

July 2026

THE

Meols Cop High School Newsletter

ASPIRE



Brokering Aspirations

PIZZA'S FOR ASDAN

A recent visit from Asda for Asdan provided lots of hands-on practical experience with great teamwork.

There was lots of excellent knife skills demonstrated in the pizza making session including chopping and slicing.

Students created pizzas with a variety of different toppings and the session finished with them enjoying their pizzas. Well done Year 10!



SPRINGBOARD FOR NORTH WEST

Year 10 Hospitality and Catering students were given the opportunity to attend an on-line careers session held by Springboard Future Chef.

The session included various speakers from industry such as the Royal Navy, hotels and restaurant. The representative from each organisation were able to talk about their careers and opportunities for students with links to apprenticeships.

Career pathways were highlighted and the skills that students can develop in these roles.

Team skills were discussed and the training and qualifications available to young people.

The representatives discussed the transferrable skills gained in their roles and career progression.



MINI MEDICS DAY

Mini Medics Day at Liverpool University was a really valuable experience for our students. They learned practical skills such as how to apply for jobs and what they can do to stand out from other applicants. The day also covered health and safety in a hospital environment, where students walked through a mock ward, identified potential hazards, and discussed their findings as a group. Students took part in interactive activities, including labeling body parts and learning about the importance of good hand hygiene. Working alongside pupils from other schools helped to build their confidence, communication, and teamwork skills. They also learned about medicines and the importance of using them safely and correctly. Overall, it was an engaging and informative day that gave students a great insight into careers in healthcare.



Skills & Experience

CAREERS OPPORTUNITIES AT MEOLS COP

A group of 12, Year 9 students attended a careers trip to Liverpool Hope University on 29/04, in construction, engineering and manufacturing, organised by All About Futures. The students had an introductory presentation, then engaged in work shops delivered by employers throughout the day. Employers such as JLR, SP Energy, WSP, Stepnell.

The students engaged in a variety of tasks, from drawing and building a town, then planning its energy supply with support from SP Energy. Also building a remote car with Jaguar Landrover to compete in a hill climb and drag race, considering the physics of electrical power and gear ratio's for each task. The students also built a bridge from lego, to take weight and allow the structure and design set by the employer. All of the workshops were engaging, career driven and informative for the students.

Y10 COLLEGE TASTER DAYS & WORK EXPERIENCE

Year 10 have visited KGV, Southport and Runshaw college as part of their taster day sessions. The students selected areas that they were keen to explore before visiting.

Year 10 also undertook a week of work experience with local employers. Some of our students went a little further afield with Jess visiting London to undertake a fashion placement and Harry flying off to Holland to assist at D.V.V. Football Club. Well done Year 10 on the fantastic feedback that we have received.



Skills & Experience

SPORTS DAY

MCHS Sports Day took place on Thursday 10th July, Students enjoyed a variety of sporting events, including Rounders, Javelin, Speed Bounce, Discus, Long Jump, High Jump, Speed Stacking and Athletics, as well as A Question of Sport Quiz. Students also took part in a 3 mile sponsored walk around Southport Football Club, raising money for the Elsie Dot Story and Bebe Hive charities. Other sports included inter form football and benchball - what a day!

Well done to everyone who took part and congratulations to **7CC**, **8EW**, **9GP** and **10MW** forms for being the winners from their year group!



Values Driven

MEET YOUR NEW PREFECT TEAM!

HEAD PREFECTS

Well done to Anda F and Jasmine -L M who are our new Head Prefects. We think they will do a fantastic job representing Meols Cop at the highest level. We look forward to seeing where this new role takes them next year.

well done!



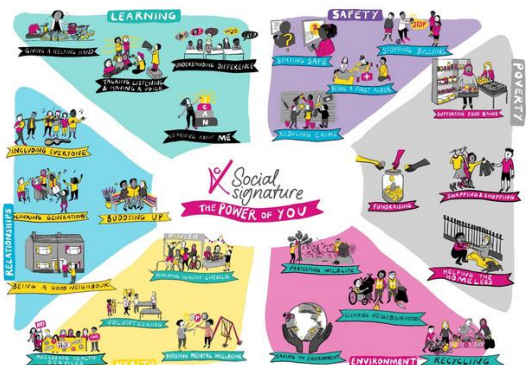
DEPUTY PREFECTS

Our new Deputy Prefects are Tabitha M, Maria S-B, Dinah S and Ava C. They will each take ownership of a Meols Cop pillar, like Values or Academic Excellence, and ensure they work with the wider Student Leadership team to make real change in the new school year.



SENIOR PREFECTS

Our new Senior Prefect Team includes the following students; Stewart M, Annabelle P, Eva T, Ellie P, Summer P, Sebastian Z, Addison J and Scarlett B. They will be working within the Social Signature framework to support our Deputies and Head Prefects. Congratulations to all!



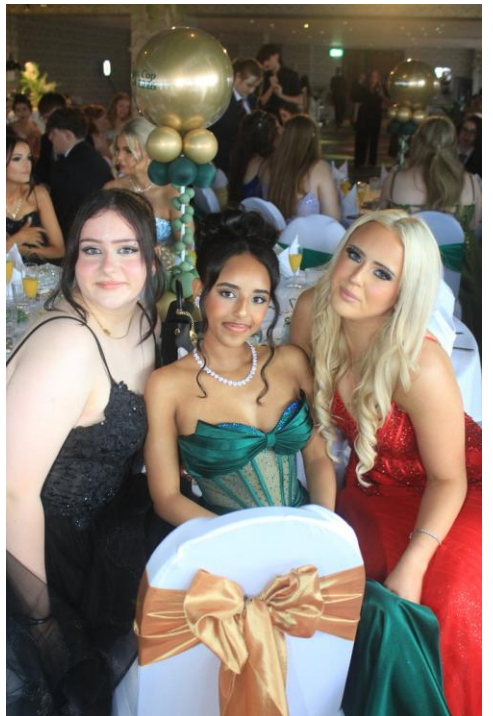
Values Driven



YEAR 11 PROM



The Class of 2026 enjoyed their prom night at the Waterfront Hotel. They all looked beautiful and danced the night away. We wish them all the luck in the world as they embark on their next adventure after Meols Cop. They are amazing and we will miss them very much!



Values Driven

TOUGH MUDDER - BY DANIEL

LIGHTBOWN, Y7 STUDENT LEADER



On Thursday 26th March, just a day after Mr Roberts did Robbo's Bingo he helped support Cash for Kids and Know Knife Crime by raising over a thousand pounds from the whole school by some very generous (and daring) pupils who skipped their fifth period for charity.

After the Cash for Kids people came (and some unpleasant water squirted by some pupils) the Tough Mudder began. First, you had to travel across the Trim Trail and then you had to run across to a bench with boxes ahead of you. You had to run quick or Mr Davis would ask 'Why are you not running?'. That would be enough for anyone to go full pace after that. Then the water-squirters returned to blast you. And you had to go across some car tyres (where the muddiest part of the course was) and travel across a balance beam. Then you had to travel under a mat and walk across another balance beam only this time with people throwing dodgeballs at you. Then a taller box with no bench and a slippery area where you got really wet if you decided to not walk or run through it.

And then you had a choice: do it all over again or receive a hot chocolate and a hot dog. It ended at ten past three after a brutal hour. But if your task was to get really muddy so you could have a warm, relaxing bubble bath after school, well, mission accomplished! And the best part is, everyone that went helped raise money for charity. As Tesco say, every little helps!

YEAR 8 FOOTBALL AT LFC ACADEMY

Our Year 8 Boys took part in a Sefton schools tournament at LFC Academy. We finished second behind Birkdale, and the lads were outstanding from start to finish!



Skills & Experience

ROBBO'S BINGO BONANZA

BY DANIEL LIGHTBOWN, YEAR 7 STUDENT LEADER



On Wednesday 25th March at 3:30pm, Mr Roberts (Head of Year 7) with Mrs Greenwood and Mrs Davies (The Learning support team) along with over 70 Year 7 pupils all got Robbo's bingo underway. We all had juice, chocolate and Seabrooks before Bingo.

There was a little thing with some numbers, if 2 was drawn you would have go 'QUACK' like a duck, 'QUACK QUACK' for 22, do an Irish dance for a number that ended with 8 (e.g. 8, 18, 28, etc.) try and get some sweets for 16, dance to 'Dancing Queen' for 17 do a dance-off for 32, go 'Whit-woo!' for 11, and, of course, do the 'SIX, SEVEN!' sign for 67.

And at the end, we all had a lip sync contest while 'Sweet Caroline' was on. During that song, the atmosphere was electric and the morale of the 70+ students that went was far above complacent. We all left at about 5pm. It was very great fun and I would recommend to do it if the opportunity will come your way. So, if your form tutor asks you 'Will you go to the bingo tonight?' say yes!



Year 7 RESIDENTIAL

Our Year 7 Class of 2030 enjoyed an unforgettable residential weekend at the Anderton Centre, filled with adventure, teamwork and fun. From thrilling watersports to exciting outdoor activities, pupils embraced every challenge with enthusiasm, determination and a great sense of camaraderie. The action-packed weekend provided opportunities to build confidence, make new friendships and create lasting memories. A huge well done to all the students for their excellent attitude and participation throughout a fantastic weekend of adventure.

STUDENT LEADER CELEBRATION AT CTK



Recently three of our Student Leaders went to Christ the King to celebrate all of their achievements this year. This involved schools from across Southport, hosted by the Rotary club. This included a lot of Student Leadership teams from both primary and secondary schools. It was lovely to see all of the fantastic work going on across the area that we are a part of! Well done girls for taking part and representing the school.



Skills & Experience



DUKE OF EDINBURGH TRIP



Well done to our Year 9 students who recently completed their Duke of Edinburgh Bronze Expedition. Over the weekend, students camped overnight, navigated a variety of routes and terrain, and took responsibility for cooking and cleaning for themselves. Completing two unaccompanied walks across the weekend, they demonstrated excellent resilience, teamwork and independence throughout. Their attitude and professionalism were outstanding, and everyone should be incredibly proud of their achievement.

Year 8 students interested in taking part next academic year should look out for further information in the Autumn Term.



Values Driven

FOMC RAFFLE WINNERS

Huge congratulations to the winners of our Summer FOMC Raffle. In total, we have raised **£1000**!! All proceeds will go towards our school community and upgrades for the school hall. Below are our lucky winners!!!



1st

Apple airpods gen 4, £25 Just Eat voucher, Goody Hamper

WINNER: RITA CARMICHAEL

2nd

Family pass to Splash World, 2x Flower Show tickets, £50 Vue voucher, £100 Hickory's voucher

WINNER: MADDIE BRIGGS

3rd

Babyliss multi styler, £50 Boots voucher, hair straighteners and hair dryer, toiletries

WINNER: SIENNA BARTON

Congratulations!

STUDENT CAKE SALE

In June student leaders helped to run a rainbow bake sale in celebration of PRIDE month! All proceeds raised are to go to Stonewall, a charity that advocates for LGBT+ rights.



Values Driven



An Interview with our Student Leaders



Liam Howard recently sat down with members of our Student Leadership team to discuss how he recently saved the life of someone struggling with their mental health. He has been awarded the Grand Pride of Sefton award for courage, and going forward, wants to raise awareness for mental health issues.

Hello and thank you for taking the time to talk with us today.

Our first question for you is; when did you attend Meols Cop and did you enjoy it? Firstly, thanks for having me. I started in 1993 I think, and then finished in 1998, so a long time ago. But yes, very nostalgic being back.

What was your favourite subject? Had a few that I liked, obviously PE, I was very active. Then also liked my History and a little bit of Science. Mostly PE though!

Did you take anything away from Meols Cop that helped you later in life?

A lot of things, things that have helped me with jobs, helped me progress until I'm where I am now. It was amazing.

Do you have any advice for anyone still at school? Just be yourself and help others. Do what you can, the best you can.

We'd now like to ask about the event that resulted in you receiving the Grand Pride of Sefton

award. Could you recall, as far as you are comfortable, what happened for us? I was on patrol at one of the sites, I work for a car park company here in Southport, I saw a gentleman in his car who looked like he was in distress and when I approached it was clear he was in trouble from self inflicted wounds. I kept talking to him and reminding him he wasn't alone. Luckily others had called an ambulance and I stayed with him the entire time. Luckily, he managed to recover in hospital.

Thank you for sharing the story, it can be hard to go back over events like that. Did you have any

medical training before this and do you think it's important for students to learn First Aid?

Yes, it's definitely important. Especially today when issues around mental

health are so important. I'm doing this for the gentlemen who has given me permission to use his story to raise awareness. If you ever see anyone in

trouble, just being there for them can make a difference. First Aid is definitely worth learning.

Do you think that this event will help inspire awareness of mental health in the future? Yes, I'm hoping by talking about it within the community it

will help. People need to be more supportive of each other.

What has the response been from the local community? Brilliant and life

changing. I've been asked to speak at schools, on radios and interviewed by newspapers. The community itself has been so supportive.

How does it feel to have won the Grand Pride of Sefton award? Yeah, amazing, a lot of special individuals have won it before me. I was made up

to be nominated, very special. I'm honoured to win it, especially after who won it last year and the year before. I'll take great pride in it for the rest of

my life.

Finally, do you think your actions will inspire others to help those in need?

I'm hoping so. I'm hoping that even if you're frightened, even if you're scared, you will do what you can, because even just talking to someone and waiting for their family members to arrive, can help.



Student Leaders - Owen, Millie, Shae, James, Isla and Saphia.



SPORTS AWARDS



It was one of our favourite nights of the year - the MCHS Sports Awards evening. It was a fantastic evening and we were so excited to be able to celebrate the successes of our students in PE, dance and Duke of Edinburgh over the last year. Did you see Mr Davis on the drums?!

Huge congratulations go to Abbie Beaven Y8 and Louis Wood Y10 who won MCHS Sports Personality of the Year 2025!



Skills & Experience



GEOGRAPHY HOLDERNESS COAST TRIP

BY LILY SINCLAIR, Y11 STUDENT LEADER



We travelled to the East coast arriving at Spurn point, we investigated the spit seeing the deposition from Hornsea. For example, we saw bricks to show the ruins of old houses washed up.

We then travelled down the coast to Hornsea to see Hard and Soft engineering we saw groynes, rock armour and sea walls.

Then we travelled to Flamborough to see the formation of a cave stack and stump while also seeing SEALS!!!!



On our final day we went to Robin hoods bay to see erosion of the cliffs and to see how towns are protected by hard engineering. This was all in 2 days!

The trip was exclusive for Year 11s and was an amazing fun last trip of Meols Cop High School! We couldn't have asked for a better time.



Skills & Experience

Liverpool Maths Trip

By Mrs Berry, Maths Teacher

I took 10 year 9 girls to Liverpool Maths School to experience STEM subjects in different contexts. Day 1 they undertook the challenge to design a bridge to cross the River Mersey. They had to include different elements from a brief and build a model. Against 6 other groups of year 10 girls – our girls came 1st!

Day 2 they had to design a new business and pitch to Lyva Labs. The teams came up with 3 different ideas. One team developed an app to find free or low cost activities for teenagers and where the best places are to go. Another team came up with an app to help engage pupils with homework, with built in help and a pet to earn coins to look after. The 3rd team came up with exoskeleton legs to help the visually impaired community navigate the world. We got 1st and 2nd place! The girls did us proud!



Skills & Experience

WALLY CAIN

Some of our talented Year 10 Dance students took to the stage at the Wally Cain Dance Festival and without a doubt, they delivered an outstanding routine! Our theme this year was the Catacombs of Paris.

Beneath the streets of Paris lies a hidden world, the Catacombs, where the bones of millions rest in arranged silence. This dance explores the fragile boundary between mortality and transcendence. The dance is described below...

The opening section builds gradually with pulsing rhythms that mirror the inevitability of death. Movement is grounded, restrained, and deliberate, reflecting the body's slow surrender, while confined pathways echo the narrow tunnels below.

In contrast, the second section marks a shift. As the atmosphere lifts, the spirit separates from the body. Movement becomes expansive and fluid, symbolising release and liberation as what was once grounded begins to rise. Together, these sections trace a journey from the stillness of death to the freedom of the soul's ascent, finding not only endings, but liberation.

Use the link below to watch!

<https://youtu.be/oHHDmIOUUM0>



Skills & Experience

STUDENT LEADERS WORKING WITH THE LFC FOUNDATION



FOCUS: PODCASTING & CREATIVITY

The LFC Foundation has been in school delivering a 6 week workshop around podcasts and creativity to selected Student Leaders. They have had the opportunity to plan, create and practice podcasting. A guest, Alan Humphreys, joined them for one session. Alan has worked in broadcasting across the world, worked with the likes of Paul McCartney and Madonna, and covered everything from sports to the news. The chance to work with him was a once in a lifetime opportunity for our students. They have thrived in this creative environment and we are very excited to launch our very own Meols Cop Talks podcast next year...watch this space!



Foundation

THE CLUB'S OFFICIAL CHARITY



Skills & Experience



MCHS Student Leaders



What have we achieved this year?



Student Leader Elections

Starting the year off the right way by electing our Student Leaders! As always this was a fair and democratic process that saw students voting in booths like it was a real life election. Our students respected the process from start to finish, we couldn't have been prouder.

Student Leader Mini Medics

Our Health Team took part in First Aid Training this year. Pupils learnt how to do CPR and put people into a recovery position, they also covered how to treat burns and how to pressurise bleeding. This was an invaluable opportunity for our Student Leaders!



Student Leader Guardians

Our Student Leadership team has formed a new division, known as 'Guardians'. These pupils from Y10 will be working with our new intake to support them through the transition into 'big school' - we know how daunting it can be! So far they have joined our Y6's on their 'Come Join Us' sessions to introduce them to the staff and school. Next they will be going on to supporting them with Summer School and helping in their form groups from September.



ASPIRE Newsletter Take Over

From Easter our Student Leaders took over the schools ASPIRE newsletter! This has been an exciting opportunity, pupils have written their own articles about what they have been up to and had them published in the newsletter. As a part of this, we interviewed Liam Howard, a member of the local community who was a previous student at Meols Cop. He had recently saved the life of someone who was struggling with their mental health, his interview helped to further raise awareness across the local community. Further to this, Liam had received the Grand Pride of Sefton award for courage and the team were beyond honoured to interview him.



Meols Cop Podcast

We have also struck out on a new venture - creating a school podcast. After visiting Range High School for some tips and tricks we felt confident to start out on this journey. Select members of both Student Leadership and Scholars have been working hard to create our first episode which will go live at the beginning of the new school year - watch this space!



Brighter Living Planter Project

From the start of the summer term Student Leaders have been working with the Brighter Living Partnership here in Southport. They have designed colourful planters, made from reclaimed wood, to be put on display at the front of school. The aim is to brighten up Meols Cop and make the school look more welcoming. This project will be executed in the last week of the school year with members of the Brighter Living Partnership providing guidance.



Skills & Experience



OPEN EVENING

**WEDNESDAY 23RD SEPT
4PM - 7PM**



**HEADTEACHER
PRESENTATIONS**

**4PM
5PM
6PM**



BACK TO SCHOOL

TUESDAY 1ST SEPTEMBER: INSET DAY

WEDNESDAY 2ND SEPTEMBER: INSET DAY

THURSDAY 3RD SEPTEMBER: FIRST DAY BACK FOR STUDENTS

8.35AM - YEAR 7 WILL BE MET IN THE NORTH YARD

9AM - YEAR 8, 9, 10 LINE UP ON THE SOUTH YARD

YEAR 11 TO GO STRAIGHT TO FORM ROOMS