



# Student Newsletter November 2022



The next newsletter will be sent on Wednesday 16 November

**Hello Simmie,**

The Student Newsletter is written for you, if there's content you'd like to see more of email us at [ourfuture@stmarys.ac.uk](mailto:ourfuture@stmarys.ac.uk).

## Top Tips to help you succeed

Starting at Uni can seem daunting to begin with and sometimes it can be tricky to figure out how to get the most from your studies and maximise your learning. Our team in the Centre for Teaching Excellence and Student Success (CTESS) has created some 'Top Tips for Success' to help you stay focused and avoid distractions.



[Click here to read our 'Top Tips'.](#)

## Flip Out with SIMMSWellness



On **Monday 7th November**, we're organising a trip to [Flip Out UK](#). We're offering a limited number of tickets at just £5, including entry and return transport to campus!

Sport St Mary's, SIMMSWellness programme, has been designed to support students' physical and mental wellbeing and we will be offering a range of trips and workshops for students throughout the year.

[Visit us on Instagram for more details.](#)

## Return of Competitive Sport

Competitive Sport is back and our teams are off to a great start! October saw some high-quality performances on display, with a number of our teams kicking off their seasons with fantastic results. We'd love to see as many of you there supporting our teams. Matches take place on Wednesday afternoons across both the main campus and at Teddington Lock.

If you're still interested in joining a club, please visit our website for more information. If you'd like regular updates on fixtures and results, please email [jen.fairfield@stmarys.ac.uk](mailto:jen.fairfield@stmarys.ac.uk)

[Find out about Student Sports Clubs here.](#)



## EDI Activities Update



This week we're celebrating **Wobble Week** with some amazing [free events](#). Wobble Week is here to support you if you're feeling overwhelmed by university life or are missing home, feeling like you don't quite fit in, or finding it a challenge to be motivated and/or learn. 'Wobbles' can affect anyone, at any time, about anything - don't suffer alone. If you have any questions please email:

[studentengagement@stmarys.ac.uk](mailto:studentengagement@stmarys.ac.uk)



**InterFaith Week** takes place from 13 - 20 November, Chaplaincy and the InterFaith Network are planning a range of activities to celebrate.



**'Movember'** is all about making a difference in men's mental health and suicide prevention, prostate cancer, and testicular cancer. And we are encouraging all of us at St Mary's to talk about men's mental wellbeing as part of Movember. Visit the [SU's Instagram](#) to find out more.

[Learn more about our Student EDI groups here.](#)

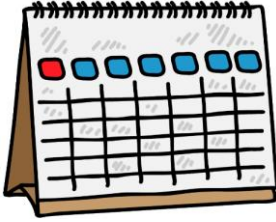
## Chance to win £100 Amazon voucher!

The University is looking to re-develop Student Heart over the next two years (including the DV Games, Student Square & SU Lounge) and SMSU want to hear from you! [Complete the survey](#) to be in with a chance of winning a £100 Amazon voucher. You can also take part in one of our focus groups and receive a £5 Amazon voucher for your participation – [sign up now!](#)

[Find out more here.](#)



## Dates for your diary



### November 2022

- 7 - 11 - Sustainability Week
- 11 - [Remembrance Day \(Piazza @10:55am\)](#)
- **13 - 20 - InterFaith Week**

15 - 12pm-2pm SU hall 'Faith Fair'

16 - 11 - 12 Tour of our Faith spaces

16 - 1.05pm Mass followed by veg lunch in the Chaplaincy

17 - 4.30pm – 5.30pm Faiths in Tune

21 - 4pm The Richmond Interfaith event (WDR).

### Sport St Mary's Fixtures (9 November)

- @1pm Netball (Women) - St Mary's v Surrey - Indoor Courts (TH)
- @2pm - Football (Women) - St Mary's v King's College (GKT) - Football Pitches
- @2pm Rugby League (Men's) - St Mary's v Loughborough - Rugby pitches
- @16:30 - Basketball (Men's) - Performance Hall

St Mary's University 2021

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