

# STUDENT NEWSLETTER

## MAY 2021



**W**elcome to the May edition of your Student Newsletter. In this edition, we talk about some amazing success stories from our alumni, our new college food bank, Mental Health Awareness Week and your mental wellbeing tips, and more! We hope you find it useful and enjoyable.

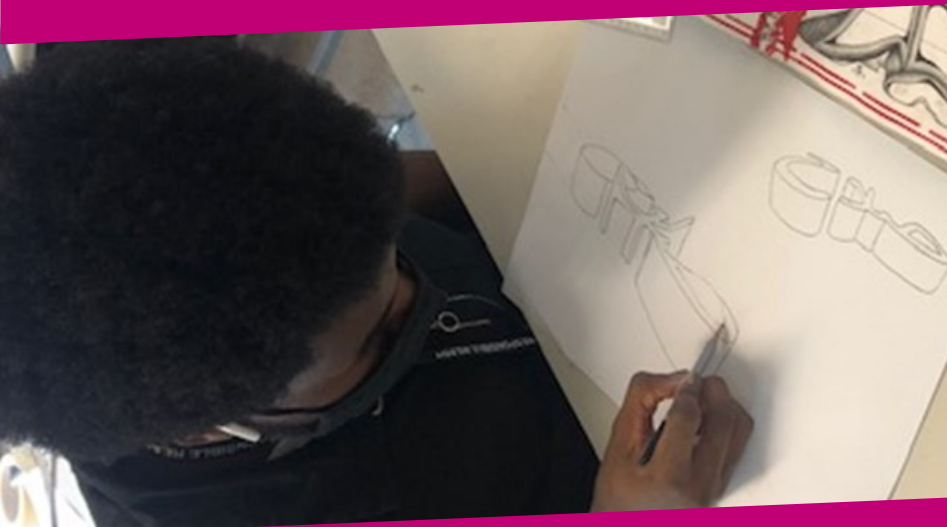
Brought to you by  
**STUDENT UNION** and **TOM DURNELL**

Got something you'd like to see featured in a future edition? Fantastic! Send it to [angela.tombs@sandwell.ac.uk](mailto:angela.tombs@sandwell.ac.uk)



**T**wo Acting students, Haven Donalds and Kelsey Hall, who, following their recent audition and interview process, have both secured places at the prestigious drama school ALRA North (Academy of Live and Recorded Arts)! Upon successful completion of their BTEC Level 3 Extended Diploma in Performing Arts (Acting) at Sandwell College, they will be undertaking a three year acting course at ALRA North. Furthermore, they have successfully secured funding to help cover their course fees and living costs through the government's DaDA (Dance and Drama Award) scheme. In order to secure the award, they "must show talent and a likelihood to succeed in the industry".

Haven and Kelsey will be appearing in a production of the acclaimed play 'Wendy and Peter Pan' in the Sandwell College theatre at the end of May.



**A**nother great success story: Mahmoud Suraj has secured a place on a BA architecture course at the University of Liverpool. Mahmoud was our Student Union President 2019-2020 and helped run union events; he has also represented young people in the Sandwell Youth Cabinet. We wish him all the success for the future.





**Gabriela Ostos-Delgado, 17**  
Supporting Teaching and Learning Level 2

**L**eaving behind part of your family and friends, moving to a new country, adapting to a new environment, new people, culture, and a foreign language can be tough, especially when you are only 15 years old. This is what I had to go through when I left my home country.

A year ago, I had no idea what I wanted to be or what I wanted to study, but lockdown made me think about all the things that teachers do for us so I decided to study Supporting Teaching and Learning at Sandwell College. Also, I like working with children and I know that there are many young people who arrive in this country with a poor level of English; I know how difficult it is to not understand anything and as a child it is a horrible experience.

Everybody has will and determination and we're all given the gift of life to use it to achieve our goals and follow our dreams.



**Touqeer Shahzad, 18**  
Painting and Decorating Level 2 student

**I** started at Sandwell College on 4 September 2019 and enrolled on Painting and Decorating Level 1. I also enrolled on Entry 3 English and Entry 3 maths; my English and Maths tutors, Pamrita Stacey, Darabeet Kaur were both lovely to me.

I enjoyed coming to college until March last year when the pandemic hit. We could no longer go into college anymore as the country shut down.

My lessons went online and I had to start learning from home. I felt really angry and stressed because I love doing lessons face-to-face in college. I didn't like lockdown because I was bored and had nothing to

do; no college, nothing.

After successfully completing Painting and Decorating Level 1 all the staff said they were really proud of me and said I had done fantastic. I moved on to Level 2 for my second year at the college and my tutor, David Price, was really nice and helped me with my coursework. I also moved on to Level 1 Functional Skills English where I've now got a support teacher, Harvender Panaser, to help me with my online lessons. I also have a support teacher in Level 1 Functional Skills Maths; their name is Sumrah Akram and she helps me with online lessons, too. I feel really happy because I love doing English and maths.

I now feel positive about my learning because I passed all the unit exams for Painting and Decorating Level 2 with help from my tutor, and for support, I have the best two support teachers, Harvender and Sumrah. I preferred the second lockdown because I had English and maths lessons whilst in the first lockdown I didn't. Not learning English and maths made me sad because I didn't have anything to do at home; I felt upset because I really missed seeing my friends and teachers at college.

All my teachers are really nice and friendly and help me to achieve my qualifications so I can achieve my goals.



## STUDENT NOTICES

### KEEP COVID AWAY

- ✓ **KEEP WASHING AND SANITISING YOUR HANDS**
- ✓ **KEEP SOCIAL DISTANCING**
- ✓ **KEEP HOME TESTING TWICE A WEEK**
- ✓ **KEEP WEARING FACE COVERINGS**

**STAY SAFE - THANK YOU!**

### PLEASE DON'T FEEL SHY



**If you're in need or struggling with sanitary products, visit either Reception, Safeguarding in room UG/21, or Welfare in the Hub, 3rd floor and ask for "a timetable that Patricia has left for you".**

**You will then be given a FREE discreet envelope with what you need; no questions asked.**

**THE CRICKET SEASON IS NOW UPON US, SO PLEASE REGISTER YOUR INTEREST IN THE COLLEGE CRICKET TEAM! IN LINE WITH CURRENT GOVERNMENT GUIDANCE, TRAINING SESSIONS AND FIXTURES HAVE NOW BEGUN. IF YOU ARE MALE OR FEMALE AND HAVE EXPERIENCE OF CRICKET, PLEASE CONTACT MATT HAMMETT FOR MORE INFORMATION.**  
[matt.hammett@sandwell.ac.uk](mailto:matt.hammett@sandwell.ac.uk)



**Can you help support your fellow students who need a little extra help?**

### SANDWELL COLLEGE FOOD BANK

**Suitable donations: non-perishable sealed food with a long expiration date & toiletries.**

**Please leave any donations with Welfare in The Hub, 3rd floor.**

**IF YOU'RE IN NEED OF FOOD: WELFARE NOW HAVE A SMALL SUPPLY OF TINNED/ PACKAGED FOOD AVAILABLE FOR FREE FOR THOSE WHO NEED IT. COLLECT FROM WELFARE IN THE HUB, 3RD FLOOR, CENTRAL CAMPUS. (WHILST STOCKS LAST)**



### WEST BROMWICH DARTMOUTH WOMEN & GIRLS CRICKET COACHING



#### WHO:

- All abilities welcome
- Women and girls

### FREE COACHING



#### WHEN:

Sunday's 12:30-2:30  
WBDCC  
Sandwell Park  
Birmingham Road  
West Bromwich  
B714JQ

#### CONTACT:

Indie Bharaj  
07578562538  
[westbromcricket@gmail.com](mailto:westbromcricket@gmail.com)

**ECB QUALIFIED COACHES**



# STUDENT NEWSLETTER

## STUDENT MENTAL WELLBEING TIPS

**SANDWELL  
COLLEGE**  
A CAREERS COLLEGE

Central  
Saint Michael's  
Sixth Form  
ALUMBERYSTREE SIXTH FORM

For Mental Health Awareness Week this year, we ran a competition to hear your top mental wellbeing tips. Congratulations to the winners: Susan, Mohammed Daud, Abdallah, and Jasmine!

### STUDENT MENTAL WELLBEING TIPS

for

### MENTAL HEALTH AWARENESS WEEK

*I like to completely switch off from what I'm currently doing and cheer others up by live-streaming my favourite games to distract others from their daily lives.*

— Annabelle Byrne, Sandwell

*It might feel uncomfortable to share how you're feeling with others, but doing so takes a load of weight off your shoulders and makes it easier to get through your day.*

— Barbara Joni, Sandwell

*You should just focus on what makes you happy and use self-care and self-love. These go a long way and can really help you out!*

— Rania Amer, Cadbury

*Don't let your mental health define you.*

— Susan Kumari, Central Saint Michael's

*Give yourself a rest when you need it and remember that you're only human.*

— Charleigh Lambert, Sandwell

*Taking action is always better than thinking about it.*

— Khizar Mirza, Central Saint Michael's

*Find an outlet to express your feelings; perhaps this is sports, dance or art.*

— Mohammed Daud Hussain, Cadbury

*Being active is not only great for your physical health, it allows you to connect with others and improve your mental wellbeing.*

— Umme Aiman, Cadbury

*Always speak to someone you trust, whether that be a friend or relative. Never suffer in silence.*

— Aminah Begum, Central Saint Michael's

*Stress is often unavoidable, but knowing what triggers it and how to cope with it is key to maintaining good mental health.*

— Abdallah Kasimu, Sandwell

*Go out for a walk; it's good to have a breath of fresh air, it will surely refresh your mind.*

— Nadia Parvin Lukman Hussain, Central Saint Michael's

*Nothing is more important than your mental health. Always put your health first and talk about how you're feeling.*

— Rebecca Gibbs, Sandwell

*Take a break but keep in touch; you might need to escape from reality for a bit to make time for yourself.*

— Alicia-Leigh Arnold, Sandwell

*Be sure to make yourself the number one priority in life. People might say it's selfish putting yourself first or above others but it's not, it's the most important thing for someone to do.*

— Jasmine Wignall, Sandwell

*Surround yourself with people who love and support you. Positive influences help greatly.*

— Delina Belay, Sandwell

*Get good sleep and do not overthink things.*

— Malaika Malaika, Sandwell

*Take one step at a time to avoid stress and mental exhaustion.*

— Rian O'Neill, Sandwell

*Always speak to others about your mental health.*

— Haider Raja, Cadbury



# STUDENT NEWSLETTER

## MENTAL HEALTH AWARENESS WEEK

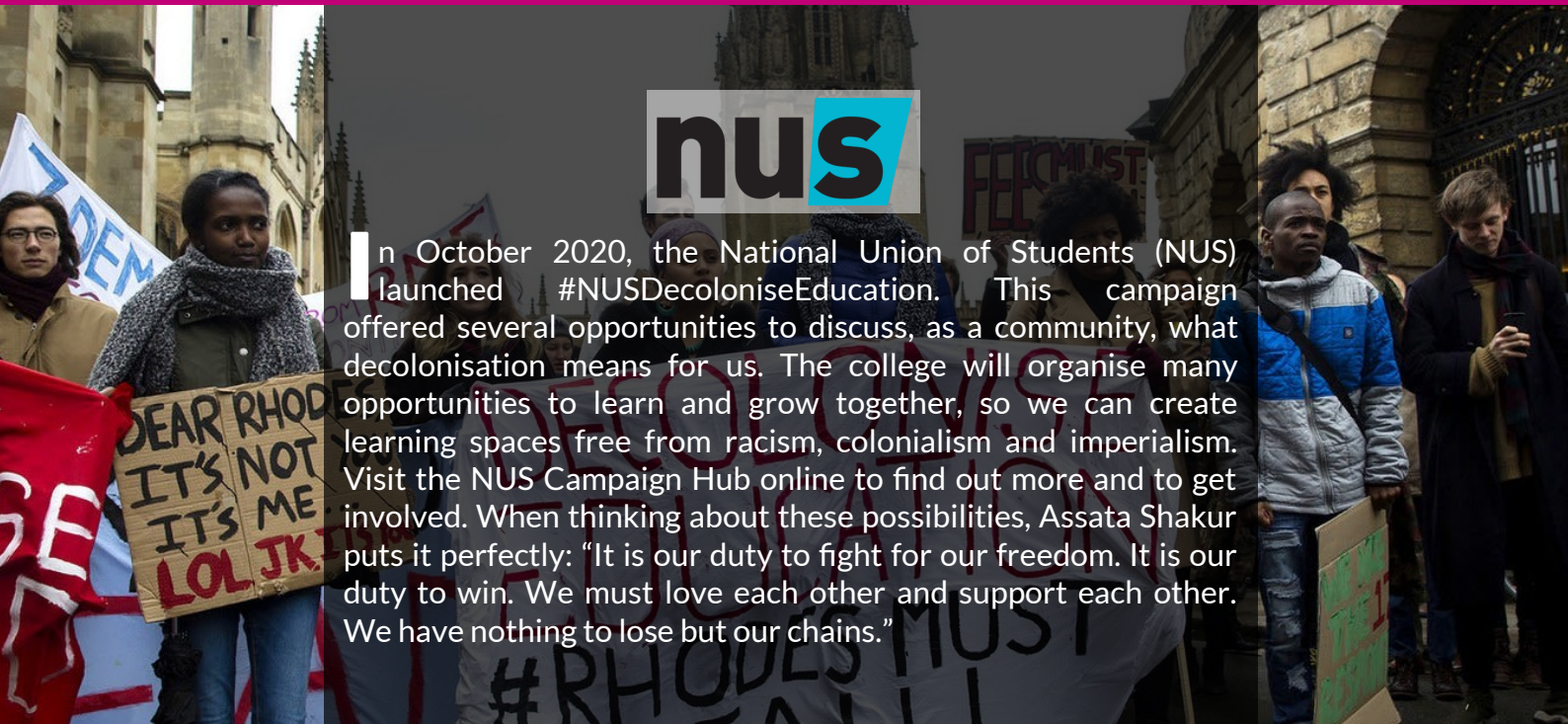
Lots went on at the college for Mental Health Awareness Week 2021.  
Here's some of the fantastic work that you did...

You completed some colourful balloons to reflect on why you're a good person, why you're unique, what your talents are, and what you're grateful for.



Our talented art students, Laura, Daisy, and Amy, made a mural for the Mentor's Room to create a tranquil and calming atmosphere for students.

You wrote some useful mental wellbeing tips for a beautiful origami project held by music lecturer and Mental Health First Aider Lauren.



In October 2020, the National Union of Students (NUS) launched #NUSDecoloniseEducation. This campaign offered several opportunities to discuss, as a community, what decolonisation means for us. The college will organise many opportunities to learn and grow together, so we can create learning spaces free from racism, colonialism and imperialism. Visit the NUS Campaign Hub online to find out more and to get involved. When thinking about these possibilities, Assata Shakur puts it perfectly: "It is our duty to fight for our freedom. It is our duty to win. We must love each other and support each other. We have nothing to lose but our chains."

### RESPECT EACH OTHER

17th May was International Day Against Homophobia, Biphobia and Transphobia.

We stand with our wonderful and diverse LGBT+ students and communities. We will continue to fight against hate.



# WE'VE GOT A **STUDENT WELLBEING WEBSITE!**

Scan this to go to the website:



Or go to [sites.google.com/sandwell.ac.uk/studentwellbeing](https://sites.google.com/sandwell.ac.uk/studentwellbeing)

- **LINKS TO LOTS OF INTERNAL AND EXTERNAL SUPPORT FOR A RANGE OF ISSUES**
- **WELLBEING RELATED ACTIVITIES**
- **UPDATED REGULARLY WITH USEFUL INFORMATION**