

SPOTLIGHT ON...



FINISH THIS TERM STRONGLY

The finish line is in sight for this term, we have just two weeks to go. Keep going and finish the term strongly before a well-earned break at Easter.

Reminder



KEY NOTICES AND REMINDERS

Y13 PROGRESS CHECK

Please be aware that Y13 will be taking part in assessments over the next few days. Please keep the noise down when travelling through the building.



ENRICHMENT AND EXCEL HOURS

Our enrichment programme and Excel Hours timetable are available now for this term and you can find a full copy of the timetables in this issue.



SCAN IN AND OUT OF THE BUILDING

The new scanning in system is live, don't forget your lanyard so we can scan you in and out when you enter and leave the building. Thank you.



BBC WEEKLY NEWS QUIZ

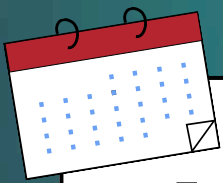


QUIZ



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





16
MAR

(UNTIL 20 MARCH)
Y13 PROGRESS CHECK

16
MAR

Y12 GEOGRAPHY FIELD TRIP
SALT MARSH

17
MAR

MUSIC TRIP TO LIVERPOOL
PHILAMONIC

27
MAR

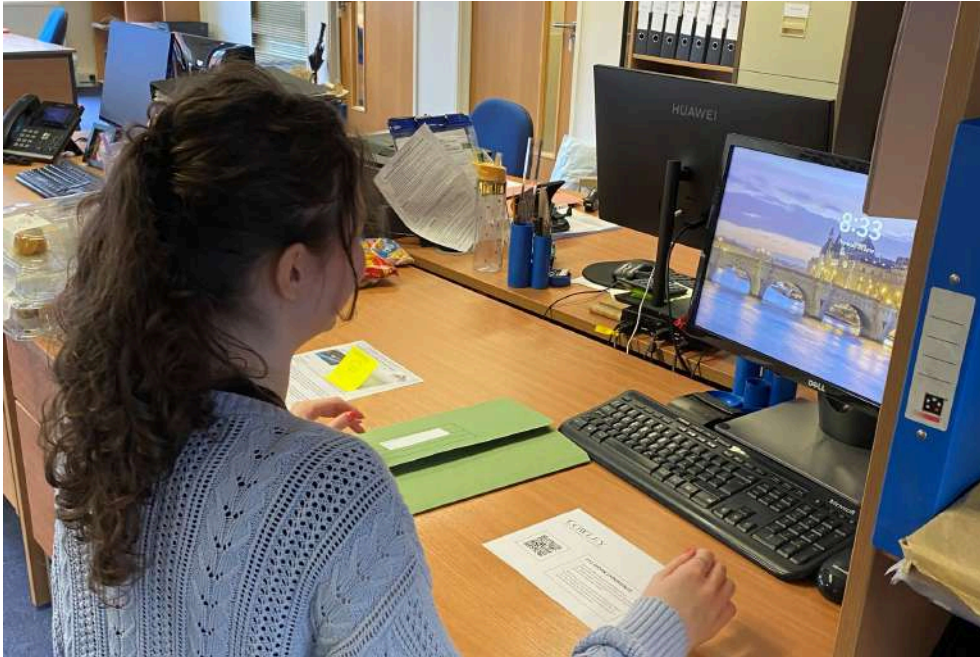
LAST DAY OF TERM

IMPORTANT DATES

*Happy
Birthday!*

Wishing all our students who are celebrating
their birthday over the next few weeks a very
Happy Birthday!





“COWLEY CONVERSATIONS”

Y12 PROGRESSION WEEK

Mr Jones delivered a Cowley Conversations assembly to Y12 about the upcoming Progression Week which takes place in the final half term of the academic year.

Progression Week will see a University Day, Employers & Apprenticeships Day and an Assessment Centre Day where students will have a mock interview to help them prepare for their future progression.

WEX

Following these three days, students will then take part in three days of work experience (WEX), and Mr Jones talked through the process students need to follow.

Students are required to find their own placement, linked to the career path they would like to follow after sixth form.

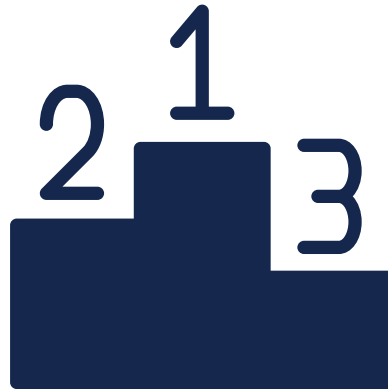
Once they have found a placement, this needs to be logged in Unifrog with all the details so that the Careers team can process and confirm the placement, with certain insurance and health and safety checks required to be checked with the employers.

Should any students need any assistance, either finding a relevant placement or logging details in Unifrog, please come and see Mr Jones, Kate Smith or Paul Harper and they will assist.

The deadline that placements are required to be submitted is **Friday 22nd May 2026**.

LATEST NEWS

STUDENT OF THE MONTH



Congratulations to two of our fantastic students for being chosen for February's Student of the Month award!

In Y12, Grace was nominated by Mandarin. She has shown great enthusiasm in learning Mandarin and set a very high standard for herself. She goes the extra mile to complete her homework and always works hard in her revision. She also took her own initiative and did a very good speech to Y11 Mandarin students, promoting Mandarin learning and sharing her own experience.

In Y13, Adam was nominated for Law, Criminology and Psychology for consistent hard work, and never letting what's going on outside of the classroom affect his effort and determination. Adam has also made Aberystwyth his firm university choice for Law and International Relations and is keen to begin study there.

Well done to both students and keep up your fantastic work!

Congratulations!

GERMAN - WEEK B, PERIOD 5, ACHIEVE CENTRE

CHESS AND UNO - EVERY LUNCHTIME IN THE CANTEEN

CLASSICAL CIVILISATION - WEEKLY, C23, 10:35 - 11:15

MON

CHESS AND UNO - EVERY LUNCHTIME IN THE CANTEEN

MUSIC, Y13 BAND - PERIOD 6 IN A02

DANCE COMPANY - PERIOD 6 IN CIH

BUSINESS - PERIOD 6, B02

TUE

ANIMAL CARE - WEEKLY, AFTER COLLEGE IN B02

CHESS AND UNO - EVERY LUNCHTIME IN THE CANTEEN

ANIMAL CARE - WEEKLY AFTER COLLEGE IN B02

MDV UCAT - PERIOD 6, B01

WED

DUNGEONS AND DRAGONS - WEEKLY, AFTER COLLEGE IN THE CANTEEN

LECTURE AND DEBATE CLUB - WEEKLY, AFTER COLLEGE IN THE ACHIEVE CENTRE

THUR

CHESS AND UNO - EVERY LUNCHTIME IN THE CANTEEN

GERMAN - WEEK A, PERIOD 5, ACHIEVE CENTRE

BOOK CLUB - WEEK B, LUNCHTIME IN THE ACHIEVE CENTRE

TEXTILES AND FASHION - WEEKLY, AFTER COLLEGE, CANTEEN

FRI

ENGINEERING AND F1 - WEEK A, B21, AFTER COLLEGE

CHESS AND UNO - EVERY LUNCHTIME IN THE CANTEEN

ANIMAL CARE - WEEKLY, B02, AFTER COLLEGE

ENRICHMENT TIMETABLE

COWLEY

SIXTH FORM COLLEGE

TUE

A LEVEL PSYCHOLOGY

WEEK A, 10:45AM, A12, MISS LEIGH

BTEC MUSIC PERFORMANCE

WEEK A, 2:45PM, A02, MR GERRARD

A LEVEL PHYSICS

WEEK B, 7:30AM, C22, MR HESKETH

BTEC APPLIED SCIENCE

WEEK A, 1:15PM, B20, MISS BERGIN

A LEVEL MATHS

WEEK B, 2:55PM, C11, MR UNSWORTH

A LEVEL BUSINESS

2:45PM, B03, MISS MATHER

WED

GCSE MATHS RESIT

WEEK B, 2:55PM, C11, MR UNSWORTH

A LEVEL MATHS

WEEK A, 2:55PM, C12, MR HOUGHTON

A LEVEL PHYSICS

7:30AM, C22, MR HESKETH

A LEVEL / AS CHEMISTRY

WEEK A, 2:45PM, B01, MR JONES

A LEVEL / AS CHEMISTRY

WEEK B, 2:45PM, B01, MR JONES

MEDICS, DENTISTS, VETS UCAT

2:45PM - 3:30PM, B01

BTEC DIGITAL MEDIA

WEEK A, 2:55PM, B22, MR LILLEY

BTEC DIGITAL MEDIA

WEEK B, 1:45PM, B22, MR LILLEY

A LEVEL LAW

2:45PM, C23, MR MCKEOWN

BTEC APPLIED SCIENCE

WEEK B, 1:15PM, B20, MISS BERGIN

EXCEL HOURS



THU

CRIMINOLOGY

10:45AM, B14, MISS SMART

A-LEVEL PSYCHOLOGY

10:45AM, C23, MR MCKEOWN

A-LEVEL LAW

WEEK A, 2:45PM, C23, MR MCKEOWN

CRIMINOLOGY

2:45PM, B14, MISS SMART

A LEVEL BIOLOGY

2:45PM, B20, MR BROOKS

BTEC PROFESSIONAL MUSICAL THEATRE

2:45PM, COWLEY HALL, MR WATKINS/MISS RADFORD



FRI

CRIMINOLOGY

10:45AM, C23, MR MCKEOWN

A-LEVEL LAW

WEEK B, 2:45PM, C23, MR MCKEOWN

A LEVEL PSYCHOLOGY

WEEK B, 10:45AM, A12, MISS LEIGH





Y13 PROGRESS CHECK - 16-20TH MARCH

Y13 students will be taking part in their final Progress Check with mock examinations and assessments later this half term.

Think of mocks as your practice run before the real deal. They're basically showing you exactly where you need to focus your energy, so future-you will massively thank present-you for putting in the work now.

Start early (yes, really), break your revision into chunks and mix up your techniques – flashcards, mind maps, teaching concepts to your confused pet, whatever works for YOU. Your brain needs variety to actually remember stuff.

Check out the revision tips and stress-busting strategies in the posters included in this newsletter. They're genuinely useful, not just the usual "just relax" advice.

You've got this. Small steps now = big results later. Let's make these mocks count before the real thing take place later in the year!

Good Luck
YOU GOT
THIS!

PROGRESSES CHECK

How Can Students Revise Effectively?

by @inner_drive | www.innerdrive.co.uk

TEST YOURSELF

Research has shown that testing yourself helps you remember significantly more than just re-reading information.

Testing yourself can also help reduce the negative effects of stress associated with exams.



USE SPACING

Spread out your learning of material across several days and revisit it.

This helps transfer information to your long-term memory.

STOP PROCRASTINATING

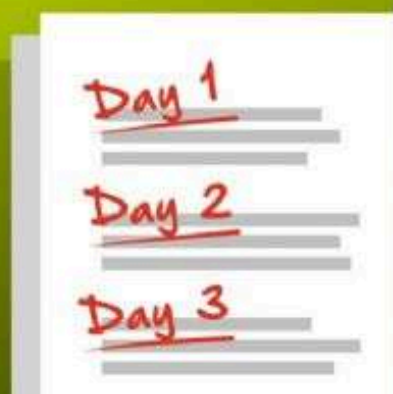
Schedule the revision of harder topics for the morning when you will be most awake.

This stops you using tiredness as an excuse for leaving the harder topics until the next day.



MANAGE YOUR TIME

Break your revision down and give yourself a certain amount of content to learn each day.



CAREERS



Our Careers website includes 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 cowleycareers@cowleysthelens.org.uk to arrange.

Useful information

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.

www.amazingapprenticeships.com - Explore some of the apprenticeship opportunities that are available.



UNIVERSITIES



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UNIVERSITY

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Open Days

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UNSTOPPABLE**

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Salford
MANCHESTER

UNIVERSITIES



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explore.leeds.ac.uk

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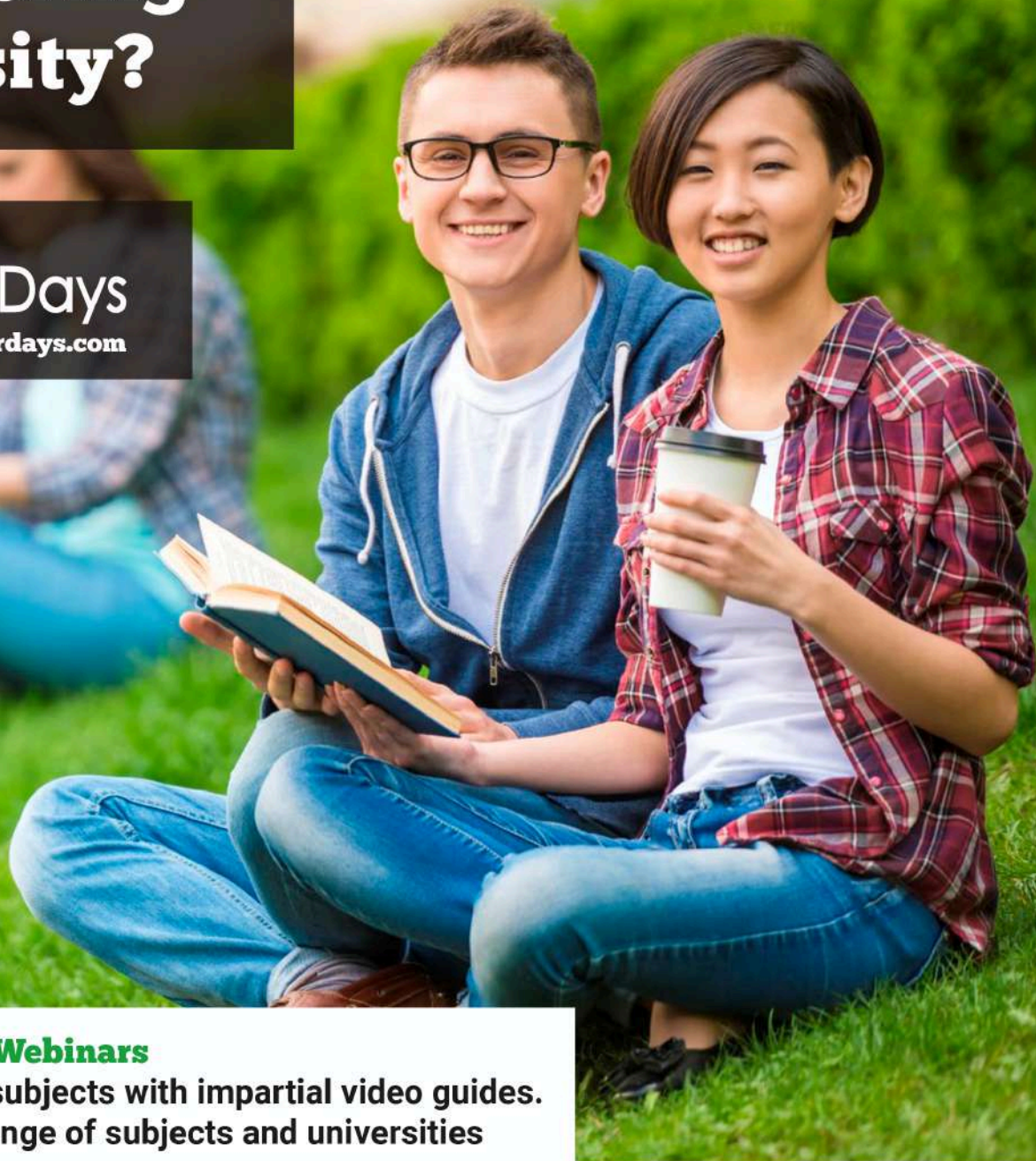
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OPEN DAY

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UNIVERSITY OF SOUTHAMPTON AND THE SUTTON TRUST SUMMER SCHOOL

7-10 JULY 2026



Join us on campus for a **4-day, 3-night programme**, giving you the opportunity to experience the **academic and social side** of university life. You'll be provided with **free accommodation and meals** for the duration of the residential.

You'll get to meet our enthusiastic team of current students studying the courses you are aspiring to, as well as academics, researchers, and alumni. This residential is open to Year 12 or Level 3 (Year 1) students who meet our academic and **Widening Participation eligibility criteria** (see overleaf).

During the 4 day programme, you will:

- experience student life through clubs and societies, activities, tasters, and tours
- receive information and guidance around the topics of student finance and the cost of living as a student
- have the opportunity to socialise with others and meet like-minded individuals through a variety of social activities
- stay in student halls
- plan a meal on a budget
- tour the city of Southampton with a current student
- experience teaching and research within a subject area
- find out where our graduates ended up after they studied at UoS



Degree Programmes/ Subject areas on offer for 2026

- Biological Sciences
- Business
- Economics
- Engineering
- Geography
- History and English
- Law
- Physics

ELIGIBILITY

To be eligible, applicants must;

- **attend, and have always attended, a state-funded, non-fee paying school or college.**
- **be studying in Year 12 in England or Wales, Year 13 in Northern Ireland, or S5 in Scotland.**
- **be taking relevant and required qualifications and subjects for their chosen taster degree subject.**

Applicants must also meet at least one of the following Widening Participation criteria:

- be the first generation of your family to attend university.
- have received free school meals while at secondary school.
- attend a school or college with below average attainment or a low rate of progression to the top third of higher education institutions.
- live in a neighbourhood with a low rate of progression to higher education and/or a high level of socio-economic deprivation.
- be or have been, looked after or in care.



Apply Now

[www.southampton.ac.uk/
schools-colleges/
experience-summer-event.page](http://www.southampton.ac.uk/schools-colleges/experience-summer-event.page)



Contact our Residential Coordinator:
c.e.bolton@soton.ac.uk

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**](#).

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

