



# SJR NEWSLETTER

22/05/26

## THOUGHT OF THE WEEK

“ You are you and that is all you need to be. ”

Unknown Author.

## DATES FOR YOUR DIARY

- \* **May Half Term**  
W/c Monday 25<sup>th</sup> May
- \* **Summer Term College Mass Dates:**  
15<sup>th</sup> June, 19<sup>th</sup> June
- \* **Performing Arts Jazz Concert**  
Monday 15<sup>th</sup> June
- \* **Stem Awards Evening**  
Wednesday 17<sup>th</sup> June

## PRAYER FOR THE WEEK



Let's pray for those about to sit exams, that nothing may prevent them from doing as well as they deserve. Lord, in your mercy, hear our prayer.



# GOLD CREST STEM AWARD WINNERS!

A huge well done to our STEM students who recently achieved their CREST Gold Award.

**Matthew's Project:** *Electric Cars: are they sustainable and are there any alternatives?*

The Crest Gold Award challenges students to take the lead on their own STEM research project, developing their skills that go far beyond the classroom.

An outstanding achievement alongside their studies and a fantastic boost for their future applications.

**Emily's Project:** *How do recreational drugs affect the nervous system?*

We are proud to support our students with academic projects where they can showcase the abilities and commitment.

# NOTICES



## WIGAN PRIDE T-SHIRT DESIGN COMPETITION

Wigan Council is launching a T-shirt Design Competition for Wigan Pride, and we want to see your ideas. The winning design will inspire the official 2026 T-shirt.

The winner will receive their own T-shirts, be featured across social media and a press release, and attend Wigan Pride on Saturday 8 August to be congratulated on stage.

Get creative and show us what Pride means to you!

Send your entry to:  
[Caitlin.Booth@sjr.ac.uk](mailto:Caitlin.Booth@sjr.ac.uk)



## GREATER MANCHESTER YOUTH CENSUS 2026

We would love to get as much engagement and responses from young people as possible for Wigan, so please share widely and encourage participation from anyone aged 11-30 to complete the survey.

[CLICK HERE  
TO ACCESS](#)



Wigan Council

## ALZHEIMER'S SOCIETY FUNDRAISER

A team of staff from St John Rigby College are taking on a 13-mile trek through the Lake District to raise money for Alzheimer's Society.

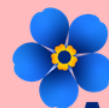
This cause is deeply personal to many of us, and we've seen the impact dementia has on individuals and families.



By taking on this challenge, they are supporting the incredible work the charity does in funding research, care and support.

Every donation, big or small, makes a difference. Thank you for being part of this journey.

[CLICK HERE  
TO DONATE](#)



Alzheimer's  
Society

# SUCCESS OUTSIDE OF THE CLASSROOM!

## NODA AWARDS WINNERS

### CELEBRATING THE SUCCESS OF BEN AND SCARLETT



Huge congratulations to two of our Year 12 BTEC Performing Arts students, Ben Whitter and Scarlett Glanfield, on their incredible success at the Regional NODA Awards!

After first winning at the District 6 NODA Awards in March, Ben and Scarlett went on to achieve further recognition at the Regional Awards evening, where they were presented with the award for Best Comedy Performance in a Youth Drama for their roles as Narrators 1 & 2 in 10 Ways to Survive the Zombie Apocalypse.

The production, performed in December by our Year 12 BTEC Performing Arts students as part of their Unit 34 assessment, showcased the talent and dedication of the entire cast, with Ben and Scarlett playing integral roles throughout.

To receive this award at a regional level across the North West is a fantastic achievement, and we are incredibly proud of them both.

**WELL DONE  
BEN &  
SCARLETT!**



## LEVEL TWO AWARD WINNERS

At our End of Year Assembly, we celebrated the achievements of our Level Two students.

Awards recognised their hard work, progress, and positive contributions, and we are incredibly proud of all they've accomplished.



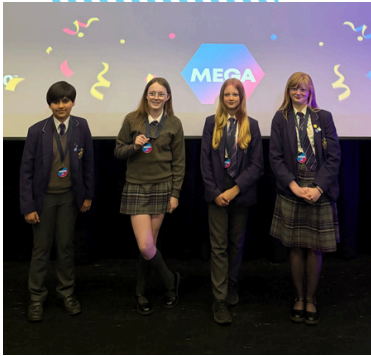
Congratulations to all our award winners and to every student for a fantastic year!

# LIFE AT SJR



## MEGA DAY

### ACTIVITIES!



On Monday, we welcomed Year 8 students from Lowton COE and Golborne High School to SJR for an exciting MEGA Day delivered by IN4 Group.



Students took part in hands-on activities, including using AI prompts and building Lego rhino robots, giving them insight into AI, cyber, robotics and digital technologies.



Supported by Wigan Council and GMCA as part of MBacc's Digital and Technology Gateway, the event also highlighted future digital career pathways.

A huge well done to all involved – we were proud to host such an inspiring day.

## MENTAL HEALTH AWARENESS WEEK



Mental Health Awareness Week featured a range of fun activities, including a carnival, karaoke, bingo, Go Green Day, and a colourful catwalk.

Thank you to everyone who contributed to our new Wellness Garden, please continue to enjoy it, and remember **support is always available.**



VISIT OUR CAREERS  
NOTICEBOARD



# CAREERS

Make sure you check our **careers noticeboard** for information on current apprenticeship vacancies, events and work experience opportunities.

## SEVERAL LOCAL UNIVERSITIES **SUPPORT** DEGREE APPRENTICESHIPS

Check out their websites for more information:

LIVERPOOL JOHN  
MOORES UNIVERSITY



MANCHESTER  
METROPOLITAN  
UNIVERSITY



UNIVERSITY OF  
LANCASHIRE



UNIVERSITY OF  
SALFORD



UNIVERSITY OF  
BOLTON



## 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](mailto: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](tel:116123) (24/7, free from all landlines and mobiles)

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

Website - [samaritans.org](http://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](mailto: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.

