



Student Bulletin

10 January 2019

Reminder– End of the Day

College closes at 5.30. At this time, all students should have left or be leaving the college. We need to clear some areas (eg the social area) earlier than that for cleaning. Please don't cause us work by trying to stay later than you should. Thank you.



John Rubinstein

Health and Wellbeing

I have been appointed as the new Health and Wellbeing Manager replacing Sal. I will be based in the ground floor office of the Hockman Building; pop in to see me or email NSen@woodhouse.ac.uk.

Woodhouse Active

Woodhouse Active will re-commence next week. All students are welcome to take part in all activities. Just turn up and play! For the full timetable, please visit [Woodle > Information > Sport and Physical Activity](#).

3G pitch

The 3G pitch will be open for student use at the following times:

Monday – 12.30pm to 2.30pm
Tuesday – 12.15pm to 2.15pm
Wednesday – 1.15pm to 4.15pm
Thursday – 12.15pm to 2.15pm
Friday – 1.15pm to 2.15pm



Navin Seneviratne

Canteen Opening

Monday– Friday
7.30pm– 2.30pm

Help beat the cold, hot soup now available.



Old Football Boots

Remember to bring in your old football boots or 3g trainers so they can be recycled and used by community groups in our area.

There is a box in the social area .



Carol Kirkland

Biology in Action Talks

We are delighted to announce the 2019 Biology in Action talks.

The speakers will inspire and engage you in equal measure!!!!



Programme & Speakers:

- Who wants to live forever? Andrew Steele, Cancer Research UK
- The 100,000 genomes project and beyond, Vivienne Parry, Genomics England
- Sound science or fake news? Insights from the world of biomedical publishing, Sabina Alam, Taylor and Francis
- The biology of cancer, Clare Isacke, Institute of Cancer Research
- Everest lab - the science of high altitude survival, Greg Foot, Science presenter and communicator.

Please sign up on Woodle Events, the cost of this trip is £25.

Joanna Lawrence

Networking With Black and Asian Barristers

An ex-student has been in touch. She is Events Officer at Kings College, London. She has organised an events with over 60 barristers attending. Even if you are uncertain if you want to be a Barrister, Solicitor or if you want a career in law at all, attending might be worth your while as Barristers can offer invaluable advice for students contemplating a career in law, and for those choosing or considering undergoing an LLB/GDL/MA/Graduate Entry in Law.



You have to get a free ticket to attend: <https://www.eventbrite.co.uk/e/networking-with-black-and-asian-barristers-tickets-46547494810>.

Imperial College Summer Schools

Applications will open on **Wednesday 9 January**. Please see this [Application link](#).

Pathways to Medicine– Closing Soon!

Pathways to Medicine consists of activities that run throughout Years 12 and 13 to help prospective students make strong and informed applications to study medicine at university. [For more information and application link](#).

Deadline Wednesday 9 January



The Amos Bursary

Aimed at black male students from African and Caribbean descent in year 12 with aspirations of going on to university. Application closes on **Friday 18 January**.

Please visit www.amosbursary.org.uk.

London University Taster Courses

The Taster Course Programme provides L6 students with a taste of what life at a university in London is like. Through your chosen taster course you will experience the different teaching methods used by university academics and gain an insight into the additional facilities available, whilst meeting students from across the UK.



All our taster courses are free to attend and you can choose a course from a variety of subjects taking place at the numerous [participating universities](#). Courses range from voice and drama, to medicine and nursing, to computing and business.

The taster courses take place at various times throughout the year but mainly between February and July. The courses run from half-a-day to a week and are non-residential. All courses are free of charge, students are responsible for their own travel and food

inScienceUK

in2scienceUK is an award-winning charity committed to providing disadvantaged L6 students with summer work placements in STEM organisations to promote social mobility and diversity in science technology, engineering and maths. Students on the programme also have access to UCAS support and careers advice specific to their interests in STEM. With over 1000 programme alumni, in2scienceUK can make a



Sutton Trust Summer Schools

The Sutton Trust run university-based summer schools at 12 top universities. They are free, residential, subject-specific one-week courses. It is quite competitive but definitely worth applying!



About Us Survey

If you haven't yet, please complete this very short Woodle survey. Thank you.
[Just click here.](#)

Woodhouse Prom Committee 2019

We Need You! (U6 Only)

It may seem a bit early to be thinking about leaving College, but it's time to start planning the annual Woodlouse Leavers Prom!

Every year we get together a small committee to plan, book and organise the Woodhouse Prom and every year it is a brilliant success.

The date is set: Friday 28 June from 7pm-Midnight.

We already have some great people on the committee but would like to see more of you so you can plan the evening that your year group would want! If you would like to join this year's prom committee then please email us with your name, form group, id number and a short letter outlining why you think you would be a good person to be on the committee. You must be **reliable**. Meetings will be held, initially weekly, until February half term and then fortnightly. You will need to be able to dedicate some time to selling tickets, organising decorations, advertising, fundraising etc.

The links below will take you to the Woodhouse Flickr albums where you can see pictures of past proms – take a look.

Everyone in the upper 6 is welcome to apply- the committee maximum is 10 people, if you think you have what it takes to put on a great prom!

Deadline for applications is Friday 18 January 2019 at 4pm
First meeting before the end of term

<https://www.flickr.com/photos/woodhousecol/albums>

Amanda Forshaw



Smart Phone Apps

Feeling worried or anxious? These smartphone apps below can really help you start to manage your feeling.” And here is a list of useful websites and resources.

Useful websites and resources

- www.anxietyuk.org.uk
- www.moodjuice.scot.nhs.uk/anxiety.asp
- www.getselfhelp.co.uk
- The Huge Bag of Worries Paperback – 6 Jan 2011 by Virginia Ironside
- Think good, feel good – by Paul Stallard



Headspace

This is your very own personal trainer, here to help train your mind. Browse the collection & pick sessions to suit your mood and lifestyle. Replay your favourite & learn how to apply mindfulness to your everyday activities.

‘It’s an app that teaches you how to meditate. It’s kind of genius’ - Emma Watson



SAM App

SAM will help you understand what causes your anxiety, monitor your anxious thoughts and behaviour over time and manage your anxiety through self-help exercises and private reflection. The ‘social cloud’ feature will enable you to share your experiences with the SAM community whilst protecting your identity.



Mind Shift App

Struggling with anxiety? Tried of missing out? There are things you can do to stop anxiety and fear from controlling your life. Mind Shift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety, you can make an important shift of face it Mind Shift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.



Moodkit App

Developed by two Clinical Psychologists, Moodkit draws upon the principles and techniques of Cognitive Behavioural Therapy (CBT), one of the most effective and scientifically—supported methods of Psychotherapy. Moodkit’s innovative design enables it to be used on its own or to enhance professional treatment.