

28th April - 9th May 2025

SPOTLIGHT ON...



ATTEND TUTORIALS AND SUPERVISED STUDY

Attending Tutorials and Supervised Study is **mandatory**. These sessions are essential for your progress and learning.

Make sure you attend - no exceptions.

Reminder!



KEY NOTICES AND REMINDERS

WORK EXPERIENCE - EMPLOYER PACKS

All Year 12 students need to make sure that their Work Experience Employer Pack has been handed in by Friday 23rd May.



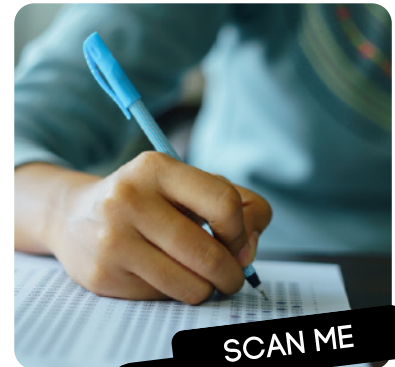
MOCK WEEK

The Y12 Mock Examination week takes place from 16th June - this is only 7 weeks away! Revision, Supervised Study and getting prepared should be a priority!



EXAMS

Y13 Exams are almost upon us (and some have started). Are you ready? We have dedicated a page in this document to help support you.



SCAN ME



YOUR SIXTH FORM
Scan this QR CODE to share news or feedback
with our Student Union

5 MAY	SPRING BANK HOLIDAY
6 MAY	STUDENT UNION MEETING AT LUNCH
9 MAY	Y13 FINAL MUSIC PERFORMANCE
16 MAY	EMPLOYER IN THE FOYER
23 MAY	SUMMER TERM BREAK UP
16 JUN	MOCK EXAM WEEK
23 JUN	PROGRESSION WEEK
26/27/30 JUN	WORK EXPERIENCE
30 JUN	NEW STUDENT WELCOME DAY
4 JUL	LEAVERS' CELEBRATION

IMPORTANT DATES



NEWS

YEAR 13 STUDENTS SHINE AT MERTON BANK EXCELLENCE AWARD

Last term, two Year 13 students, Izzy and Libby, showcased their talents at the Merton Bank Excellence Awards (MBE) held at Merton Bank Primary School.

Both students delivered impressive solo performances, which were well-received and thoroughly enjoyed by the primary school students. The event culminated in a heartwarming group performance of "Let It Go," with Merton Bank pupils joining in for the finale.

Well done to Izzy or Libby!

STUDENTS OF THE MONTH

Congratulations to Year 12 student, Elizabeth and Year 13 student, Gabbie, who were awarded Students of the Month for last term.

SOUNDWAVES

A group of Sixth Form Music students have come together to organise Soundwaves, a live music festival celebrating the amazing talents of young vocalists and student bands from across St Helens.

The event takes place at Windle Labour Club, on Friday, 9th May, 7pm and tickets can be purchased here.



HAPPY BIRTHDAY

We have 8 birthdays over these next two weeks - all students will be turning 17!

If this includes you, we hope that you have a good one!



EXAMS... ARE YOU READY?

As Year 13 students prepare for their upcoming exams, it's important to stay focused, organised, and look after your wellbeing. Below, we've compiled helpful resources and practical tips to ensure you're fully prepared and supported during this important time.

PAST PAPERS

Practice with past papers to familiarise yourself with the exam format and improve time management.

WELLBEING TIPS FOR EXAM PERIOD

Studying for long periods without breaks can reduce your focus. Follow the Pomodoro technique: study for 25 minutes, then take a 5-minute break. After four sessions, take a longer 20-minute break.

REVISION GUIDES AND NOTES

Comprehensive revision guides and notes are essential for revisiting key topics. Your subject teachers can help point you in the right direction for useful revision guides.

GET ENOUGH SLEEP

Never underestimate the power of a good night's sleep. Aim for 7-9 hours each night to ensure you're refreshed and ready to absorb new information.

REVISION TIMETABLE

Stay organised by creating a study schedule. There are lots of guides online to help you with this.

SUPPORT AVAILABLE

If you need any support or have questions during the exam period, please don't hesitate to reach out to Jo, Danny or Nicky - or any of the team. We're here to help!

Attending Supervised Study and Tutorials during this time is essential and they can offer some useful help and support.

Stay focused, take care of yourselves, and good luck in your exams!





FREE TASTER DRIVING LESSON!

Drive to success with our free
taster driving lessons for students.



CHAMELEON PRESENTS..
Y13 MUSIC PERFORMANCE

SOUND WAVES

09.05.25

WINDLE SOCIAL

7:00 - 10:30

TICKETS:

CLUB

GET TICKETS NOW!

£7.50



CONSTRUCTION

GATEWAY

NEXT STEPS



NEXT

As you approach the end of your course, it's time to reflect on everything you've achieved and start planning your next steps. Whether you're a Gateway student or a Construction student, this is an exciting time as you transition from education to the real world of work or further studies.

Helpful Career Resources

To support you in planning your next steps, we've gathered some useful career resources. These websites offer advice on career options, salary expectations, and how to get started in your chosen field:

National Careers Service

Explore various career opportunities. This site provides insights into the skills and qualifications needed for different roles.

Go Construct

A great resource for those interested in the construction industry. Find out about job roles, training options, and what it's like to work in construction.

Prospects

A comprehensive guide to careers in construction and planning, offering job descriptions, required skills, and progression routes.

UCAS - Careers Advice

For those considering further education, UCAS offers detailed advice on courses, apprenticeships, and alternative pathways.

Take Charge of Your Future!

Whether you decide to continue your studies or enter the workforce, the future is full of opportunities. We're incredibly proud of everything you've accomplished, and we can't wait to see where your next steps take you.

Good luck with your future endeavors—we believe in your potential and can't wait to see you succeed!



RUSSELL GROUP WEBINARS



Meet The Russell Group webinars

Tuesday 29th April – Thursday 1st May

UK University Search are excited to be collaborating with the Russell Group once again to bring you our popular, informative and inspiring webinars that cover a range of key topics.

Taking place from the 29th April to 1st May, we have five 90-minute sessions each featuring four or five expert panellists who will offer clear, impartial guidance for students looking at taking the next step in their educational journey.

In each session, the Q&A function will be managed by other member universities from the Russell Group who will be able to answer specific questions and provide further information.

ONCE YOU HAVE REGISTERED YOU WILL BE ABLE TO SELECT THE WEBINAR/S YOU WOULD LIKE TO JOIN BY CLICKING ON THE ZOOM LINK/S.

Please also register if you would like to be emailed access to the recordings.

The schedule is as follows:

Day 1 – 29th April

An Introduction to the Russell Group and Why Choose to Study There? 12:00 - 13:30
Student life at University 16:30 – 18:00

Day 2 – 30th April

Considering clinical and health professions 9:00 - 10:30

Day 3 – 1st May

Researching University Options 12:00 - 13:30

Personal Statements and Applying to a Russell Group University 16:30 - 18:00



All times shown are UK/BST. *The Russell Group is made up of: University of Birmingham, University of Bristol, University of Cambridge, Cardiff University,*

Durham University, University of Edinburgh, University of Exeter, University of Glasgow, Imperial College London, King's College London, University of Leeds, University of Liverpool, London School of Economics & Political Science, University of Manchester, Newcastle University, University of Nottingham, University of Oxford, Queen Mary, University of London, Queen's University Belfast, University of Sheffield, University of Southampton, University College London, University of Warwick, University of York.



APPRENTICESHIPS



Apprenticeships

What is an apprenticeship?

An apprenticeship is a paid job where the employee learns and gains valuable experiences.

Alongside on-the-job training, apprentices spend at least 20% of their working hours completing classroom-based learning with a college, university or training provider which leads to a nationally recognised qualification.

An apprenticeship includes:

- paid employment with holiday leave
- hands-on-experience in a sector/role of interest
- at least 20% off-the-job training
- formal assessment which leads to a nationally recognised qualification

Please [click here](#) for full listings of Higher and Degree Apprenticeships with more than 2000 listings from over 80 employers, including locations, salary information and direct application links.

For further information and to apply for apprenticeships, please visit the [National Apprenticeships website](#).

[Click here](#) for the 2024-2025 Top 100 Apprenticeship Employers.

Don't forget to use [Unifrog](#) to explore Apprenticeship opportunities as well!



 **Apprenticeships**



CAREERS



Careers

Our [Careers website](#) includes a [calendar of upcoming events](#), [labour market information](#) and a link to [Unifrog](#) amongst many other things. Please take a look.

Want to find a bit more information about industry sectors, the skills required and salary expectations? Please take a look at the Labour Market Information section of the website and the linked presentation with lots of useful information: [Top careers to consider.](#)

You are able to request a 30-minute appointment with our independent Careers Advisors at any time during your time at Cowley. Please email careers.info@cowleysthelens.org.uk to arrange.

Employer In The Foyer

Friday 16th May 2025 – 12:15-2:00pm



Vinci Building will be our final Employer In The Foyer for this academic year. Their representative will be on hand in the main reception area of College to answer any questions about careers in construction and engineering, work experience opportunities and for you to learn a bit more about their organisation. We encourage you to go and find them and speak to them on this date.





Universities

Webinar - What is university: myth busting and what you need to know

Tuesday 29 April | 4:30 pm

Thinking about going to university but don't think you can afford it or get the right grades? Not really sure what you can study at university? This session led by the universities of Exeter, Creative Arts and London South Bank, will bust some common myths about university and provide information about research you can start doing now!

Register [here](#) to attend.

Useful information

[UCAS Discovery Day](#), Liverpool, Tuesday 17th June

[UCAS.com](#) - All the information about universities, how to apply and upcoming events can be found on the UCAS website.

[OpenDays.com](#) - Full listings of all UK university Open Days and events can be found via this link.





YEAR 13 LEAVERS'

FRIDAY

4TH

JULY

RUSKIN DRIVE

DETAILS ON HOW TO PURCHASE TICKETS AND WHAT'S INCLUDED
TO FOLLOW SHORTLY