



# SJR NEWSLETTER

15/06/26

## THOUGHT OF THE WEEK

“ Be the change that you wish to see in the world. ”

*Mahatma Gandhi*

## DATES FOR YOUR DIARY

- \* **Performing Arts Jazz Concert:**  
Monday 15<sup>th</sup> June
- \* **Stem Awards Evening:**  
Wednesday 17<sup>th</sup> June
- \* **Summer Term College Mass**  
**Date:** 19<sup>th</sup> June
- \* **HE Apprenticeship Evening:**  
Thursday 25<sup>th</sup> June
- \* **RigFest:**  
Saturday 27<sup>th</sup> June

## PRAYER FOR THE WEEK



God, forgive me for the times I get carried away by my emotions or let them control me. Help me to find compassion for myself and others who are experiencing the same emotional rollercoaster.

Grant me the ability to move forward with grace and kindness this week. Amen.



# GOLD DofE AWARD CEREMONY AT BUCKINGHAM PALACE

A huge congratulations to 15 of our outstanding students who proudly received their Gold Duke of Edinburgh's Award at Buckingham Palace last week!

This prestigious honour represents an extraordinary journey of dedication and resilience. Over many months, our students committed to:

- ✔ 12 months of volunteering
- ✔ 12 months of physical activity
- ✔ 6 months of developing a new skill
- ✔ A challenging 4-day expedition
- ✔ A 5-day residential experience

Their determination, teamwork, and perseverance truly set them apart, and we couldn't be prouder.

An amazing accomplishment and an unforgettable experience, well done to every one of you!



# BULLETIN

## PSYCHOLOGY AT THE UNI OF LANCASHIRE

Psychology students enjoyed an engaging visit to the University of Lancashire in Preston, gaining insight into psychological research and realistic applications.

They explored topics such as facial memory and schemas, including how these influence eyewitness recall, and took part in a research study on how unusual information can improve memory.



Students also attended a session on disaster psychology, examining behaviour and decision-making in high-pressure situations.

The day ended with a tour of the university's facilities, offering a valuable glimpse into studying psychology at a higher level.



## BGT ALUMNI SUCCESS!!

We are incredibly proud of SJR Alumni Maisy Beach, who reached the final of ITV's Britain's Got Talent as part of the LMA Dance Team.

Since studying Performing Arts at SJR in 2023, Maisy has gone on to achieve amazing success, including reaching the BGT Final and receiving a Golden Buzzer from Alesha Dixon.

We wish Maisy and the team the very best. Your SJR family is cheering you on!

## GEORGE'S SUCCESS IN PARIS!

Still only 17, George Marsden continues to balance his exams at St John Rigby College with his rising rugby career at Wigan Warriors.

His recent appearance against Catalans in Paris marked just the third senior game of his career, with head coach Matt Peet praising his outstanding performance made even more impressive as he left training earlier that week to sit an exam.

We are incredibly proud to support George as he successfully manages both his studies and sporting success.

### Well done George!



# 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



# TRIPS, TRIPS & MORE TRIPS!



## ART AND DESIGN STUDENTS VISIT THE CAPITAL!

Students braved the heat and an early start to enjoy a fantastic cultural visit to London's iconic Victoria and Albert Museum. During the visit, they explored an eclectic collection of art, design, and artefacts from around the world, gaining insight into a wide range of cultures and historical periods.



Following the museum visit, students took part in a walking tour of central London, taking in many of the capital's famous landmarks and sights. The day concluded in Covent Garden, where the warm weather finally caught up with everyone after a busy and enjoyable day of exploration.

The trip provided a wonderful opportunity for students to engage with art, history, and culture beyond the classroom while experiencing some of London's most celebrated attractions.

## PSYCHOLOGY TRIP TO CHESTER ZOO

On Thursday, Psychology students visited Chester Zoo, where they took part in guided tours exploring primate behaviour, focusing on monkeys, apes, and humans.

Students applied key concepts from class, including conditioning, attachment, and monotropic bonds, to understand how these influence development, survival, and social relationships.



They also learned about dominance and reproduction, exploring how behaviours such as ritualised aggression help establish authority and attract mates.

The visit brought classroom learning to life, and we thank Chester Zoo for their informative tours and warm hospitality.

# WHAT'S ON



## STAFF V STUDENTS DART AND DODGEBALL COMPETITION



We will be holding two staff v students competitions this month:

On **Wednesday 17<sup>th</sup> June** we will be holding a darts competition at lunchtime in H-Block.

On **Wednesday 24<sup>th</sup> June** we will be holding a dodgeball competition at lunchtime in the Sports Hall.

To sign up to play please email:

[Clare.mcgrath@sjr.ac.uk](mailto:Clare.mcgrath@sjr.ac.uk)



## SJR BIG GREEN WALK

As part of Big Green Week, we are organising a group walk on **Tuesday 23 June** from **1:00pm to approximately 3:30pm**.

The walk will cover around **6km** and is a great opportunity to enjoy the outdoors, support sustainability initiatives, and spend time with colleagues.

[SIGN UP HERE](#)



## 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.

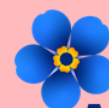
This cause is deeply personal to many of us, and we've seen the impact dementia has on individuals and families.



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.

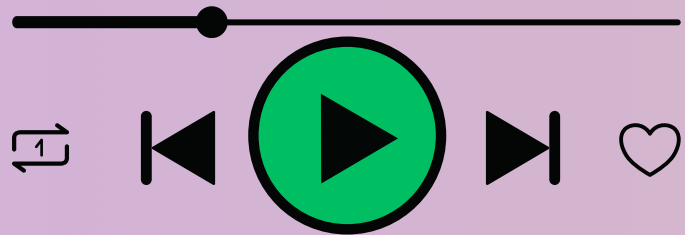
[CLICK HERE TO DONATE](#)



Alzheimer's  
Society



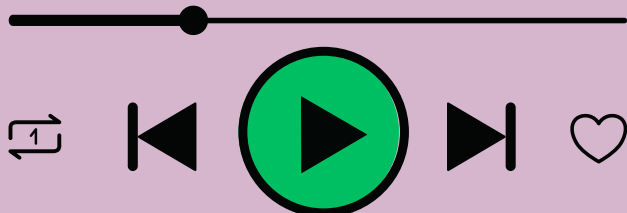
# SOUNDTRACK OF THE WEEK



**"I KNEW IT, I KNEW YOU"**

TAYLOR SWIFT

## STAFF SONG PICK OF THE WEEK



**"TAKE ON ME"**

A-HA



**JAMES**

VISIT OUR CAREERS  
NOTICEBOARD



# CAREERS

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

## SUTTON TRUST ONLINE

Support Year 12 students unsure about their future.

Check out  
their website  
for more  
info!

THE SUTTON  
TRUST WEBSITE



## C-TEC APPRENTICESHIP

**C-TEC** are looking to recruit an Apprentice Electronics Engineer who is looking to grow with the company and complete Higher and possibly Degree level qualifications alongside this role.

You would need to have a keen interest in the role, but also be self-motivated in order to complete relevant qualifications. This could be a great opportunity for the right person. For more information and to apply, please follow this link:

C-TEC  
APPRENTICESHIP



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 D Block 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 her handler Caitlin offer a calm, friendly space every Thursday in **D003** for students who want to relax or chat.

