



# St Mary's University Student Newsletter



March 2022

**Hello Simmie,**

Welcome to your fortnightly student newsletter! This week we've provided an update on the latest COVID-19 guidance. Plus, support for students affected by the conflict in Ukraine, information on Les Mills virtual fitness classes, EDI activities taking place across the University, and lots more.

Previous editions of the student newsletter are available [here](#).

## COVID Guidance Update

On Monday 21 February, the Government set out its intention to learn to live with COVID-19, and for Higher Education, its priority was to support institutions to deliver face-to-face education. All remaining domestic restrictions across England have now been removed, including the end of the requirement to self-isolate and the end of the Government's testing programme. The University has updated its guidance in response to these changes and further information has been provided on the COVID FAQs page.

**A set of FAQs is available on the website and the full update is available [here](#).**

## Ukraine: Support for Students

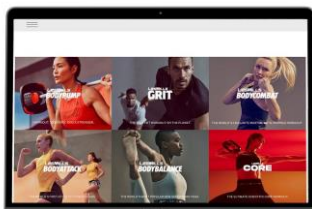
We are deeply saddened by the conflict in Ukraine. We recognise that this may affect many in our community of students, staff, and alumni in different ways.

The Students' Services [wellbeing website page](#) offers information on mental health and wellbeing, the team can be contacted at [wellbeing@stmarys.ac.uk](mailto:wellbeing@stmarys.ac.uk). As a St Mary's student you also have access to free and confidential support 24 hours a day through [TogetherAll](#). The International team can provide advice and support at [international@stmarys.ac.uk](mailto:international@stmarys.ac.uk), and the UKVI Compliance and Immigration Team can provide visa advice at [studentvisas@stmarys.ac.uk](mailto:studentvisas@stmarys.ac.uk).



**[Further information is available here.](#)**

## Les Mills on Demand



Have you tried a virtual Les Mills fitness class yet? There's a range of classes including BodyPump, BodyBalance, RPM, Core, and Grit. Classes are available Monday – Sunday, from 30mins – 60mins, depending on which class you choose.

[Find out more here.](#)

## #UniMentalHealthDay: 3rd March

Head over to the Shannon corridor today for information, activities, and some giveaways!

You can also chat with representatives from the charities:

- Richmond Borough, Mind
- Off The Record Twickenham, and
- Advent Advocacy



[Find out more here.](#)

## Have you completed the National Student Survey?

All final year undergraduates are invited to complete the National Student Survey (NSS). It's your chance to tell us what you think of your course and help us improve the experience of future students. We'd love to hear from you!

[Complete the survey here](#)



## Student EDI Activities Update



International Women's Day takes place on 8th March. The Students' Union, Sport St Mary's, and the Women's Network have organised [a range of activities](#) for women and allies throughout the week.

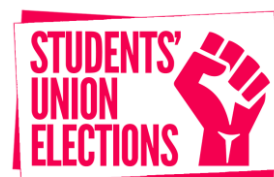
[To find out about IWD activities and a full EDI update click here.](#)

## Students' union elections coming soon

Join us on Friday 4th March in the SU Lounge, (or watch live on Instagram) for our SU candidates 'Hustings' event, a chance for each candidate to talk about their manifestos.

There are 4 candidates running; two for education president and two for student life president. Each candidate has a 2-minute time slot for a speech in which they can address their manifesto points and engage with the audience.

[Find out more here.](#)



## It's Show Time!



The Drama St Mary's Spring Festival will be running from our campus theatre for two weeks from Tuesday 29th March with the final performances on Friday 8th April.

The festival showcases the talent of our 60 graduating Acting students performing across four very different shows offering, we hope, something for everybody to enjoy.

We would be delighted for you to come along. Wristbands are £10 and can be purchased (cash only) from the Drama office located in C107.

[Find out more here.](#)

## London Irish Calling

The new Brentford Community Stadium is an incredible live sport venue, and has played host to several highly competitive and entertaining top-flight rugby matches this season – we hope you will be able to join us for another on Saturday.

You can be there for free using promo code – UNIFREE

 Saturday 5 March

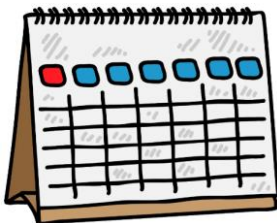
 3 pm

 Location: Brentford Community Stadium

Tickets available here  [bit.ly/3tBONmg](https://bit.ly/3tBONmg)



## Key dates for your diary



**March 2022** (Click the links for event details)

- 4 - [SU candidates 'Hustings' event \(SU Lounge\)](#)
- 8 - International Women's Day
- 10 - [Lloyd Emeka - Master's Dissertation research findings](#)
- 16 - [Get into teaching Open Evening](#)
- 30 - Postgraduate open day at 5pm

**Some BUCS Sports Fixtures - played every Wednesday 9 March**

- Football (Men & Women) on Ted Lock Football Pitches @ 14:00
- Volleyball (Women) in the Tennis Hall @ 14:00

16th March

- Hockey (Women) On Ted Lock Astro @ 13:30

- Football (Men & Women) on Ted Lock Football Pitches @ 14:00
- Rugby Union (Men) on Main Campus Rugby Pitch @ 14:00
- Lacrosse (Women) On Ted Lock Astro @ 15:30

Information about these campaigns will be shared on the Student Union and St Mary's University social media channels

St Mary's University 2021

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