



STUDENT SUPPORT BULLETIN

ISSUE 4 – FRIDAY 5TH NOVEMBER 2021
ACADEMIC YEAR 2021-2022

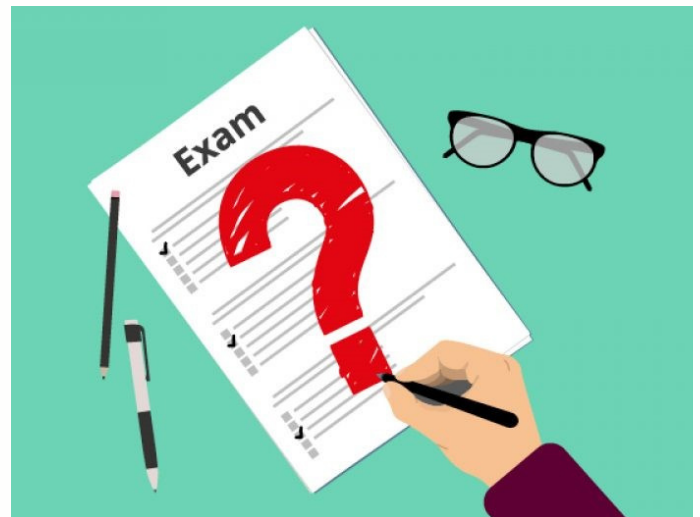
Welcome

Welcome to Issue 4 of the Carshalton and Merton College Student Support Bulletin.

We hope that you find the below information useful. Remember, the Student Support Bulletin is for you, so if there is anything you would like more information on or have any questions, feel free to e-mail the Student Support team at ccstudent.support@stcg.ac.uk

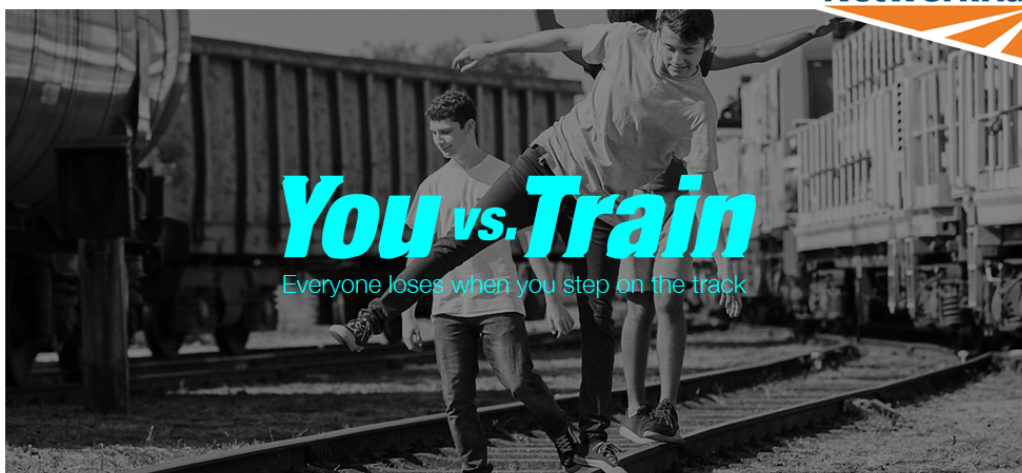
Exam stress

Some students have been taking their GCSE exam resists recently. Good luck to all of you who are! We appreciate and recognise that exams can be stressful times. Because of this, there have been information and resources put on the Wellbeing Hub Moodle page to support you during this time. You can access the page [HERE](#).



Network Rail - Safety Video

Unfortunately, recently there has been a high level of young people trespassing on train tracks. Because of this, a video has been produced to remind you of the dangers, not only for yourselves but others too. To watch the video, click [HERE](#) and enter this e-mail address railsafety@learnliveuk.com in to the 'I have registered' box.



November Wellness Calendar

New Ways November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					

ACTION FOR HAPPINESS

Happier · Kinder · Together

NO MATTER WHAT PEOPLE TELL YOU, WORDS AND IDEAS CAN CHANGE THE WORLD

Robin Williams



@carshaltonmertoncollegesupport