



St Mary's University



December 2023

Hello Simmie,

The Student Newsletter is sent to your student email every month. The next newsletter will be sent in the New Year. If you have any comments or feedback you'd like to share about the newsetter, you can do so [here](#)!

If you have any questions please email ourfuture@stmarys.ac.uk.



Support available over the Christmas break

While the University is closed over the Christmas period, there is support available if you need it. Take a look at our '[Christmas Resources](#)' page for a range of different support options and information.

The Library will remain open 24/7 for students to access who have a valid St Mary's ID card.

Security will be available on campus (24 hours) and can be contacted on 020 8240 4335.

Reconnect Week is Coming!

We are excited to be able to bring you the dates for Reconnect Week 2024!

From Monday 22nd January until Friday 26th January, we will be hosting a wide range of exciting events to welcome you back to campus.

Save the date in your diary, and look out for more information in your email in the coming weeks. We look forward to seeing you there!

Any questions please email ourfuture@stmarys.ac.uk.



Service spotlight of the month

Each month we'll be putting the spot light on a key service so you know what support is available to you. Last month we shared information on [Student Funding](#), the Wellbeing Service is under the spotlight!

The Wellbeing team consists of trained Mental Health Advisors, Disability Advisors, and Counsellors who provide a range of advice and support options.

You can also access a variety of external support options, some of which are available 24/7, such as Togetherall - an online platform that can be used to help you access trained counsellors if you need it.

You can find the team up in Student Services, on the second floor of J Block, between 9am - 5pm Monday-Friday or you can email them: wellbeing@stmarys.ac.uk

[Find out more about the Wellbeing Service.](#)



Are you taking exams in January 2024?

If you're sitting exams in January 2024, find out when and where your exams are taking place by reading our ['exam timetable' article](#).

There are some important things you need to note before taking your exams, so please ensure you've

read '[Examinations Arrangement](#)' which covers things like where to find the exam venue, what you should and shouldn't bring with you, rules about behaviour in exams, what to do if you're ill on the day, and so on.

We've created some [top tips and advice](#) to help you prepare for your exams.

Best of luck with your exams.



SMU Sports teams off to a flying start

We are almost half-way through the 2023/24 season, with the last of the semester one fixtures this week. It has been a mixed bag with some top performances on and off the pitch. Results wise we have the following teams sitting at the top of their leagues: men's badminton, women's futsal (unbeaten), women's hockey, men's lacrosse (unbeaten), and men's tennis (unbeaten). Lacrosse have stormed ahead with fundraising amassing a total of £3,756! Netball are in second with £1,483 and men's rugby union a close third with £1,260.

In rugby league news, a huge congratulations to Luciano Bejanidze, Euan Parke, Jack Howorth, Jake Molloy, Ben Cox, Vikram Sanga, and Ben Hillman on being selected for the South Eastern Universities squad. Best of luck!

Student sport starts up again the week commencing the 15th January.

[Follow Sport St Mary's on Instagram](#)



The SMSU 2024 Elections are coming!

Each year, SMSU runs their annual Elections, where you get to vote for your:

- Student Life President
- Education President
- Wellbeing Vice-President
- Inclusion Vice-President
- Postgraduate Vice-President
- International Vice-President
- NUS Delegate



If you think you know someone that would be a good fit for one of these roles – Get involved now by suggesting a Simmie via the link below!

Nominations for the Elections will open on 8th January 2024.

[Suggest a Simmie here!](#)

Calling all Final Year Undergraduate Students

The National Student Survey opens on 29th January. Don't miss your chance to provide feedback which will help us to shape St Mary's. By completing this survey, you'll also be helping other students to make an informed decision about their choice of course and university.

Further information will be shared in the New Year. If you have any questions, please email ourfuture@stmarys.ac.uk.



Win a £100 Amazon Voucher!

Complete our short survey about your views on barriers to student success at St Mary's and be in with a chance to win one of two £100 Amazon Vouchers!

More information can be found [here](#).

If you have any questions please email: nicola.smith-wilson@stmarys.ac.uk and nikki.anghileri@stmarys.ac.uk.

[Complete the survey](#)



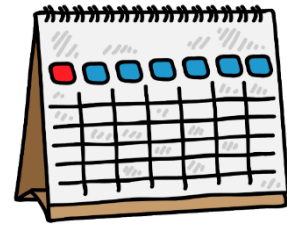
Things to note:

- Take a look at [what is on at The Exchange](#) over Christmas.
 - Are you ok? If you or someone you know has experienced or witnessed an incident, you can [tell us anonymously or ask to speak to an advisor](#).
 - Take a look at which [societies](#) you can join.
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Dates for your diary

January 2024

- 10 - Nominations for the SMSU elections open
- 22 - 27 - Reconnect Week
- 28 - Semester two begins
- 29 - The National Student Survey opens



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

