



SJR NEWSLETTER

15/05/26

THOUGHT OF THE WEEK

“ In a world where you can be anything, be kind.” -Clare Pooley

DATES FOR YOUR DIARY

- * Summer Term College Mass Dates: 15th 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



Lord, I pray for wisdom, a joyful heart and fearless spirit. May You supply our needs today, and help me to spread kindness to others this week. Thank You for the gift of this new week. Amen.



YASMIN GOES FOR GOLD AT THE GREATER MANCHESTER COUNTY CHAMPIONSHIPS

A fantastic weekend for Yasmin at the 2026 Greater Manchester County Championships, which took place on 9–10 May at Leigh Sports Village.

She delivered an outstanding performance in the throws events. Yasmin produced a season’s best performance in the discus to claim the County Championship gold medal, showing great consistency

and composure throughout the competition. She followed this up with another strong display in the shot put, earning an excellent silver medal to round off a hugely successful weekend.

A brilliant achievement to come away with two county medals, including a gold and SB performance.

Well done Yasmin!

NOTICES



CHINESE CULTURE CLUB LAST SESSION OF TERM!

Monday will be our last Chinese Culture Club before half term.

As it is exams season, there are de-stress activities for everyone to enjoy.

Come
& join
us for:



TEA TASTING



TAI CHI



CALLIGRAPHY

Head down to C003 at lunchtime on Monday.

SJR SUMMER BBQ NEXT WEEK!

Join us this Friday at lunchtime for our Leavers' Summer BBQ, grab your £1.50 ticket from Starbucks and enjoy great food served from the conservatory, live music, and a singer to kick off the celebrations!

**TICKETS
JUST £1.50**



EXAMS



Exam season is here and you are all doing so well!

Make sure you're fully prepared and keep a balanced routine with plenty of rest, revision, and time for your wellbeing.

- ✓ **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.**
- ✓ **Be mindful of exams when walking around**

If you need any support, don't hesitate to speak to your teachers or the exams office.

Let's finish strong, Good Luck everyone!

LIFE AT SJR



MENTAL HEALTH AWARENESS WEEK ACTIVITIES!

This Mental Health Awareness Week saw a range of fun lunchtime activities to help raise awareness and funds for mental health charities.



On Wednesday, our Bingo event raised money for two fantastic local organisations: Andy's Man Club and the Well Women Centre, both providing vital support within the community.

We've loved seeing everyone get involved, thank you to all who donated and supported these important causes.



PIE IN THE FACE FUNDRAISER!

Members of staff will be taking part in Trek26 in support of Alzheimer's Society, raising money to help fund vital dementia research, support services, and campaigning.

Staff are proud to be taking on this challenge to raise awareness and contribute to the important work carried out by Alzheimer's Society.

In college next Tuesday 19th May, staff will be taking part in a Pie in the Face to raise money for Alzheimer's.

COME & JOIN US FOR:

- Pie in the face
- Cake Sale
- How many sweets in the jar



EARLY APPLICANTS 2027 ENTRY TALKS

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

[CLICK HERE TO DONATE!](#)



SUCCESS OUTSIDE OF THE CLASSROOM!

AMAZING APPRENTICESHIP NEWS!

We are delighted to share some fantastic news from our Year 13 students!



Two of our students have recently secured highly competitive Level 6 apprenticeships with BAE Systems, starting this September. Ellis Garside is one of the students who has successfully secured one of these apprenticeships.

This is an outstanding achievement and reflects the students' hard work, dedication, and ambition. We are extremely proud of them both and look forward to seeing all they accomplish in the future.

One student will be based at the Preston site, training as an Aerospace Engineer, while the other will join the Barrow site to pursue a career in Mechanical Engineering.

SJR MENS FOOTBALL TEAM FINISH 2ND IN THE LEAGUE!

From the outset, SJR were part of a tightly contested title race, staying in contention through strong teamwork and determination.

A narrow 5 - 4 defeat in the closing stages left their title hopes hanging, and results elsewhere saw them finish as runners-up in a competitive league.

A fantastic achievement overall, well done to all players and staff on a season to be proud of!



THOMAS' GOLF SUCCESS!



Huge congratulations to student golfer Thomas, who delivered an outstanding performance at the national finals held at Sherwood Forest Golf Club on 7 – 8 May 2026.

Despite missing two qualifying rounds, Thomas' strong performances secured his place in the finals. Competing against 60 of the top collegiate golfers in the country, he achieved an impressive tied 8th gross and tied 6th nett finish.

This is a fantastic achievement and a testament to Thomas' hard work, dedication, and talent. The college is incredibly proud of his success and the professionalism he showed in representing us on the national stage.



VISIT OUR
CAREERS PAGE



CAREERS

Y12 FUTURES DAY University Visits 12th June 2026

All Year 12 Level 3 students will attend a University Futures Day as part of the Futures Programme (attendance is compulsory).

Students will visit a university organised by the college to experience campus life and explore progression options, including degrees and apprenticeships.

Choosing your visit:

- Select a first-choice and second-choice universities.
- Places are limited, so you may be allocated either option.

CLICK HERE TO
BOOK YOUR PLACE



Deadline: 22 May 2026

Late submissions may result in a University being allocated automatically

UNIVERSITY OPEN DAYS

CLICK HERE TO
FIND OUR MORE



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



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.

