell us if they have concerns about themselves or concerns about others. This can be done in person, or via our SHARP online reporting tool.

### Further support

Kooth – Free, safe and anonymous online mental health support for young people aged 11–25 in St Helens. [kooth.com](https://www.kooth.com)

St Helens Children & Young People's Mental Health Service – Advice and support for young people and families: 01925 579 405.

The Listening Service for ages 12–18: 01744 415260.

## Y7 Speedy Careers



Year 7 had a fantastic opportunity to hear from professionals working across a range of industries at our Speedy Careers event.

Each guest had just five minutes to share their career journey and advice, with walk-on music and a countdown timer adding to the fun!

A huge thank you to our brilliant speakers for inspiring our students and opening their eyes to the many different career paths available to them.

### Supporting Year 11

Our dedicated Year 11 Exam Hub is the go-to place for revision support. New resources have been added, including Maths, English, Science and MFL revision guides, with more resources available to help students prepare and feel confident.

Visit our Year 11 Exam Hub page

Don't forget the extra support available in school:

- Period 6 – Extra revision and support sessions. See the timetable on page 4.
- Breakfast Boost – 8:00 – 8:30am (before school). Year 11 students can enjoy a free breakfast and use a quiet study space with access to computers and revision resources.

Mr Robinson has created a dedicated space for revision guides and exam support materials.

No need to book. If you have a child in Year 11, please encourage them to attend, we are here to support our Year 11 students in this busy and important year

Make the most of the support available. Little and often can make a big difference!



# Celebrating

## — Students —

It's been another fantastic week of celebrating our students! We're incredibly proud to recognise the effort and commitment shown by students.

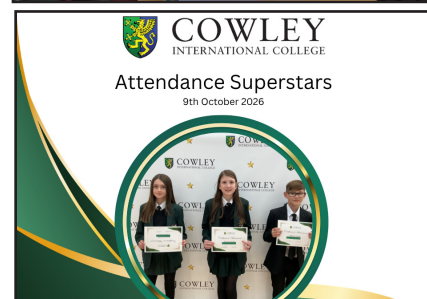
### Principal's Award

One of the highlights of my week was joining students from Years 7 - 11 for the Principal's Award breakfast. Each student had been nominated by their year team for going above and beyond and was presented with a certificate to recognise their achievements. Well done to you all!



### Attendance Award

A big well done to this week's Attendance Superstars (not all students were photographed)! It was lovely to recognise students who are showing such a positive approach to school and making every day count. Keep up the fantastic work!



### Cowley Gold

Congratulations to our latest Cowley Gold recipients! These students have been nominated by their teachers for producing an exceptional piece of work and showing real effort, creativity and commitment to their learning.



### Hockey success

Congratulations to Year 11 student Landon, who has been selected for the Lancashire Hockey Academy Under-18s. This is a fantastic achievement and a reflection of Landon's hard work and talent in hockey. We are incredibly proud of you, Landon and we wish you every success.



# YEAR 11

## BREAKFAST BOOST

Start Your Day Strong in the School Library!

FREE Breakfast Available Daily!

Join us every morning from 8:00am – 8:30am for a free breakfast

SMALL HABITS BIG PROGRESS

GOOD FOOD BRIGHTER FUTURES

REVISE REFUEL ACHIEVE

FUEL YOUR POTENTIAL



SAME  
EFFORT  
BRIGHTER  
RESULTS 😊

LEARN  
PRACTISE  
IMPROVE  
ACHIEVE

# YEAR 11

YOU  
GOT  
THIS! 💖

SMALL  
STEPS  
MAKE BIG  
PROGRESS

## PERIOD 6 CLASSES

Additional support • Intervention • Enrichment • Brighter futures

### MONDAY



Staff  
Meetings

OUR  
STAFF  
SUPPORT  
YOUR  
SUCCESS 😊

### TUESDAY



Art  
Various teachers  
(W14/W15)



French  
(Higher Tier)  
Ms Lavelle  
(M14)



French  
(Foundation Tier)  
Mr Chapple  
(M12)



Geography  
Various teachers  
(Various rooms)

### WEDNESDAY



Dance  
Miss Radford



Maths  
Various teachers  
(Various rooms)



French  
(Foundation Tier)  
Mrs Mitchell  
(M17)

### THURSDAY



English  
Various teachers  
(Various rooms)



Art  
Various teachers  
(W14/W15)



PE / BTEC Sport  
Mr Gordon  
(W12)

### FRIDAY

MORE  
PERIOD 6  
CLASSES  
COMING  
SOON!

CHECK  
BACK  
FOR UPDATES!  
😊

### KEY INFORMATION

- ✓ Period 6 sessions provide additional support, intervention and enrichment opportunities.
- ✓ Students should attend the class appropriate to their subject and tier.
- ✓ Teachers and rooms may occasionally change.
- ✓ New classes will be added throughout the year.

More classes  
will be added  
and this timetable  
will be updated  
throughout the year.

WORK HARD  
AIM HIGH  
ACHIEVE MORE

BRIGHTER TOMORROW STARTS WITH WHAT YOU DO TODAY

# COWLEY

SIXTH FORM COLLEGE



**OPEN EVENINGS 2026**

**THURSDAY 8 OCTOBER &  
THURSDAY 19 NOVEMBER**

**3:30-6:30PM**

Scan here to  
register to attend



**DEVELOPING LIFE READY LEARNERS**