



# St Mary's University Student Newsletter



March 2022

## Hello Simmie,

Last week we celebrated Spring graduation here on campus. Keep an eye on the website for pictures coming soon!

We hope you're looking forward to the upcoming Easter break and a well-deserved rest from classes and lectures! In this week's student newsletter we've provided information on the temporary closure of the sports track, an update on our EDI activities, Top Tips to help you manage stress and anxiety, and information on your SU's Sports Awards and dinner.

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

## The Sir Mo Farah Athletics track is getting a face lift



As part of our commitment to continually improve and enhance the onsite experience for our students, we will shortly begin a programme of redevelopment works on the Sir Mo Farah Athletics Track surface.

After consultation with Sport St Mary's, relevant sports clubs, and the Students Union it has been agreed that construction for this project will start on 19 April, and weather dependent is expected to reopen in mid-June.



As such, effective Tuesday 19 April, the running track will be out of use to all staff, students and visitors.

The construction project will cause some minor disruptions and possible noise, but they will not stop or interfere with normal campus activity.

# Student EDI Activities Update

The Race Equality Charter survey is now open! [Complete the survey](#) today and help us better understand the lived experience of our students and how we can improve race equality across the university.

Watch diversity and inclusion in action with our amazing final year graduating drama students' Spring Festival (29th March to 8th April). Purchase your (£10) wristband from Room C107

Saturday 2nd April marks the start of Ramadan, the holiest month of the year for Muslims, marking the revelation of the Qur'an to the Prophet Muhammad. Many Muslims will be fasting during daylight hours and this might mean that your peers and friends may need a little more support during this time. The SU invites you to join their free BBQ iftar, on 8 April from 7 – 9pm, behind the SU Lounge. Click the link below to find out more.

To find out what we're doing to improve accessibility across campus, [click here](#).

[To read the full EDI update click here.](#)



**Complete the  
Race Equality  
Charter (REC)  
survey today!**

Share your feedback to help us make the University a more diverse, equal and inclusive place.



## An Easter message from Chaplaincy



Holy Week is a time when Catholics gather to remember and participate in the Passion of Jesus Christ. The Passion was the final period of Christ's life in Jerusalem. It spans from when He arrived in Jerusalem to when He was crucified.

As the spring term draws to a close, and we look toward the Easter break, we wanted to provide a reminder of the services that will be taking place in the lead-up to Easter.

[Visit our Twitter page for the latest news](#)

## Academic Skills - Stress and Anxiety Top Tips

From [worries about exams](#), to feeling unsure about [what to do after graduation](#), to balancing work and study. There are a number of factors that can cause and impact Student stress. We've created some Top Tips to help you deal with anxiety, click the link below.

For more advice and support to help you get the best from your studies, we run a weekly study skills hub every Wednesday from 3pm – 4pm via Zoom. [Join Zoom Meeting here](#):

- Meeting ID: 843 1587 5845

**Academic Skills  
Top Tips**

**Managing stress  
and anxiety**



- Passcode: 529234

[Read our Top Tips here](#)



The sports awards are a chance for you to celebrate your favourite sports candidates for the amazing work they've done throughout the year.

This year's awards are being held at The Stoop, Twickenham. Some of the perks of attending the sports awards will be a lovely three-course meal, champagne, and an amazing dance floor alongside 2 bars!

Key information:

- Date/time: Friday 1st April 2022 from 7pm-1am
- Travel will be arranged TO the venue
- Ticket prices: £43 (Sports awards only) and £50 (Combined varsity and sports dinner)

[Check the SU Instagram page for updates on Varsity and Sports Dinner](#)

## Key dates for your diary



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

- 28 - 3 April - [World Autism Acceptance Week](#)

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

- 4 -8 - REC Survey campaign
- 8 - [SU free BBQ iftar 7 – 9pm, behind the SU Lounge](#)
- 19 - Sport track closes for refurb
- 30 - NSS closes

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

St Mary's University 2021  
Click [here](#) to unsubscribe or to change your Subscription Preferences.

Click [here](#) to view this email in your browser.