

HI!

YOUR MONTHLY HISA NEWSLETTER

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MARCH 2025

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STUDENT ELECTIONS

#Lead HISA

THE RESULTS!

HISA Student Elections – The Results Are In!

We are delighted to announce the results of the 2025 Student Elections, where students from across UHI have been voting for their new Student Officers to lead the Highlands and Islands Students' Association, HISA, in the next academic year.

This year's voting took place from Monday 10th March to Thursday 13th March, and we had a total turnout of 946--a significant increase on last year's Spring Elections turnout. We had voting for our two Cross-Campus Officer positions, the President and Vice-President (Education), plus our Local Officers at most UHI partners. We do not have a Local Officer at Sabhal Mòr Ostaig, which has its own local students' association, and there were no nominations at UHI Argyll or the Scottish Association for Marine Science. We are planning to hold by-elections there soon.

Results have been declared by Simon Varwell, our Director of Student Engagement and Representation, who has been appointed by HISA's board of trustees to be the Deputy Returning Officer in the elections. See the new officer team [here](#) or watch our results video on [Youtube](#) [here!](#)

THE HISA AWARDS 2025

Has a fellow student or UHI staff member been your hero this year?

The upcoming HISA Awards are your chance to thank the staff and students who have inspired and supported you this year!

The HISA Awards celebrate and recognise the efforts of exceptional students and staff at UHI. Nominations for the HISA Awards open on March 31st 2025 and run until the 28th of April. Keep an eye on our UHI email for more details on how you can nominate someone for an award! Has a fellow student or UHI staff member been your hero this year?

The upcoming HISA Awards are your chance to thank the staff and students who have inspired and supported you this year!

CROSS CAMPUS UPDATES

LEAN LIBRARY LLAMA CHALLENGE!

Lean Library is a browser extension (add-on) designed to enhance your searching experience.

Think of the UHI Library extension as your personal library assistant ready to help you find the resources you need for your studies and easily access academic resources, whether you're on campus or studying from home.

With the extension you'll get a quick access to material available through the UHI Library subscriptions, including articles, eBooks, newspapers and databases. You can simultaneously search the Library's catalogue and the JSTOR database when using Google Scholar and get quick access to UHI Library support via LiveChat, FAQs, and LibGuides – all in one place.

And until the 31st of March you can enter the Llama Challenge to win a plushie friend!

UHI TRANSFORMATION PREVIEW

UHI is launching a major Transformation programme to create a more sustainable operating model, improving partnership, structure, and operations. The goal is to streamline systems, cut costs, and enhance the student experience with better learning, teaching, and consistent support for all students. While changes won't affect students in 2024-2025, they aim to expand services over time. UHI locations will remain open, though facility use may be reviewed.

So what?

As part of this change, UHI wants to hear from students about what services and support are important to you. Please see below on how to get involved.

How can students get involved?

Take the survey: [UHI Transformation](#)

As a thank you for taking the survey, you will be eligible to win one of four £50 cash (or amazon voucher) prizes! If you would like to take a more active role, email transformation@uhi.ac.uk and keep an eye out for upcoming engagement opportunities and focus groups!

We've got you covered with our student-focused [Frequently Asked Questions](#).

YOUR VIEWS, YOUR NSS

Let us know what you think in the National Student Survey (NSS) and help shape the future for UHI students!

If you are in your final year, this is your chance to share your experience at UHI – what's been great and what could be improved. Your feedback is completely anonymous and plays a vital role in enhancing the student experience.

- The survey is now open and closes on Wednesday 30 April 2025.
- If you are eligible to take part, you will have received an email invitation from Ipsos with your personalised link.
- You can also complete the survey by visiting the NSS website.
- As a thank you, you'll be entered into a prize draw to win one of four £50 prizes – either cash or an Amazon voucher!

EQUALITY & LIBERATION

NEURODIVERSITY CELEBRATION WEEK

We celebrated Neurodiversity from March 17th- March 23rd. At HISA, we celebrate neurodiversity as a vital part of our community, recognizing that different ways of thinking, learning, and processing the world make us stronger together. Last week we had articles from staff and officers about their experiences being neurodiverse and we also have resources that you might find helpful for navigating your UHI journey. Check out all the good stuff at [Neurodiversity Celebration Week](#).



GAELIC WORD OF THE MONTH

With the launch of our new Gaelic Language Plan, we're looking to incorporate more Gaelic into our content and day-to-day work. We want to be more accessible for UHI students whose first language is Gaelic, as well as encouraging non-Gaelic speakers to give learning it a go!

At the Students' Association we're also trying to learn more Gaelic ourselves, each month in the newsletter we'll cover a new word of the month, as well as give you some links to resources for further learning. This month's word is:

"Earrach" meaning "Spring"

Use [this Gaelic dictionary](#) to learn other words, as well as how to pronounce them! And learn more [here!](#)

SABHAL MÒR OSTAIG SHORT COURSES!

Keen to take the next step in your Gaelic learning journey?

Check out these [short courses](#) at Sabhal Mòr Ostaig launching in October!

UHI GAELIC TOOLKIT

Check out even more Gaelic resources and learning from UHI [here!](#)

HELP BUILD A NEW GAELIC STRATEGY

Comunn na Gàidhlig is building a new Gaelic strategy to bring more young people to a level of functional fluency. Read more about the initiative [here](#). And click [here](#) to take the survey and have your say!



STUDENT JOBS AND OPPORTUNITIES

BECOME A STUDENT TRUSTEE AND SHAPE THE FUTURE OF HISA!

Are you ready to make a real impact on student life? HISA is looking for motivated students like you to join our Board of Trustees! As a Student Trustee, you'll help guide the strategic direction of HISA, ensuring that nearly 30,000 students across UHI are well-represented and supported.

Why You Should Apply:

- **Create Change:** Play a crucial role in shaping the future of HISA and advocating for student needs.
- **Develop Leadership:** Gain valuable experience in governance and decision-making at a senior level.
- **Flexible Involvement:** Just one day a month with travel expenses covered!

How to Apply:

Submit a supporting statement (no longer than one side of A4) explaining why you want to be a Trustee, along with your CV, via BreatheHR. We especially welcome applications from under-represented groups within UHI.

For more information, contact Rachel Burn, HISA Chief Executive Officer, at hisa@uhi.ac.uk. Don't miss your chance to make a difference—**apply today and help shape the future of HISA!**

This is a rolling recruitment process, which means we can close the applications upon receiving a satisfactory number; therefore, please apply immediately.



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

Understanding Personal Learning Support Plans (PLSPs) at UHI

Starting your studies at UHI is exciting, and having the right support in place is essential. If you have a disability or require additional support, the university's Learner Support Team can help you access the support you need through a Personal Learning Support Plan (PLSP).

Disclosing a Disability or Support Requirement

You can disclose a disability or support need when applying for your course or at any point during your studies. Once disclosed, your details will be passed to the Learner Support Team at your enrolling college, who will arrange a meeting to discuss your needs. You can also request a HISA Advisor, external agency representative, or family member to join the meeting.

What is a PLSP?

A PLSP outlines the approved support measures tailored to help you succeed. It includes a Summary of Support, detailing the strategies and adjustments to support your studies. Your Personal Academic Tutor (PAT) will ensure relevant staff are informed about your PLSP.

Creating and Amending Your PLSP

PLSPs are flexible and can be created or amended at any time, even mid-term. You'll have at least one scheduled review annually, but you can request additional reviews or adjustments if your circumstances change. If you initially declined to set up a PLSP, you can request one later.

Managing Your Support Online

Use the **Additional Support Online system** via MyDay (UHI Records) to:

- Schedule appointments with support staff
- View, amend, and approve your support plan
- Check equipment loans and agreed support measures
- Produce dyslexia stickers (if approved in your plan)

To access the system:

1. Log into **MyDay** and click on **UHI Records** using your network ID and password.
2. Click **Student Hub** and then select the **Student Support** button.
3. If you have an agreed PLSP, view it under the **PLSP tab**.

For help using the system, contact the student services staff at your Home Academic Partner.

Addressing Concerns

If you experience issues with your PLSP, speak to your college's student services staff first. You can also give feedback via the **Red Button** system or consult the HISA Advice Service. As a last resort, the university's formal complaints process is available.

We're Here to Help

At UHI, they are committed to providing inclusive support. Your PLSP is designed to help you thrive, and we're here to assist every step of the way. For more information, contact your Learner Support Team or the HISA Advice Service.

Me excessively writing notes in class knowing full well that I don't understand anything and won't read the notes later



SPORTS CLUBS, SOCIETIES & NETWORKS!

MEET OUR NEW CLUBS & SOCIETIES!

'Who Are UHI Scribblers?' - By Lynne Russell.

UHI Scribblers are a group of likeminded students, lecturers, and Alumni, who love to write. Give them a blank screen and keyboard, or an empty notebook and pen, they will fill it with a whole host of fun stories, poetry or scripts from all genres.

Meeting every week online, the friendly bunch have (so far) written and performed their first Pantomime, run workshops, hosted author events, and are currently working on a fun Murder Mystery script to be acted out at the yearly residential, held at Cromarty, as part of the Creative Writing Degree.

The group tackles serious subjects as well--planning workshops to help students with anxiety and how to write academically, are next on their schedule. We also regularly help each other by editing and giving helpful, constructive critiques.

Not all members have to be part of the Creative Writing degree. The club also has a Facebook page, and Website, and welcomes everyone to join them. But remember, this is extra-curricular, not a class!

Why not give it a go! Flex that creative writing muscle.

*Meetings every Thursday 7-8.30pm - (except, first week of every month when we meet on the Monday).

*For further details visit – <https://www.uhiscribblers.com/>



The Plastic Modelling Club

The Plastic Modelling Club is a collection of students from across the UHI who specialise in plastic models, whether that be Warhammer, Gundam, Tamiya, Lego, 3D sculptures, dioramas, etc. Interact and discuss future/current projects on the Discord Server and learn new skills from other members who share like-minded interests across the UHI, regardless of campus.

All are welcome, whether you are new to the hobby or experienced.

Please join the Discord server here:

<https://discord.gg/gVbskkq2>

If you have any questions, please contact:
23007417@uhi.ac.uk

SILVER MEDALS FOR UHI WOMEN'S SHINTY TEAM AND LITTLEJOHN FOR THE MEN'S TEAM

UHI and HISA are celebrating the fantastic efforts of the men's and women's shinty teams at the Littlejohn Vase in St Andrews.

Once again, the women conceded no goals, and narrowly missed out on winning the trophy when the final against Strathclyde went to penalties. The team went from strength to strength as the tournament progressed, with some incredible shinty skills on display from all players.

After a shaky start to the tournament with a loss against University of Glasgow, the men's team pulled it out the bag and delivered amazing results, facing Glasgow once more in the semi finals and flipping their earlier score for a 2-0 win for UHI. Beating Strathclyde 1-0 in the final resulted in the Littlejohn Vase coming home to UHI for the second year in a row, which also happens to only be our second time ever competing for the vase.

We would like to thank our sponsor Kishorn Port and Dry Dock Ltd for making this all possible with their continued support of the team. From entering into a sponsorship agreement with KPL in 2023, the development of shinty at UHI has been incredible. We'd also like to thank the University of Stirling for the loan of their players to the UHI teams.



UHI VARSITY

HISA is bringing our UHI Varsity tournament back for its second year on Tuesday, 1st April 2025! Amanda Fleet, Stuart Fraser, Jack Whyte, and Lindsey Brown have been busy putting it together. Teams from UHI Perth, UHI Moray, and UHI Inverness will go head-to-head in football, basketball, and volleyball, competing for the coveted Varsity Trophy. Volleyball and basketball matches will take place from 12:00 pm to 4:00 pm at Inverness Leisure Centre (Bught Lane, Inverness, IV3 5SS). The football matches will be held simultaneously at the Canal Park Pitches (located next door). The day will culminate with the trophy presentation at 4:00 pm in the leisure centre. We would be delighted for as many students as possible to come along and spectate!

LOCAL UPDATES: INVERNESS

A BIG THANK YOU!

The HISA Inverness team would like to thank all the Inverness Campus students for taking the power into their hands and voting for next year's student officers representing the student population across UHI.

The Election period is always a busy and stressful time for HISA, but you all made it very exciting and enjoyable for all staff involved. The student engagement was fantastic! Congratulations to our winners Xander McDade, Holly Pearce, Chloe Young and Holly Storton.



SVR MEETINGS

Our upcoming student voice rep meeting is taking place in the lecture theatre on the 25th of March from 12pm to 1pm. We also have an additional online meeting that week for those that cannot make it in person, which starts at 12pm to 1pm on Thursday the 27th of March. The Teams links will be sent out to all SVRs soon.

FOOD FOCUS GROUP

Thank you for your attendance at the food focus group that took place on the 18th of March. UHI and HISA appreciate your feedback and will get back to you when there are changes made.

COMING SOON...

HISA are putting on a Clothes Swap in the Atrium on the 24th of April from 12pm to 2.30pm. You can bring in your own old clothes (washed please!) and see if you fancy taking anything new that suits your style! We advise all students to bring their clothes to the tables from 11-11.30am to give HISA time to set up.

LOCAL UPDATES: UHI HOUSE/CfHS

NEW SOCIETY ANNOUNCEMENT

The Healthcare Society brings together students from Nursing, Optometry & Oral Health Science background to create a social and informative Club with themed events throughout the year so keep an eye out for their events! You can also contact them via the website if you would like to find out more about them or if you would like to consider joining.

LOCAL UPDATES: HTC

ELECTIONS!

We would like to thank all students at HTC for using your voice to decide who will run as an officer and speak on your behalf over the next academic year. We are happy to announce that Susan Loughlin will be returning and will continue to improve your life as a student. You can watch the results video [here](#).

There will also be a short survey coming out from Susan so keep any eye on your emails to let us know what you would like to see from us!



LOCAL UPDATES: PERTH

STUDENT OFFICER UPDATES

Andi (Perth Depute):

- Hosting LGBTQ+ History Month Crafts and our Feel Fab Feb (Mental Wellbeing) Campaign Festival on campus with internal UHI department as well as external organisations.
- Checking in with Sports Therapy Clinic Leaders and updating promotional materials as they have merged both clinics to take place onto a Tuesday!
- I have also been finalising my report based off the Food & Beverage Feedback in the last SVR Meeting to submit to the relevant committees as student consultation on Aramark
- Began to start planning an event around water safety in May



Xander (Perth President):

- After an ongoing discussion with College Management over the past few months we are very pleased to have agreed an increase in student representation on the EDIT (Equality, Diversity & Inclusion) Committee. We are therefore looking for four SVRs who would be interested in joining this college committee alongside Xander.
- Following the meeting Lucy and I had with College Management to discuss student feedback on the library, they are now consulting on changes that include some of the suggestions made by Student Reps.
- Lucy and I have been busy planning the 13th Annual OBI Awards and are planning our biggest award ceremony yet!
- I have been engaged with other student officers, Board Members, and University representatives about the potential changes to the University and partner colleges. There will be more communication to students on this in the coming weeks so please keep an eye out for it as it will be a very important topic going forward.



2025 OBI AWARDS

The OBI Awards are a chance for us to celebrate the Outstanding, Best and most Inspiring staff, students, and student groups that help make UHI Perth a fantastic community. You can submit your nomination [here!](#)

UHI Perth staff and students can nominate in the awards in categories celebrating teaching staff, non-teaching staff, Personal Academic Tutors, Student Voice Representatives, and Sports Clubs and Societies.

A panel made up of staff and students at UHI Perth, including the HISA Perth student officers, then decide the winners that are announced at an awards ceremony. The 2025 ceremony will take place on Wednesday 28th May.

For more information, please email hisa.perth@uhi.ac.uk



KEEP STUDENT SPACES TIDY AND RESPECTFUL!

There is an increasing amount of swearing and lack of respect for property in the library. This is impacting a number of students and library staff. We are asking students to remember to be respectful of others using the library, and please clear up any rubbish after yourselves.

EVENTS ON CAMPUS!

Feel Fab Festival

Thank you to everyone who came along to our Feel Fab Festival! We had a brilliant time trying out art and crafts, learning about nutrition, getting our hair and nails done, and testing our reaction speed, whilst also finding out about different techniques to keep feeling fab!

Coming soon...

Music Bingo **24th March and 28th April 2025 from 12-13**

Student Voice Rep Meeting and rep social! **14th May 2025 at 12:30**

Coffee Fundraiser for the Big Project **May TBC**

LOCAL UPDATES: MORAY

YOUR MORAY OFFICERS UPDATES

Sarah's Update

Good morning everyone, Sarah Marshall here your Depute president. Hope you are all well and your course is going great. I would like to say a big thank you to everyone who came and spoke to Dave Simpson from stagecoach on the 28th February. There were some great questions and I will update you all with the information he has gathered to share. He has also said he is happy to come back at anytime. Another Coffee morning was held on the 14th March in the Ayepod with Mikeysline to raise awareness about Mental health.



And another Coffee morning is being held up at Linkwood Campus on Thursday 20th Of march. Keep your eyes on the noticeboard for another upcoming Coffee and chat afternoon with Myself. Also UHI MORAY Glee club is in full swing but there is still time to join up. Come and see us on Thursday evenings 4pm till 6PM in room C120. Everyone is welcome. Hope you all have a great easter Holidays and look forward to seeing you all soon.

Chloe's Update

Hey everyone, hope you are all doing well. So far everything is going well for me. I have many things planned before I finish my term with HISA and although it has been busy to get these events planned, they are planned! I will be holding two more coffee afternoons in April and May, and I will also be hosting two networking days later in March. Alongside these events I have also made a survey to gather your views on transport reliability and safety and you will find this survey dotted around Moray campus!



SVR MEETINGS

Dates for the SVR meetings for the rest of the academic year have now been set! Make sure to come along and say hi.

SVR Meeting #6

Thu 24th Apr 2025 • 12:30 – 1:30 PM • LRC002 AND Microsoft Teams!

SVR Meeting #7

Tue 20th May 2025 • 11 – 12 PM • LRC002 AND Microsoft Teams!

STAGECOACH Q&A – WHAT QUESTIONS DO YOU HAVE?

Thanks to those who attended our open Q&A session with Stagecoach on Friday 28th February!

We are keen to get YOUR views on reliability and safety on public transport – please take time to fill out this survey [here!](#)

UPCOMING EVENT

There will also be 2 more coffee afternoons happening on the 3rd of April and the 1st of May these will be held in the Ayepod from 12-1PM!



LOCAL UPDATES: SHETLAND

UPDATE FROM YOUR DEPUTE PRESIDENT, HARLEY GREEN

Hey everyone, not too long until the Easter Break now! I do have a couple of updates to share with you all.

First of all, we have a date now set for the RNLI presentation and pop-up gift shop which will be held in the Scalloway Campus on Tuesday the 22nd of April in the Lecture theatre. We will provide an update in regards to a start time and how to receive a free ticket if you're interested in attending. Keep an eye out too as we will also be doing a competition!



Second of all, Shetland UHI would like to welcome any student that is interested in green issues to join their Green Champions Team. Meetings will be held twice a term to discuss how our college can transition to Net Zero and any green improvements that we can introduce now, especially those the students would like to see. Can you be a Green Champion and help the college reach its goals? Please contact angela.sutherland@uhi.ac.uk for more information.

As always if you would to have a chat with me, please don't hesitate to contact me at hisa.shetland.depute@uhi.ac.uk or when the office lights are on in D4 in the Lerwick campus.

SHETLAND STUDENTS SOCIETY - POETRY CLUB

Some of our students have set up a Poetry Club as part of the Shetland Students Society. They meet weekly in room C2 on Lerwick Campus between 12.30 and 1.30pm

Each week has a theme. The next theme is "5 positive things"

Everyone is welcome, staff and students.

We can share poetry we have written or read.

Books we like.

Books we are reading, short stories anything even song lyrics.

Please feel free to join, or you can email KAROLINA 10013256@uhi.ac.uk or POLLY 18017496@uhi.ac.uk for more information

STUDENT SURVEY - LERWICK OR SCALLOWAY CAMPUS?

Some of our students, together with the Student Voice Representative for their class, have put together a quick survey and asked that we send it to all students to get their views. You can complete the survey [here!](#)

MAREEL STUDENTS LIVE IN BRIGGISTANES

To prepare for their Student Night at Mareel (see details below) our students will be performing in Briggistanes on Wednesday 26th March over the lunch period. There will be a quiet room available for lunch should any student prefer. If you aren't on campus that day, then come along to Mareel and support your fellow students.

Thu 3 Apr 2025, 7.30PM - 10.00PM
UHI's Spring Student Night

Just because winter's over for now, though, don't get it twisted - UHI Shetland's musicians haven't spent the last few months hibernating! We've been working harder than a journalist covering the Drake/Kendrick Lamar beef on our sets for the next Student Night. Don't worry, our rehearsals haven't been as brutal or cutthroat as that joke implies... yet. *Insert EastEnders drums here*

Join us on Thursday April 3rd in the Auditorium at Mareel for an evening of varied music from students not only based at Mareel, but spread across UHI Shetland's Lerwick and Scalloway campuses as well. The doors open at 7pm for a 7:30pm start.

It's free and it's non-ticketed - just pull up to the auditorium, pull up a chair and enjoy the evening's entertainment!

OPEN PEER TRAINING OPPORTUNITIES

The Open Project has some training opportunities for 16 to 26 year olds on a range of issues affecting young people. You can find all the information [here](#) and to join up just press the register now button.





Super quick student survey !

We need your opinion on **Shetland UHI Single Campus
Lerwick v Scalloway** as our main future campus location

Your vote is important

Shetland UHI - Student Campus Survey



alternative web link to access the survey:

<https://forms.office.com/e/G7LZw8pte4>

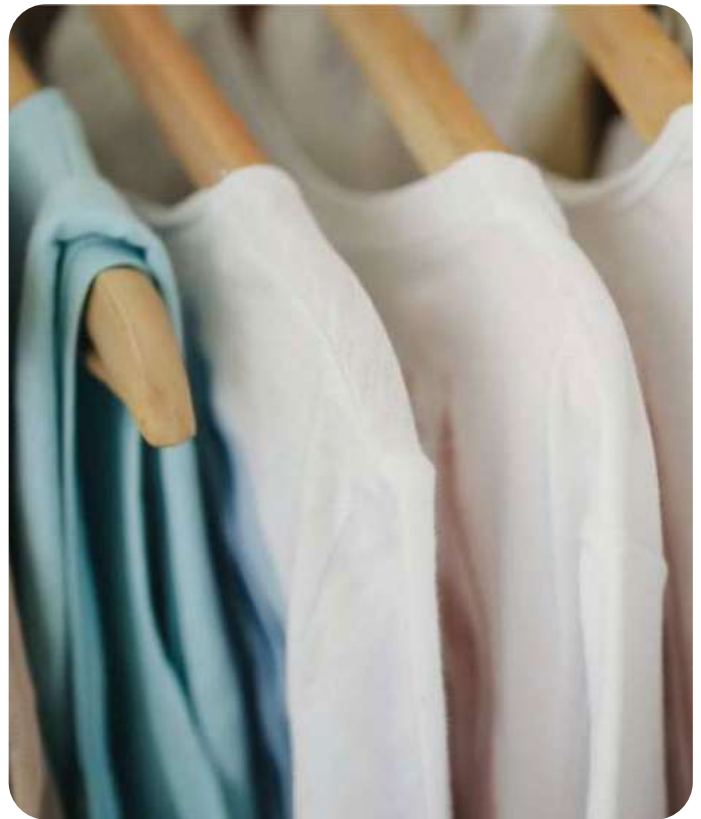
Many thanks



LOCAL UPDATES: ORKNEY

STUDENT PANTRY

The Orkney Student Pantry, run by a group of local students, provides free food and toiletries to all UHI Orkney students in need. You can find the pantry inside the College, down the main staircase, in front of the library. Donations are always welcome, and the Orkney Student Pantry also positioned a donation box for this purpose in the foyer area near the reception desk. You can leave sealed food and toiletry items there. For any questions and to get involved, email orkneystudentpantry@uhi.ac.uk



CLOTHES SWAP

Declutter your wardrobe and grab whatever you fancy (for free!) at the Clothes Swap initiative at UHI Orkney! The Clothes Swap is open to both students and staff. Here is how to join the initiative in a few simple steps: 1. Check out the list of accepted items to see what you can bring to the Clothes Swap. 2. Drop off your donations at the Students' Association box in the foyer of the College. Please note that all donated clothes must be clean and in very good condition. 3. Every Monday and Tuesday 10 am – 4 pm, you will be able to browse through the donations and pick your favourite items for free from our Clothes Swap Rack. You will find us in the corridor leading to the Conference Room, inside the main College building. For any questions and to get involved, email hisa.orkney@uhi.ac.uk

WELLBEING PACKS

Our wellbeing packs for students went down a treat, all students should have their packs now – if not then please do get in contact Mila at hisa.orkney.depute@uhi.ac.uk

PEBBLE BOX

Our pebble box is still going strong and we have added more pebbles to keep up with demand. Please keep an eye out on your way past reception and answer our question of the week!



**HISA's
'Question
of the week'
pebble
ballot box**



LOCAL UPDATES: NORTH, WEST & HEBRIDES

NEW STORNOWAY HISA SPACE!

The HISA Hub at the Stornoway campus has moved!

We are no longer in Room C008 down the corridor from the canteen—the HISA Hub is now located in the foyer! You'll find us through the glass doors where reception used to be. All the comfy furniture from the old space is here, along with some new additions to make the space even more welcoming and accommodating for students.

Charging & Tech

There are plenty of plugs available to charge your phone or laptop, and we also have chargers and cables you're free to borrow while using the Hub.

Book Swap

We have a wide variety of books available, including fiction, nonfiction, academic texts, and self-help books. Feel free to take any book that interests you—keep it, return it, or swap it for one of your own to share with others!

Clothes Swap

Our clothes swap is open to everyone, offering a selection of clothing for all sizes and shapes, as well as accessories like bags and shoes. If you'd like to donate, please remember:

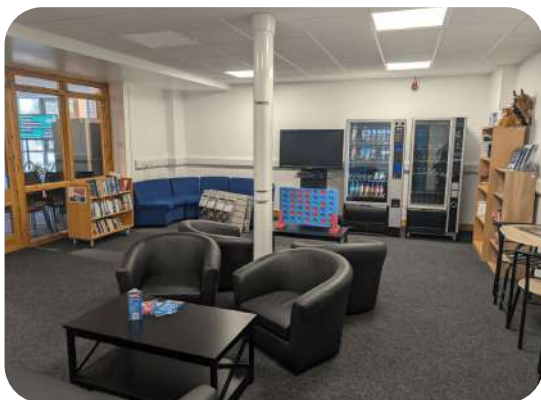
1. All donated items must be clean and in good condition.
2. We only accept clothing, shoes, and bags.

Donations can be left in the HISA office (Room A036, inside the HISA Hub). Our staff will sort and display them for others to use.

Completely Free—Optional Donations Welcome

Both the book swap and clothes swap are free to use! If you'd like to contribute, a donation tin is available, with proceeds going to our Charity of the Year.

We look forward to seeing you in the new HISA Hub!



GRADUATION CEILIDH COMMITTEE

We're on the lookout for students that have an interest event planning, socialising, or just want to help make the UHI student experience even better, to join our student committee. We'll be meeting up to organize fundraising events and plan for Ceilidhs after graduations in Thurso, Fort William, and Stornoway.

A Graduation Ceilidh is an amazing chance for graduates and their guests to celebrate what they've achieved, plus it's a fantastic opportunity for current students to meet new people while joining in the fun of celebrating.

This is a voluntary position, but you'll get some real-life experience in fundraising, problem-solving, and event planning. Plus, it's a great way to create a memorable event and have some fun in the process.

If you're interested or want to know more about it, just reach out to us at hisa.nwh@uhi.ac.uk.

Phoenix Theatre Youth Section
presents



THE WIZARD OF OZ

Saturday 29th March at 14:00 and 19:00
at an Lanntair
Doors open 30 minutes before start time
£10 Adult
£8 Concession

Abbeycrafts

Paint & Sip

Unleash your creativity at our
Paint & Sip Night!

Hosted by Spellbound Caithness

Home of Magick
15 High St., Thurso

We provide everything
each person requires to creatively
paint a classic wine glass : tuition,
all materials plus, a complimentary
glass of fizz to get the party started.

Special offer price of £25pp



Tuesday April 29th
8-10pm
Spaces Limited

To book contact Abbeycrafts
abbeycrafts@outlook.com
www.facebook.com/abbeycrafts1
07506671910

HIGHLANDS AND ISLANDS REGIONAL SCOUT NETWORK

WHO IS NETWORK FOR?
Giving young adults
18-25 years old
across the Highlands
and Islands a chance
to be scouting!

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like-minded people,
have fun, and
experience new things?
Whether you're currently
a volunteer, have once
been a scout yourself or
want to start your
scouting journey!
Then Network might be
the thing for you!

Network is the oldest
"youth section" of
Scouting and with this,
there are lots of
opportunities regionally
and nationally to get
involved!

**ANYONE IS WELCOME TO JOIN IN
FOR ANY QUESTIONS OR MORE INFO PLEASE
CONTACT SOCIAL MEDIA OR EMAIL
EVAONEILL@HISCOUTS.ORG.UK**




  **HI! SCOUTNETWORK**
HIGHLANDS & ISLANDS SCOUT NETWORK



LOCAL UPDATES: ARGYLL

ONLINE DROP-IN SESSIONS (TEAMS) MONDAYS & THURSDAYS

Your Argyll Depute President (Siobhan Moore) now hosts regular virtual drop-in sessions!

These are open to any UHI Argyll student and are designed to be a safe and private space which you can access easily and from anywhere with an internet connection.

They are held on a Monday (2pm-3pm) and Thursday (10am – 11am). Just email hisa.argyll@uhi.ac.uk and let Siobhan know what day, and what time during the session you would like to chat to her, raise any issues, provide feedback, or pretty much anything else for that matter! She will send you the link to join via Teams. Easy-peasy!

STUDENT VOICE REPS – MEETING DATE

The next SVR meeting will be held on Teams on Monday 31st March (4pm-5.30pm).

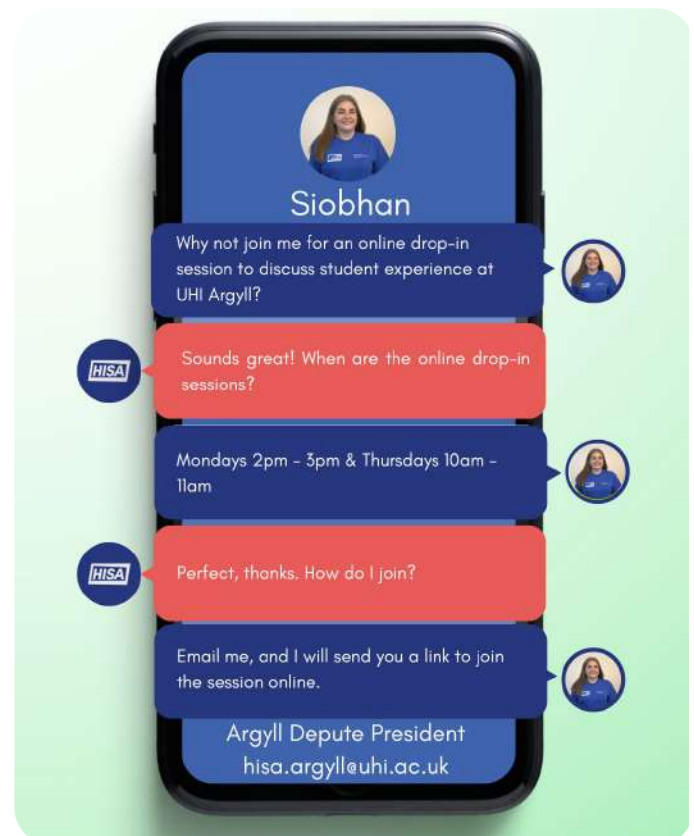
If you have any issues, feedback, or questions that you would like to be raised, please chat to your cohort's SVR!

PHOTOGRAPHY COMPETITION: WILD, FURRY & FREE

Prize: £25 Amazon e-voucher

The Access to FE course have held a student-led photography competition. The theme encapsulated all animal life, and the winner gets a £25 Amazon e-voucher (donated by us here at HISA). This competition was open to all!

Look out in our social media channels and in the next edition of the newsletter to see the winning photographs!



LOCAL UPDATES: SAMS

LOOKING BACK AT FEEL FAB FEB

Happy to say that the Feel Fab Feb events went down a storm! From the calmness of the Book Swap and Post-It Positivity, to the glorious chaos of the Valentine's Ceilidh, we hope that they left you feeling fab!

A MASSIVE thank you to the following clubs and socs who helped make it all happen:

Tea & Coffee Club

HISAC

Wind & Wave



A MESSAGE FROM SMACC!

Hello! We are SMACC (SAMS Mountaineering and Climbing Club).

We are a burgeoning new HISA university club located at the Scottish Association of Marine Science located in Oban, Scotland. We were started in October 2024 by myself (Logan), Ruairi, Ross, David, Alex, and Tommy. We currently sit at 23 active club members. We have members of all ages, climbing experience, and walks of life, and aim to provide outdoor climbing experiences that are beneficial, worthwhile, challenging, and - most importantly - fun and safe for all our members. As a club, we focus on climbing (both indoors and now outdoor summits as well), bouldering, and hill-walking. We aim to summit at least one Munro every two weeks and did so regularly until the winter season started. As the club progresses into the future, we hope to train members in proper climbing techniques regularly. We started doing so recently, with a brief weekend trip to the Isle of Ulva over the 7-9th of March 2025 where members were shown proper belay knots, practiced top-down belaying & standard bottom-up belaying, and went on various walks.

We hope these experiences continue into the future, and we hope you all join us for the ride.

Kind regards,

Logan Andrick (SMACC Committee Secretary)

STUDENT VOICE REPS - MEETING DATE

The next SVR meeting will be on Thursday 3rd April (12.30pm-1.30pm).

SVRs: Check with Kian McDonald for confirmation as to which room this will be held in.

Non-SVRs: If you have anything that you would like to be raised, then be sure to let your SVR know!

STUDENT-FRIENDLY RECIPE

- Zingy Spring Pea & Lemon Pasta

We will be sharing recipes with you to help students eat healthily and cope with the cost-of-living crisis. Tell us what you think and suggest a recipe for a future edition.

INGREDIENTS

- 300g pasta (spaghetti, penne, or any type)
- 1 cup frozen or fresh peas
- 2 handfuls fresh spinach or rocket
- 1 small courgette (grated or finely chopped)
- 1 clove garlic (minced)
- 1 lemon (zested and juiced)
- 2 tablespoons olive oil
- 1/4 teaspoon chili flakes (optional, for heat)
- Salt and black pepper to taste
- 1/4 cup grated cheese (cheddar, parmesan, or nutritional yeast for a dairy-free option)
- Optional: 1 can chickpeas (drained, for extra protein)

Tips

Budget Swap: Use frozen spinach instead of fresh.

Make it Heartier: Add chickpeas or canned tuna for extra protein.

Storage: Keeps well in the fridge for up to 3 days.

METHOD

Makes 3-4 portions

Cook the Pasta: Bring a pot of salted water to a boil. Add the pasta and cook according to the package instructions. In the last 2 minutes, add the peas to the pot. Reserve 1/2 cup pasta water, then drain the pasta and peas.

Sauté the Veggies: While the pasta cooks, heat the olive oil in a large pan over medium heat. Add the minced garlic, chili flakes (if using), and grated courgette. Cook for about 3 minutes until softened.

Combine Everything: Add the drained pasta and peas to the pan. Stir in the spinach or arugula, lemon zest, and lemon juice. Toss everything together, adding a little reserved pasta water if it seems dry.

Season & Serve: Season with salt and black pepper to taste. Sprinkle with grated cheese or nutritional yeast. Serve warm and enjoy!

STUDENT FOOD SAFETY

First time sharing a kitchen? Make sure you're up to speed with the basics of food hygiene. Here are the Food Standards Agency's top tips

- Wash your hands before preparing food and after handling raw meat
- Keep all surfaces, chopping boards, utensils and dishes clean by washing with warm soapy water between tasks
- Use separate chopping boards for raw and ready-to-eat foods
- Never wash raw chicken or other meat as this can spread bacteria onto hands, surfaces and clothing
- Change or wash re-usable dish cloths, tea towels and sponges regularly, and allow them to dry fully before reusing

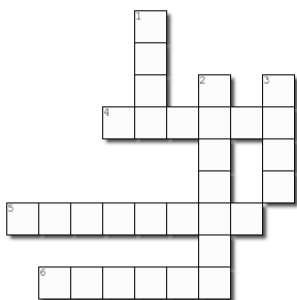
Check out the FSA student guide for more food hygiene advice.

PUZZLES AND COMPETITIONS

PUZZLES

Spring Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

4. Pagan holiday that marks the Spring Equinox
5. A bright yellow flower that blooms in spring.
6. The season that begins around March and brings longer days.

Down

1. A common gift around Easter, that can be decorated or made of chocolate.
2. Time of year when baby animals, like lambs and calves, are born.
3. Small bird that sings in the morning and is a sign of spring.

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Thank you for reading this issue of Hi!, the Highlands and Islands Students' Association Newsletter. Got some feedback for us? What did you like in this issue? What did you find useful? What didn't you like? We're always looking to improve and would love to incorporate your suggestions into our development plan for the newsletter.

Email us at hisa@uhi.ac.uk with the subject line: "NEWSLETTER FEEDBACK - FEB25" to tell us your thoughts!

