



SJR NEWSLETTER

07/05/26

THOUGHT OF THE WEEK

“ Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. ”

-Leo Buscaglia

DATES FOR YOUR DIARY

- * **Summer Term College Mass Dates:**
15th May, 5th June, 19th June
- * **Mental Health Week**
W/c Monday 11th May
- * **May Half Term**
W/c Monday 25th May
- * **Performing Arts Jazz Concert**
Monday 15th June
- * **Stem Awards Evening**
* Wednesday 17th June

PRAYER FOR THE WEEK



May the path that Christ walks bring justice upon the earth, to bring light to those who sit in darkness, to bring out those who live without freedom, to bring new things to all creation: may this path run through our life. May we be the road Christ takes. Amen.



FINLEY RETURNS TO SHARE HIS STORY THIS TIME BRINGING



We were honoured to welcome Finley from K.E.S C.I.C (Ketamine Education Support) back into college for another powerful session with our students.

conversation around substance misuse. The session was also filmed by ITV for an upcoming documentary, helping Finley's message reach an even wider audience.

Finley shared his personal story with honesty and courage, offering a vital first-hand insight into the realities and consequences of ketamine addiction. His visit encouraged students to reflect, challenge misconceptions, and engage in meaningful

A huge thank you to Finley for returning to speak so openly with our students, and to George and Andy for coming in to film. We look forward to seeing the documentary and continuing to support conversations that truly matter.





NOTICES



IMPORTANT PARKING GUIDANCE

As part of our commitment to respecting the local community, we kindly ask all students, parents, and carers to be **mindful of local residents and farmers when parking, and during college drop-off and pick-up times.**

If you wish to park on the college site, please ensure you **arrive early**. Please **park respectfully without blocking access**, consider **car sharing**, and use **public transport** where possible. Your car must also be **registered at Reception**.

-  **Don't block other cars**
-  **Park safely and legally**
-  **Respect local residents**
-  **Register your car at Reception**

Thank you for helping us respect our neighbours and keep everyone safe.

EARLY APPLICANTS 2027 ENTRY TALKS

- Newcastle** – in-person – 20 May - 12:15-13:45 (H002)
- Leeds** – in-person – 3 June – 12:30 (H002)

LEVEL ONE CAKE SALE

Our Level 1 students are hosting a charity cake sale. All proceeds will be donated to charity, supporting our students in making a positive community impact.

Cake delivery: Tuesday 12th May (to staff bases)

FUTURE ENTREPRENEURS CHOCOLATE STRAWBERRIES

On Tuesday, the Future Entrepreneurs team sold strawberries and chocolate sauce in the conservatory at Lunch to raise profits to fund a trip to visit a local business.



FIRST MONTH AT JD GYMS FOR **£5**

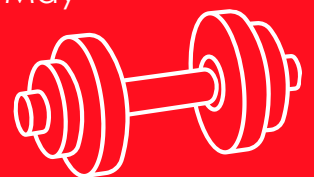


Code valid until the 11th May

Use the promo code

SJRJD5

for **JD Gyms Wigan**.



This code will offer **students/staff £5 for their first month**, then it's the normal monthly fee of £29.99 thereafter.

COLLEGE LIFE

PARENTS' INFORMATION EVENING SUCCESS!

Our recent Parents' Information Evenings were an incredible success! **Tickets sold out within hours of release**, leading us to introduce a second evening with two sessions.

This year, we introduced a fresh, more conversational format, which was extremely well received by parents and created a more engaging and dynamic experience.

A huge thank you goes to our IT and Marketing teams, David, Amy and our fantastic Facilities team for ensuring everything ran smoothly and looked spectacular.



HISTORIC DARTING DEBUT

SJR Darts Team made history last week participating in the first ever AoC North Regional Darts Competition at Chaukees Ellesmere Port.

The team finished the group stages in pole position winning all 5 games. They then met a competitive Blackburn College team in the Quarter Finals, narrowly losing 3-2.

The team showed composure throughout and thoroughly enjoyed the inaugural event.

A FANTASTIC SEASON FOR OUR MENS FOOTBALL TEAM

A fantastic season for the SJR Men's Football Team, who pushed a tight title race right to the very end and secured an impressive second place finish. A huge achievement, showing great determination, teamwork and spirit throughout.

20% OFF

Simply show your student /staff ID at the counter to receive 20% off!

THE OLD BANK

COFFEE & WINE BAR

View their website here



SUCCESS OUTSIDE OF THE CLASSROOM!

GEORGE'S SUPER LEAGUE DEBUT

Year 13 student George Marsden made his Wigan Warriors debut this weekend at just 17, and looked right at home.

We're incredibly proud to support students like George. During his debut, George lined up alongside fellow St John Rigby College alumnus Junior Nsemba, with both players demonstrating outstanding effort and determination. Well done George!



RUGBY OFFICIATING SUCCESS FOR ESMAI & DARCY

Esmai Wright (Year 13 A Level) and Darcy Howe (Year 12 Sport and Exercise Science Extended Diploma) were recently selected to officiate the English Schools Year 11 Girls National Rugby League Final in Hull.

Esmai was in the centre as referee and Darcy was the touch judge.

A fantastic accolade for both of them at such a young age, and both ones to watch in the future of Rugby League officiating.

10% OFF

View their
website here



AT THE LITTLE GREEN PLATTER COMPANY!

We're so proud of **SJR alumni** Karen, founder of **The Little Green Platter Company**, now running an award-winning artisan cheese, fine foods deli and catering business.

We're incredibly grateful she chose to share her journey with us, and even more proud to see her success highlighted within our Business courses, serving as a daily source of inspiration for our students.

Simply show your student / staff ID at the counter to receive 10% off sandwiches or salads!

THE
little
GREEN
platter
COMPANY

INFORMATION BOARD

EXAM TIMETABLES

You should have received your A Level exam timetable by email, confirming dates and times.

Please check it carefully and report any issues to Exams in A005.

If you've been asked to collect your timetable due to an exam clash, please do so as soon as possible, so the Exams Officer can explain the process for the day, including supervision arrangements.

A-LEVEL EXAM SEASON COMMENCING

The A-Level exam season is fast approaching.

Please ensure that you:

- ✓ Check your individual exam timetable carefully.
- ✓ Arrive at least 15 minutes before each exam.
- ✓ Bring all necessary equipment (pens, pencils, calculator, etc.).
- ✓ Follow all exam regulations and instructions provided by staff.

We encourage all students to maintain a balanced routine, including adequate rest, revision, and wellbeing support where needed.

If you have any questions or require additional support, please contact your teachers or the exams office.

GOOD LUCK IN YOUR EXAMS!

LEAVERS SURVEY – OYC AND YEAR 13

We hope you are enjoying your final half term at St John Rigby College and attending all lessons to gain the support to prepare for your final assessments.

Student voice is extremely important to us as a college and therefore we would like to gain your feedback on your time at SJR.

If you have been unable to complete this in tutorial, please click the link:

[CLICK HERE
FOR MORE INFO](#)



FREE ONLINE EVENT

As GCSE and A Level exams approach this May, it's natural for students to experience increased pressure.

Supporting wellbeing alongside academic preparation is essential, and the right strategies can make a real difference.

We'd like to highlight a free online session designed to help students manage exam anxiety and build confidence.

Managing Exam Stress – Pathway CTM

[CLICK HERE
FOR MORE INFO](#)



This session aims to equip students with practical tools to:

- Manage stress and anxiety effectively
- Improve focus and concentration
- Approach exams with greater confidence and resilience

VISIT OUR
CAREERS PAGE



CAREERS

UNIMYTHSBUSTED!

UniMythsBusted are offering a series of Webinars to support your decision making over the next few months.

The first webinar, Demystifying Jobs of the Future, is now available.

SJR MENTORING SCHEME

Our students have been supported by a fantastic group of mentors, helping them prepare for their next steps after college.



Through sharing their experience and advice, our mentors have helped students build confidence and gain valuable insight into careers and higher education pathways.

We'd like to say a huge thank you to all our mentors for their time, support, and inspiration, it's making a real difference!

WEBINAR HUB – UNIMYTHSBUSTED

CLICK HERE TO
FIND OUR MORE



CHAT WITH CAROL

Our Careers Advisor Carol Charnock is based in the library office and is available for **1:1 discussions from day one** of your time at SJR.

To make an appointment or for some information/guidance, please email:

careers@sjr.ac.uk

CLICK HERE
TO BOOK YOUR CHAT WITH

CAROL



TRIPS TRIPS & MORE TRIPS!



UNIFORMED PUBLIC SERVICES VISIT SCOTSMAN'S FLASH

Students from the Uniformed Public Services course recently visited Scotsman's Flash, where they took part in a range of exciting water sports, including kayaking and paddleboarding. This trip formed part of their Outdoor Activities unit, designed to help students develop key skills such as

teamwork, resilience, and confidence. Throughout the day, learners had the opportunity to put their practical abilities to the test in a real-world environment, building both competence and self-belief while working together to overcome challenges on the water.



SCHOLARS PROGRAMME GRADUATION IN MANCHESTER!

On 28 April, as part of the Gifted Student programme, St John Rigby College students attended their Scholars Programme graduation at The University of Manchester.



The event marked the completion of a series of tutorials and a 2,500-word undergraduate-style essay on managing an ageing population. Students also heard talks on applying to competitive universities and took part in a campus tour.



The day concluded with a graduation ceremony, where students received certificates in recognition of their achievement.

An engaging and thought-provoking experience, the event gave students a valuable insight into studying at a prestigious university.

Working Together to Support Families. Click the link below to find out what support is available to you and your family.

[CLICK HERE FOR MORE INFO](#) 

SAMARITANS

Phone - 116123 (24/7, free from all landlines and mobiles)

Email - jo@samaritans.org (Response time: 24 hours)

Website - samaritans.org, Post - FREEPOST, [Samaritans Letters](#)

(Note that the postal address above is correct with only three words, this is sufficient for the letter to be sent) Samaritans provide emotional support to anyone who needs it. The service will listen - they won't tell individuals what to do or judge them and will give them the time they need. The service aims to reach out to groups at high risk of suicide, but callers do not have to be suicidal to talk.

Whatever you're facing We're here to listen

SAMARITANS
Call free day or night on **116 123**

WELLBEING AND SUPPORT

THE WELLBEING TEAM

Our Wellbeing Team is available for anyone who needs support or someone to talk to.



CAITLIN BOOTH
STUDENT WELLBEING COORDINATOR



KAREN KANE
COLLEGE COUNSELLOR



FRAN ABBOTT
MINDFULNESS PRACTITIONER

WIGAN BOROUGH USEFUL CONTACTS

The services below are available to support wellbeing, health, and safety.

Make appointment with your GP (First port of call)

The crisis line 24/7 – **0800 051 3253**

Think wellbeing self-referral – **01942 764449**

We Are with you (substance abuse)-**01942 487578**

Domestic Abuse Service-**01942 311365**

MENTAL HEALTH RESOURCES

The team is available 24 hours a day, seven days a week, 365 days a year.

[Find out more here](#) 



URGENT MENTAL HEALTH

The team is available 24 hours a day, seven days a week, 365 days a year.

[Find out more here](#) 



CHILDLINE

Telephone: 0800 1111 Help is available 24 hours a day, 7 days a week.

[Find out more here](#) 



MIND

Infoline - 0300 123 3393 (9am-6pm, Monday to Friday) Text - 86463

[Find out more here](#) 



BEAT

Infoline - 0808 801 0677 - 3pm-8pm, Monday to Friday.

[Find out more here](#) 



KOOTH

+44 20 3398 9048
contact@kooth.com

[Find out more here](#) 



THE WELLBEING ROOM

We also have a dedicated Wellbeing Room on campus where students can take time out, relax, and access support when needed.



MEET COCO! OUR THERAPY DOG!

Coco, our therapy dog, and his handler Caitlin offer a calm, friendly space every Thursday in **D003** for students who want to relax or chat.

