

HI!



YOUR STUDENTS' ASSOCIATION NEWSLETTER

📷 🌐 🎵 www.hisa.uhi.ac.uk

ISSUE: 011

FEBRUARY 2025

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STUDENT ELECTIONS

#Lead HISA

A banner with a magenta background and blue geometric shapes. On the left, a blue box contains the text 'STUDENT ELECTIONS' and '#Lead HISA'. In the center is a large white 'X' inside a blue square. On the right, a blue box contains the text 'NOMINATIONS CLOSED!' in white.

**STUDENT
ELECTIONS**

#Lead HISA

**NOMINATIONS
CLOSED!**

Nominations for the 2025 HISA Student Elections are now Closed!

We'll be announcing the candidates for all positions soon, along with their manifestos as we prep them for campaigning. Keep your eyes on our social media and website for the details and remember that **voting week begins on Monday the 10th of March!** Look out for HISA staff at voting booths on campus to vote for your favourite candidate, and if you're a remote student don't worry! We'll share details of how you can vote online too.

Voting has never been easier!

Access [our website](#) with your UHI login details between the 10th and 13th of March to vote for who represents you!

A banner with a magenta background and blue geometric shapes. In the top left is the 'HISA' logo in a white box. Below it, a blue box contains the text 'STUDENT ELECTIONS' and '#Lead HISA'. In the center is a large white 'X' inside a blue square. On the right, the text 'GET READY TO VOTE!' is written in large white letters.

HISA

**STUDENT
ELECTIONS**

#Lead HISA

**GET
READY
TO VOTE!**

CROSS CAMPUS UPDATES

FEEL FAB FEB

We've had a brilliant month hosting wellbeing events for you across UHI and online this February, but we're not quite done yet! There's still a few more FREE events in the final week of the month, check out our website [here](#) for details.

- **Online:** Exam Stress Workshop, 24th Feb 12-1pm, get the meeting link from our website!
- **Online:** Laughter Yoga, 25th Feb 1-2pm, meeting link on our website!
- **Argyll:** Health & Beauty Treatments (Oban Campus), 9:30am-12:30pm - The excellent Health & Beauty team will be offering FREE treatments to help you start off the last week of the month feeling fabulous! Just click [here](#) to book yourself in! Open to all UHI students.
- **UHI Perth:** Good Vibes Festival, 26th Feb - workshops, activities, freebies and info on improving and maintaining positive mental health in the Webster building throughout the day.
- **SAMS:** Cuppa 'n' Chat: 27th February - Café Camus (SMB) - 12.30pm to 1.30pm
- **SAMS:** Book Swap. 27th February - Café Camus (SMB) - All Day
- **UHI Argyll:** Health & Beauty Treatments - 25th February - Oban Campus - 9.30am to 12.30pm
- **UHI Inverness:** Paws for Stress, 28th Feb 12-2pm

TAKE ADVANTAGE OF THE UHI LIBRARY!

The library plays a crucial role in your academic journey. Along with providing access to a wider range of resources and tools, there is expert support available to assist your learning, study skills and personal goals.

Their services include access to a wide range of services and resources including books, eBooks, electronic journals, multimedia and resource lists. The service comprises physical library space and digital spaces for study. Get inducted [here](#) and start browsing today!

HIGHLAND COUNCIL CHARITABLE TRUSTS

The Council's educational trusts cover specific areas of the Highlands, and offer opportunities for children and young people, schools and community groups to access funding for a wide range of bursaries and grants to support education, sports, travel and other activities.

The grants scheme is open each year for applications in January and February, and the bursary scheme is open from April until 15th August.

Grants are typically in the region of £200 - £2,000 and bursaries are typically in the region of £500 - £2,000. Explore the grants on offer [here](#).

THE WEE CAMPUS – FOR CARE EXPERIENCED STUDENTS

Wee Campus is a supportive online community created in collaboration with students who have experience of care. It serves as a safe space for individuals to connect, share experiences, exchange advice, access information, and offer encouragement throughout their higher education journey.

They are open to all and believe that everyone has the potential to thrive, with the right support to help them succeed and support others along the way.

What They Offer

- A safe space to connect with other students in further and higher education who have care experience.
- A platform to share experiences and guidance, enabling students to learn from one another.
- Access to information and advice, covering a wide range of topics related to student life.
- Encouragement and support, helping others navigate their further and higher education journey.
- Signposting to resources available across colleges and universities throughout Scotland.
- Information on student life, including support available for all aspects of student wellbeing.

They are open to all students in further and higher education with care experience across Scotland. They define care experience as any form of care, regardless of duration. This includes kinship care (formal, informal, and all variations), foster care, residential care, secure care, being looked after at home, and adoption. No one at The Why Not? Trust will ask for proof of care experience to join Wee Campus or to receive support from them. Sign-up by completing the form [here](#).

YOUR TRUST, YOUR VOICE

Heritage is like a living, breathing story of our past that keeps changing and growing. Imagine it as a giant scrapbook that everyone can add to – not just governments and museums, but ordinary people too! It isn't just about looking at old buildings or artifacts in museums – it needs to be about keeping stories alive, understanding who we are, and connecting with our communities. It's a living part of who we are, constantly growing and open to everyone. It evolves with us, shaped by how we live, remember, and even forget. The National Trust for Scotland cares for natural, cultural and historic places, and shares them with everyone. But what does that look like for the future? Have your say and help shape the next chapter of these stories of the nation. Please take 5 minutes to complete a this very short survey: [Your Trust, Your Voice](#)



EQUALITY & LIBERATION

LGBTQ HISTORY MONTH: FEBRUARY

This February, we've been all about the rainbow vibes for LGBTQ+ History Month! Have you come to an event? We still have some great ones left to go for the month. We are all about uplifting our LGBTQ community and partying away with friends and allies. We have drag shows and RPGs and movie nights and crafting! Visit our LGBTQ History webpage to read up on what we have going on and find some great resources.

As part of LGBTQ History Month, we are running a simple online RPG called "Be Gay, Do Crimes." Great for new and experienced players! Help us take down evil bajillionaire Felonious Muskbegone in this hilarious heist full of yearning, gay panic, activism, and ridiculousness! To join send an email to emma.miller@uhi.hisa.uk!

Be Gay, Do Crimes

Feb. 27th,
6-9 pm

Online

Limited Spaces!

Email Emma.Miller@uhi.ac.uk to sign-up !

How are you going to pay for a Chappell Roan float for Pride? Better grab some pals to pull off the biggest heist in Scottish History!

HISA

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:

"Slàinte agus Sunnd" meaning "Health and Wellbeing"

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.

VOLUNTEER AT MORAY GAME JAM!

What is Moray Game Jam?

Started in 2014 as the UK's most northerly Game Jam, Moray Game Jam at UHI Moray brings together gaming enthusiasts, industry leaders, and educators from across the country, for 48-hours of competition, creativity, collaboration, and fun. The games are showcased at a public gaming playground attracting large numbers of families and young people.

Why Volunteer?

This weekend event is a great opportunity for you to gain an insight into gaming, meet industry experts and hear from those who either work in or have experience in creating board and video games.

All travel and refreshments expenses will be covered.

What you will be doing?

The timings we will be looking for volunteers this year will be:

Saturday 8th March, 10am – 7pm: helping with the talks/ workshops/ picking up pizzas and the quiz if required.

Sunday 9th March, 9am – 5pm: helping with the bacon rolls in the morning, gaming playground and clearing up at the end of the event.

These opportunities can be split across short volunteering sessions of 3 – 4 hours.

Interested email: Jacqui.Taylor.Moray@uhi.ac.uk

You can learn more about Moray Game Jan here> www.moraygamejam.com



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

Learning from Mistakes: Duo the Owl Would Be Proud

It's been a tough month for language learners and meme lovers everywhere—Duo the Owl may have met his digital demise, but his legacy of perseverance lives on. While he's no longer around to remind you (relentlessly) to complete your lessons, his spirit of continuous learning should inspire us all—especially when it comes to reviewing feedback and learning from mistakes.

At UHI, feedback isn't just about receiving a grade—it's an opportunity to improve, refine your skills, and boost your confidence. It is understanding feedback which is key to academic success.



Why Reviewing Feedback Matters

Nobody likes seeing red ink (or the digital equivalent) all over their work. But taking time to go through feedback carefully can make all the difference in your next submission.

- Improvement is a process – Even top students don't get everything perfect the first time. Feedback highlights areas to grow.
- Understanding expectations – It clarifies what lecturers look for, making future assignments stronger.
- Higher grades in the long run – Engaging with feedback leads to better results.

UHI's Feedback Policy: What You Need to Know

UHI's **Assessment, Feedback, and Feedforward Policy** ensures students receive clear, constructive, and timely feedback.

- Feedback should be returned within 15 working days of submission.
- It must be more than just a mark—expect comments explaining how to improve.
- If unclear, you have the right to ask for clarification. Speak with your lecturer or Personal Academic Tutor (PAT).
- You can request feedback on final exams, not just coursework—helpful for refining study strategies.

Don't Be Afraid to Ask for Support

If you're struggling with an assignment, unsure about feedback, or need academic guidance, the HISA Advice Service is here to help. Whether it's understanding assessment policies, dealing with academic appeals, or seeking study tips, we've got your back.

So, in the wise (and slightly threatening) words of Duo the Owl—don't give up! Review your feedback, learn from your mistakes, and keep improving. You've got this.

Want to Learn More About UHI Staff?

Ever wondered what goes on behind the scenes at UHI? We're running an exclusive interview series featuring staff members who work closely with the Advice Service, giving insight into their roles and how they support students like you.

Check out our first interview with Mel, a UHI/HISA staff member dedicated to helping students succeed! Read it here: **UHI Interview Series: Mel O'Keeffe**

SPORTS CLUBS, SOCIETIES & NETWORKS!

FUNDING!

The Term 2 grant has now closed! We had 18 applications! Here are some of the things we are helping to fund: gym sessions for the Snow Sports club, equipment for Moray Skills for Life, travel for our competitive sports teams, national association subscriptions for UHI Scribblers and mountaineering, equipment maintenance for HISAC, play rights for the Drama Society, knitting needles for SAMS' Knitting club, help with the costs of a residential for the Sustainable Development Society, snacks and beverages for Community Outward, and so much more!

With club members in charge, your association will be organized, energetic, and totally in sync with the student body. They're the secret sauce for success!

STILL LOOKING FOR FUNDING?

Most council areas will have a grant called an Educational Trust. As community groups (clubs or societies), you can apply for funding usually between £200-£2,000 to help cover costs of travel, equipment, lectures, pitch hire, etc. Remember, your club activities ARE educational because they help students and young people learn about your chosen themes and activities. We are happy to help you with the applications. Just reach out!

You can find more information on these grants at these sites:

Highland Council Charitable Trusts

Perth and Kinross Educational Trust - Perth & Kinross Council

Argyll Educational Trust Application Form | Argyll and Bute Council

Zetland Educational Trust – Shetland Islands Council



UHI VARSITY

We are excited to announce that UHI Varsity is back for its second year on Tuesday, 1st April 2025! Teams from Perth, Moray, and 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.

Our Sports Development Coordinator and Perth, Moray and Inverness Active Campus Coordinators have put a lot of hard work into organising the tournament and it would be great to have lots of students along to spectate- it's guaranteed to be a fun day!

THE LITTLEJOHN VASE

Our shinty teams will be competing in the Littlejohn Vase in St Andrews on Wednesday 12th March. After their historic win last year- can they retain the title?

We've still got some spaces left on both the men's and women's teams so email amanda.fleet@uhi.ac.uk if you'd like to play!

WANT TO PLAY SHINTY FOR UHI?

We're looking for
players to take on the
Littlejohn Vase in St
Andrews on
Wednesday 12th March

Email
amanda.fleet@uhi.ac.uk
to get involved!



LOCAL UPDATES: INVERNESS

STUDENT VOICE REPS

We are still recruiting more student voice representatives! Be the voice of your class. Our next meeting is in the Lecture Theatre on Tuesday the 25th from 12pm to 1pm. The HISA student bar Tooth and Claw will be there to ask you a few questions and announce some upcoming events and what else you want to see in Inverness with your student discount! A link has been sent out to our SVRs for an online session too on Thursday the 27th for the network students or those that can't make the in-person meeting. Money Advice Scotland will be talking for ten minutes as our guest. Looking forward to seeing you all there!

A BIG THANK YOU!

HISA Inverness would love to say thank you to all the students that attended Games Night and the Pride Party that took place on the 19th of February. We love having the drag queen Venus Guytrap back every year!

UPCOMING EVENTS

February 28th- Our furry friends, the Therapets will be downstairs in the Atrium from 12pm to 2pm. Give a dog a cuddle to de-stress from your assessments and exam prep!

COMING SOON...

The HISA team are looking into dates for a food focus group and clothes swap this March. Please keep an eye out on our social media and the advertising on noticeboards and screens around the college.

STUDENT VOTING FOR ELECTIONS

There will be a table in the Atrium and on the second floor Foyer for all students to vote for their preferred candidate to work with HISA next year from 10am on Monday the 10th of March and closing at 4pm on Thursday 13th of March. A prize will be given out to a random student that votes. We encourage all students to vote, as it will depend on your student experience for the next academic year!

LOCAL UPDATES: UHI HOUSE/CfHS

After 4 and a half years of hard work, dedication and determination to improving the students experience at UHI House, our local coordinator Melissa O’Keeffe is moving on! She will still work for HISA, except she is now in the Operations team who are lucky to have her. With Mel leaving her role as local coordinator – if anyone has any requests, questions or concerns they can be sent to sophie.macgregor@uhi.ac.uk in the interim.

Did you know that as a UHI student, you can attend events that happen at UHI Inverness? If you would rather have more events at UHI House, let us know what you would like to see [here](#). You can also let us know if there is anything you feel like we are missing from the Cubby that would help you throughout your time studying.

Don’t forget you can join a club or society! Have a look at our website for [UHI House specific clubs](#) or you can look at our online ones if you would prefer to be online.

LOCAL UPDATES: HTC

WHAT’S ON AT HTC

Hello folks, by now everyone should have received some emails from me to introduce myself. I’m Susan Loughlin, your Designate Depute President. I just wanted to give a quick update on what’s happening at HTC this month.

For Feel Fab Feb we have a number of free craft kits to give away to students interested in easy projects which can be donated to help raise funds for any church or local cause you choose. Please email me (susan.loughlin@uhi.ac.uk) if you would like to have one sent out to you.

A student survey is in the works and will be sent to students shortly to have their say in future events and improving student spaces. Please keep an eye on your inbox.



LOCAL UPDATES: PERTH

SVR AND OFFICER UPDATES

Thank you to all the reps who came along to our last Student Voice Rep meeting on 5th February. We had a great turn out, and meeting notes have now been sent out to all reps. If you have any other issues that were not raised at the meeting, please let us know by emailing HISA.Perth@uhi.ac.uk or dropping by our office in the Webster.

Andi (Perth Depute):

- Planning & running Music Bingo, LGBTQ+ History Month Crafts and our Feel Fab Feb (Mental Wellbeing) Campaign on campus with internal UHI department as well as external organisations.
- Checking in with Sports Therapy Clinic Leaders, as they are merging both clinics to take place onto a Tuesday!
- I have also been writing a report based off the Food & Beverage Feedback in the last SVR Meeting to be able to take it to the relevant committees as student consultation on Aramark.

Xander (Perth President):

- I have been undertaking semester two class visits with Lucy and Sam Monie to promote OBI Awards and elections.
- Met with the College Auditors to provide feedback on student engagement within the college.
- Have formally requested an increase in student representation on the EDIT (Equality, Diversity & Inclusion) Committee.
- Lucy and I met with college management to discuss student feedback on the library and make suggestions on how some of the issues could be resolved.
- Attended a national quality event and I am working on a national Language Accessibility Promise with Abertay Students' Association.
- Aimee and I met with Emma from HISA team to discuss the potential of establishing a RAG week.



2025 OBI AWARDS

Nominations are now open for the 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 nominate UHI Perth students and staff members NOW!

The award categories celebrate teaching and non-teaching staff, personal academic tutors, students and student voice representatives, plus 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.

You can nominate as many people as you choose. For more information, or if you would prefer a paper nomination form, please contact HISA Perth via our office in the Webster, [our website](#) or email hisa.perth@uhi.ac.uk.

Outstanding • Best • Inspiring



FEEL FAB FESTIVAL

Join us at our Feel Fab Festival in the Webster at UHI Perth on 26th February from 10am – 2pm!

Enjoy a fun-filled day with complimentary sessions, including:

- Food to boost your mood
- Art workshops
- Physical activity sessions
- Nail art and hair styling
- Plus, activities and information from UHI Perth's Student Wellbeing Team, Mindspace, Change and Rainbow Heartlands!

We can't wait to see you there!



THE RETREAT

The Beauty Therapy and Hairdressing team at UHI Perth offer a variety of value for money treatments during the week to students, staff and members of the public.

The students are supervised by qualified and professional teaching staff, so rest assured your treatment will be handled with utmost care and professionalism. And whilst you will benefit from feeling pampered and refreshed, the students will get the invaluable practical experience essential for their further progression and training, so it's a win-win for all!

Appointments are now live for UHI Perth's hairdressing salon at The Retreat! To book an appointment please contact The Retreat by telephone on 01738 877634 or email at salonappointments.perth@uhi.ac.uk. Keep an eye on [The Retreat's website](#) for news of beauty therapy appointments coming soon.



UHI | PERTH
The Retreat
Hair, Beauty + Wellbeing



Hairdressing Appointments

Tuesday 09:00 - 17:00
Wednesday 09:00 - 16:00
Friday 09:00 - 16:00

To book or for more information, please contact via the details below

Tel: 01738 877 634
Email: SalonAppointments.perth@uhi.ac.uk

Promoted by



LOCAL UPDATES: MORAY

YOUR MORAY OFFICERS UPDATES

Sarah's Update

Hello everyone Sarah Marshall your Depute President here. I hope you're settling into Semester 2 and feeling ready to take on the rest of the year. We have some exciting events lined up for you here at UHI Moray!

UHI Moray Glee Club

Starting on Tuesday, 20th February, join us in Room C120 for the UHI Moray Glee Club! The club will meet every Thursday from 4:00 pm to 6:00 pm. Whether you're a seasoned performer or just curious, feel free to pop in and get involved, or simply come along to see what it's all about.



Stagecoach Pop-Up Q&A

On Friday, 28th February, come along to the AGBC seating area for a pop-up Q&A session with Dave Simpson from Stagecoach. He'll be available from 10:00 am to 3:30 pm to answer your questions about local bus routes, journeys, and the future of the bus station here in Elgin.

Coffee Morning with Mikeysline

Join us for a relaxing coffee morning on Friday, 14th March, in the Ayepod from 10:30 am to 12:30 pm. Drop by for a cuppa, some tasty treats, and a chat! Mikeysline will also be there, offering support and a chance for anyone to have a friendly conversation.

Coffee afternoon at Linkwood Campus

We're also planning a coffee afternoon at Linkwood Campus on Thursday, 20th March, from 12:30 pm to 2:00 pm. This will be a great opportunity to meet with fellow students, enjoy some refreshments, and have a chat. More details will follow soon, so keep an eye out!

We hope you've had a great start to Semester 2, and we look forward to seeing you at these events. Don't miss out!

Chloe's Update

Hello everyone! Chloe your Designate Depute here, I hope you are all good and settling in ok. I have some exciting events planned also for this semester and I am so excited for them!

UHI Moray students networking days

I am planning to have two days in March those being the 17th and 19th March from 12-1PM. These days are for you to drop in and meet support staff that help you, be able to put faces to names and ask any questions you have to them! There is more details to follow so keep an eye out for that!



YOUR MORAY OFFICERS UPDATES

Cuppa and Chat

I am also planning a social drop in which will be on the 6th March, 3rd April and 1st May from 12-1PM this is for you to come pop in and chat to HISA staff or socialise with other students and enjoy some refreshments, there will be tea, coffee, juice and snacks available to you. More details to follow up so keep an eye out for that!

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 #5

Wed 19th Mar 2025 • 1:30 – 2:30 PM • LRC002 AND Microsoft Teams!

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!

MORAY GAME JAM!

What is Moray Game Jam?

Started in 2014 as the UK's most northerly Game Jam, Moray Game Jam brings together gaming enthusiasts from across the country, industry leaders and educators for 48-hours of creativity, collaboration, and fun.

Based at UHI Moray, the Jam attracts teams from around Scotland to compete over 48 hours to create a video or board game based on a specific theme. The games are then showcased at a public gaming playground attracting large numbers of families and young people who are invited to vote on their favourite board and video game.

That's not all, there will also be a series of exciting talks, led by a variety of guest speakers and industry veterans and, new for 2025, social sessions to bring teams together.

Why should you take part in Moray Game Jam?

It's simple, at MGJ you:

- Network with industry professionals and fellow enthusiasts
- Learn from talks led by experienced game developers
- Create a game from scratch in a supportive, energetic environment
- Showcase your work to the community and get valuable feedback
- Have Fun and challenge yourself in a unique and exciting way

Interested?

[Register TODAY on the Moray Game Jam Website](#)

LOCAL UPDATES: SHETLAND

UPDATE FROM YOUR DEPUTE PRESIDENT, HARLEY GREEN

Hi everyone, it's hard to believe that we are approaching March and planning the final events of the academic year. As always if there are any suggestions for an event, please don't hesitate to speak to me either in the HISA office in Lerwick or by emailing me.

We have had some great news from UHI Shetland at the start of the month that the C/D lift is now back in action after being out of service at the start of the year. Throughout the time when the lift wasn't working, I've been having weekly catch up meetings with the facilities department.

There have been talks around the campus that the canteen is expensive for students to buy lunch or a snack. If you believe UHI Shetland is charging too much for a particular food or drink item, please do get in contact with me to ensure food and drink is affordable for all students studying at UHI Shetland. My email address is hisa.shetland.depute@uhi.ac.uk

Somehow, some miniature guizers have broken loose from their Up Helly Aa squads and taken up residence at UHI Shetland! They have managed to find their way onto both Lerwick and Scalloway Campuses and rumour has it, at Mareel too! They could be anywhere, from desks to shelves or on top of a door frame! If you do find one, make sure to fill the back of the tag and hand it to your lecturer or to HISA to claim your gift voucher for one of the local businesses such as LHD, Tesco's, Boots or Superdrug!

Keep an eye out on socials as we are looking to invite the RNLI to give a presentation about the organisation and sea safety and have the opportunity to purchase some goodies too!

UHI Shetland

Scalloway,
Mareel &
Lerwick
Campuses

Find da guizers
who escaped der
squads, find a
viking and swap for
a gift voucher
worth £10 or £15!



Find The Vikings



LOCAL UPDATES: ORKNEY

A busy month with Student Elections being the dominant theme, we have found time to include origami and trivia sessions and are busy preparing FFF care packs to send out to students. The final event of this month will be an afternoon tea on campus with the Orkney Pride community organisation.

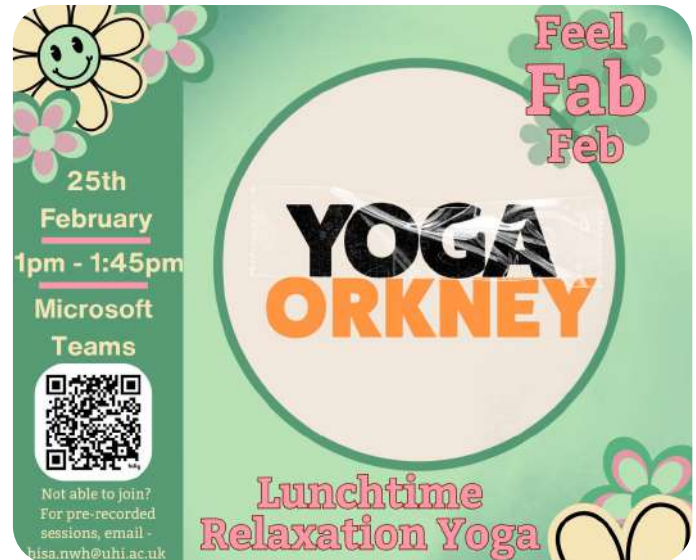


LOCAL UPDATES: NORTH, WEST & HEBRIDES

CAMPUS EVENTS

The North, West, and Hebrides Student Engagement Team, in collaboration with HISA, has been hosting a range of fun and engaging pop-up events to bring students together. Some were in support of Time to Talk Day, promoting open conversations about mental health, while others were simply a chance to relax, connect, and enjoy campus life.

So far, students have taken part in Cuppa & Chat sessions, shared uplifting messages on Positivity Trees, and enjoyed some friendly competition at the Console Pop-Up. These events create a welcoming space for students to unwind and engage with their community. Keep an eye out for more pop-ups coming soon—you won't want to miss them!



ONLINE YOGA SESSION

Join us for a soothing online yoga session. This class focuses on gentle movements and simple postures to help you unwind, reduce stress, and find a sense of calm. There's no pressure to achieve specific poses, this is your time to relax and explore what feels best for your body.

Whether you're new to yoga or a seasoned yoga practitioner, this session prioritises ease and comfort. Practicing at home? A pillow, cushion or blanket can enhance comfort, but everyday items from around your house, work just as well.

Take a moment in the middle of your day to slow down, process emotions, and reconnect with yourself. Let's create a soothing space together.

Hosted by the wonderful Adele from Yoga Orkney, this session has been made with the needs of students in mind. [Join here!](#)

Not able to join? [Sign up here](#) for access to a prerecorded session that you can follow along to from the comfort of your own home.

If you have any questions about the session, contact Adele directly at adele@yogaorkney.com

CALLING ALL WOMEN IN THE OUTDOORS: SHARE YOUR VOICE!

Are you a woman who loves spending time in the outdoors? A 4th-year UHI Adventure Education student is conducting research for a professional adventure project focused on improving the fit and functionality of women's outdoor clothing. Despite the growing outdoor industry, many brands still fail to offer inclusive sizing and practical features.

This project aims to address those issues by developing a modified size guide and introducing thoughtful design improvements. Your experiences and feedback are crucial in making outdoor wear more comfortable and accessible for all women. The survey takes just five minutes to complete—

have your say and help shape the future of women's outdoor clothing!

HEALTHY BODY, HEALTHY MIND: PHOTOGRAPHY COMPETITION

In the lead-up to National University Mental Health Day, UHI's Healthy Body, Healthy Mind photography competition invites staff and enrolled students to capture what well-being means to them.

Selected entries may be featured in the annual digital calendar, and the winner will receive a £50 National Book Token to use online or in-store.

Get creative and share your perspective!

For more details, contact Michaela Gilmore at michaela.gilmore@uhi.ac.uk.

Winning photo from 2024, taken by Kieran Thompson, a staff member at UHI Perth.



LOCAL UPDATES: ARGYLL

LAST MINUTE ADDITION TO FEEL FAB FEB! HEALTH & BEAUTY TREATMENTS (OBAN CAMPUS)

Tuesday 25th February 9.30am-12.30pm

We are thrilled to say that we have added yet another brilliant event to Feel Fab Feb, to help you feel (and look) your best for these grey days. The excellent Health & Beauty team will be offering FREE treatments to help you start off the last week of the month feeling fabulous!

Treatments available are:

- Manicure - 1 hour
- Facial - 40 mins
- Back massage - 30 mins

Just click [here](#) to book yourself in! Open to all UHI students.



PHOTOGRAPHY COMPETITION

Deadline: 24th March 2025

Theme: Furry, Wild & Free

Prize: £25 Amazon e-voucher

The students of the Access to FE course are pleased to announce that they are running a student-led photography competition. The theme encapsulates all animal life, from critters of the wilderness to pets at home (and everything in between), and the winner will get a £25 Amazon e-voucher (donated by us here at HISA). This competition is open to all, provided that submitted images are square, and do not make use of any AI. Human photographers and animal subjects only, please!

Email hisa.argyll@uhi.ac.uk for more info, and we will pass you over to the organising class.

STUDENT VOICE REPS - MEETING DATE

There will be a SVR Meeting for all Argyll SVRs held on Teams on Monday 24th February, between 12.30pm-1.30pm.

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

LOCAL UPDATES: SAMS

THE VALENTINE'S CEILIDH WAS GREAT!

Thank you to everyone who made it down to the Argyllshire Gathering Hall for the HISA/SAMS/UHI Valentine's Ceilidh. It was a great turn out, an excellent band (big shout out to the Ardmhor Ceilidh Band), and a lot of fun was had by everyone.

Who fancies another dance?



DON'T FORGET!

Book Swap!

A reminder that the Feel Fab February Book Swap is going to be held in Cafe Camus (SMB) on Thursday 27th February. Donate a book. Pick up a book. Both. Books for all!

STUDENT VOICE REPS - MEETING DATE

There will be a SVR Meeting for all SAMS SVRs held on campus on Thursday 6th March, between 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

- Easy Banana Oat Muffins - Makes 6-8 muffins

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

- 2 ripe bananas (mashed)
- 1 cup oats (rolled or quick oats)
- 1/2 cup all-purpose flour (or whole wheat flour)
- 1/4 cup sugar or honey
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon cinnamon (optional, for extra flavour)
- 1/4 teaspoon salt
- 1 egg (or flax egg: 1 tbsp ground flaxseed + 3 tbsp water)
- 1/4 cup milk (any type)
- 2 tablespoons vegetable oil or melted butter
- 1/2 teaspoon vanilla extract (optional)

Tips

Budget Swap: Use all-purpose flour if you don't have oats.

Add-Ins: Throw in some chocolate chips, raisins, or chopped nuts if you have them.

Storage: Keep in an airtight container for up to 3 days, or freeze for up to a month.

METHOD

Makes 3-4 portions

Preheat & Prep: Preheat your oven to 175°C. Line a muffin tin with paper liners or lightly grease it.

Mix the Wet Ingredients: In a large bowl, mash the bananas. Add the egg, sugar (or honey), milk, oil, and vanilla extract. Mix until well combined.

Combine the Dry Ingredients: In a separate bowl, whisk together the oats, flour, baking soda, baking powder, cinnamon, and salt.

Mix Everything Together: Slowly add the dry ingredients to the wet mixture, stirring until just combined. Be careful not to overmix.

Fill the Muffin Tin: Spoon the batter evenly into the muffin cups, filling each about 3/4 full.

Bake: Bake for 18-22 minutes, or until a toothpick inserted into the center comes out clean.

Cool & Enjoy: Let the muffins cool in the tin for 5 minutes, then transfer them to a wire rack to cool completely.

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

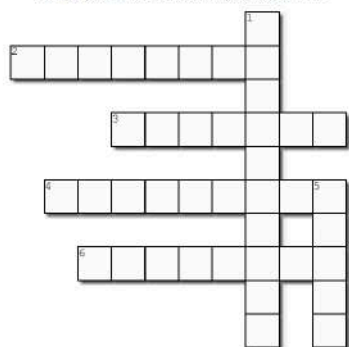
Check out the FSA student guide for more food hygiene advice.

PUZZLES AND COMPETITIONS

PUZZLES

Feel Fab Feb Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. Physical activity that boosts mood and reduces stress.
3. Speaking to someone about worries or stress.
4. The act of taking time for yourself to rest and recharge.
6. Creative activity that helps relaxation.

Down

1. Practice of calming the mind through breathing and focus.
5. Recommended amount of sleep for good mental health.

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	9	3		1	6	5	2	
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7	4			2	1	8	3	6
3		8	6			9		1

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!

