

HI!



YOUR STUDENTS' ASSOCIATION NEWSLETTER

    www.hisa.uhi.ac.uk

ISSUE: 009

DECEMBER 2024

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CROSS-CAMPUS UPDATES

WINTER CLOSURE & RESOURCES FOR STUDENTS

Wishing you a merry winter break from everyone at HISA! Our closure period will be from Tuesday 24th December to Friday 3rd January.

We recognise that the festive period can be a difficult time of year, so check out the resources [here](#) which can be accessed for free 24/7 if you need support during this time:

We look forward to seeing you again in the New Year and hope that you have a restful break.

COPING AT CHRISTMAS

The Added Pressures of Christmas can be Tough, but it's Important to know there's always Someone you can Talk to...

<p>Call 111 & select option 2 to speak to the NHS Mental Health Crisis Response Service 24/7 Nhs.uk/mental-health</p>	<p>Under 35s can Call 0800 068 4141, Text: 88247 or Email: pat@papyrus-uk.org 24/7 Papyrus-uk.org</p>	<p>Call 116 123 to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours Samaritans.org</p>
<p>Call MIND's Mental Health Helpline 9am to 6pm, Monday to Friday on 0300 102 1234. Mind.org.uk</p>	<p>Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19 Giveusashout.org</p>	<p>Mental Health Forum & Chat for Men from 5pm - midnight every day Call or Watsapp 0800 585858 Thecalmzone.net</p>

[ChristmasCountdown.uk](https://www.ChristmasCountdown.uk)

Happy
HISA
Holidays

We are closed 24th December-3rd January

HAVE A MERRY WINTER BREAK!

SURVEY FOR INTERNATIONAL STUDENTS!

Mariesa Venter, a PhD student at the University of the West of Scotland, is researching the service experience of international students at higher education institutions in Scotland. The study aims to identify where improvements are needed to enhance the overall experience of current and future international students, and your role in this is crucial.

Your opinion and service experience are essential as an international student. We respect your time, and this survey will take about 10 minutes. The University of the West of Scotland Ethics Committee and the School of Business and Creative Industries granted this investigation ethical approval. All responses and respondents will remain anonymous, and no department or participant will be named or identified.

If you wish to be a participant in this project, please confirm on the consent form available on the first page of the survey. Please find the link [here](#).

CYBERCRIME WARNING

Police Scotland has issued an urgent alert regarding a significant increase in cybercrime targeting international students, particularly those from China. Scammers are reportedly posing as Chinese police officers or government officials, exploiting fears of legal repercussions to extort money. Additionally, there are ongoing concerns about students being coerced into acting as “money mules” for organised crime groups.

To help students stay informed and safe, Police Scotland has developed a Student Online Safety Guide, including a version translated into Simplified Chinese:

- [Student Online Safety Guide](#)
- [Student Online Safety Guide – Simplified Chinese Version](#)

REVIEW UHI, WIN UP TO £500!

Your voice is powerful, and UHI wants to amplify it! That’s why they’re taking part in Uni Compare’s student review collection. Share your university experience for a chance to WIN £500! Competition ends on Thursday 1 May 2025: [enter here!](#)

2025 STUDENT ELECTIONS - NOMINATE YOURSELF TODAY!

NOMINATIONS OPEN

HISA, your students’ association, are an organisation led by students, for students. Every year, students elect other students to lead the work we do. This is a great opportunity for you to represent your fellow students and improve the student experience.

Read more about our elections and nominate yourself to stand [here!](#)



**STUDENT
ELECTIONS**
#Lead HISA

EQUALITY & LIBERATION

DISABILITY AWARENESS MONTH

Disability History Month is a time to learn about and reflect on the experiences and contributions of disabled people throughout history. For us in the highlands and islands of Scotland, it's also an opportunity to think about the unique challenges and perspectives of disabled individuals in our communities. Our geography and rurality often present additional challenges for our disabled students as support, resources, and up-to-date accessibility aids may be less available than in the big cities.

If you are a student with disabilities or access needs, HISA is here to help! Contact our Advice Service or check out our guidance on UHI's support here: [Study Skills & Learning Support](#). You might be eligible for financial assistance through the Disabled Students' Allowance (DSA). You can find more information about it here: [Learning support - Disabled Students' Allowance](#) and here: [Advice Service - Inclusivity Matters](#).

Accessibility matters for everyone as each voice contributes to your learning. To help improve accessibility in your learning environments contact your SVR with ideas.

Looking for community?
Join the Accessibility
Student Network!



EmilyTest
Teaching Gender-Based Violence in Ed

SCOTLAND'S FIRST GENDER-BASED VIOLENCE PREVALENCE IN EDUCATION SURVEY

Staff and students in colleges and universities, please spare a few minutes to fill out this new survey.

EMILYTEST GBV SURVEY

EmilyTest, a charity working to end GBV in education, has proudly put together the first ever Scotland-based survey on GBV in universities and colleges. Scotland seriously lags behind the rest of the UK in data collection for GBV in education. Please contribute to this effort to help reduce gender-based violence in education. Staff and students are both welcome to fill out the survey [here](#).

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:

"Teaghlach" meaning "Family"

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!

TEST YOUR KNOWLEDGE!

Test your Gaelic knowledge and learn new words by matching the word below to its meaning! Check your answer using the Gaelic dictionary [here](#).

"ceapairean"



		
sandwiches	wraps	muffins

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.

THE UHI BUSINESS COMPETITION 2025 IS NOW OPEN!

Aspiring entrepreneurs are invited to pitch their business ideas for a chance to win a range of cash prizes and valuable support packages, worth up to £8,500!

Run by [Create](#), this competition is open to all UHI students and anyone over the age of 16 living in Argyll and Bute, Highlands and Islands, Moray or Perthshire.

"It's much more than just a competition; it's the opportunity to be part of a community that values creativity, collaboration and forward-thinking. If you have a business idea with potential to make a lasting impact, enter now!" - Roz Thomas, Enterprise Lecturer and lead of the UHI Business Competition.

Have an innovative business idea? [Find out more!](#)



JOIN HANDSHAKE & WIN £3,000!

UHI students - live rent free - your chance to win £3,000 with Handshake!!

- **Sign up:** Create your Handshake account with your UHI email in just a few clicks and secure your entry into the giveaway.
- **Share:** Boost your odds! Spread the word to friends and classmates and increase your chances to win.
- **Win:** Score 1 of 15 prizes worth £3,000 each— Ease your biggest financial worry and let your career live rent free!
- Enter [here!](#)



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

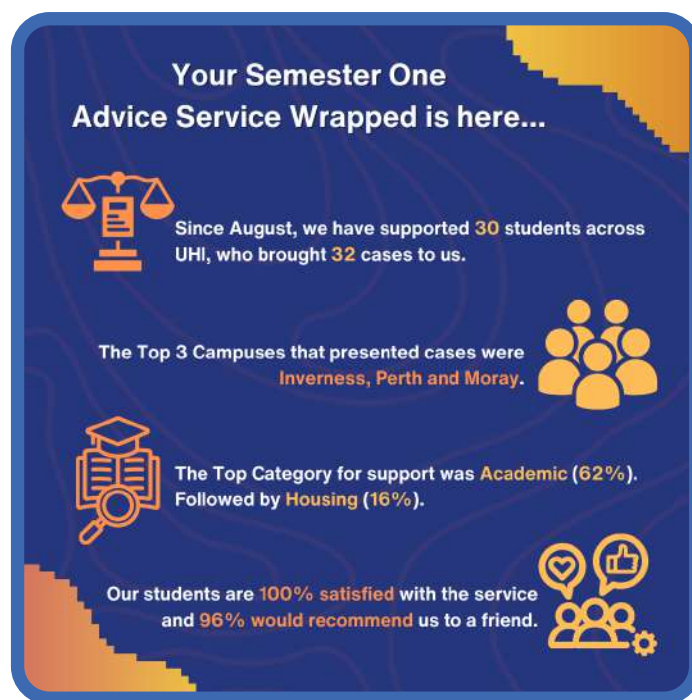
REASSURANCE ABOUT EXAM RESULTS

If you find yourself unhappy with your exam or assessment results, don't panic—there is an appeal process in place. The Advice Service is here to support you with understanding the process and preparing your appeal. We're here to guide you every step of the way so that you can feel confident and empowered. We've put together some preliminary advice about the process on our Advice section [here](#).

Thank you for trusting us – we look forward to supporting all of you in 2025!

SEMESTER ONE HIGHLIGHTS: ADVICE SERVICE WRAPPED

Since August, we've supported 30 students across UHI with 32 cases. Academic support topped the list (62%), followed by housing (16%). Inverness, Perth, and Moray campuses led in case numbers. We're proud to report 100% student satisfaction and 96% would recommend us to a friend.



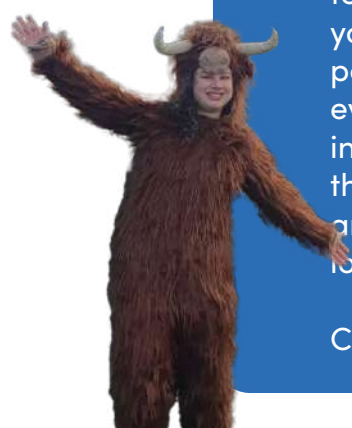
SPORTS CLUBS, SOCIETIES & NETWORKS!

CLUB SPOTLIGHT

Get Cozy with SAM'S Knitters!

SAMS' Knitting Club: We are the new HISA knitting club based at the Scottish Association for Marine Science (SAMS) in Oban. Whether you are permanently based here or just passing through, come join us for a cozy evening of knitting! We meet every Thursday in one of the local pubs and knit & chat away those dark winter nights. Membership is free and no prior experience is required as we all love to share what we know.

Check us out here: [Knitting Club](#)

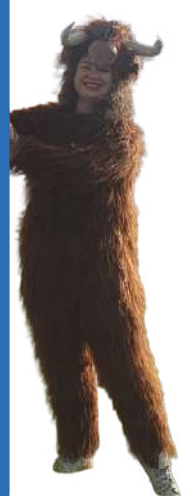


CLUB SPOTLIGHT

Deck the Halls with Paws and Tails!

#1 Furrries of UHI Society: Hi there! This is the official revival of the old furry society of the UHI, created by furries for furries. Everyone is welcome here, furries and non-furries alike! We are an online cross-campus group based on Discord for furries throughout the UHI to gather and hangout, make new friends and enjoy all things within the Furry Fandom! Whether that be art, games, VR, fursuits or any anthropomorphic character. If it's got a tail, fur, scales or feathers and it's anthropomorphic, chances are it belongs here!

Check us out here: [#1 Furrries of the UHI](#)



HISA GRANT: SECOND TERM

The HISA Grant for student groups will be opening January 20th– February 10. Make sure to plan ahead and get your applications in! The grant is only open to affiliated HISA clubs and societies. We make our award decisions based on a variety of factors including club fundraising attempts, number of student participants, and type of activity. Competition for funding is at a record high, so make sure to put together a strong application!

You can read more about the HISA Grant here: [HISA Grant](#)

JANUARY PARKRUN CHALLENGE

We'll be running a UHI wide competition for students throughout the month of January, making use of the fantastic Parkrun network around Scotland. Parkrun is a free weekly community event where you can walk, jog, run or volunteer. Simply email us a screenshot of your results or evidence of volunteering at amanda.fleet@uhi.ac.uk to be entered into a prize draw to win a £50 Decathlon voucher. It's a great way of meeting your community and getting active!

See the Parkrun map [here](#) to find your local event and register for your barcode.



LOCAL UPDATES: INVERNESS

COMING SOON!

The Inverness team have already started planning Refreshers 2025. Expect another day of great music from our student bar The Tooth and Claw, get your photos taken (with props!) in the photobooth, gather all the freebies possible and have fun! The date will be announced soon, so please keep an eye on the noticeboards, our website, and Instagram.

SVRs

A big thank you to all our student reps for giving us some great feedback this year. Staff were very happy to hear positive feedback, too! Well done to all that attended our training sessions. It is great to see so many trained. Our second meeting was on the 10th of December and there was a fantastic turnout. Lunch was provided and it was a fun and engaging session. See you in January. SVRs, and have a wonderful holiday.

SOCIETY OF THE MONTH

A big shout out to the Volleyball Club in Inverness. There is a great turnout every Wednesday evening and it welcomes both students and non-students. Keep it up!

CHRISTMAS EVENTS

There was a huge turnout at the Jingle Jog on the 11th of December. Well done to everyone that took part! The HISA stall had great interaction when students took part in decorating and painting their own Christmas decorations. We noticed some very talented artists!

HISA Inverness brought a Christmas craft fair to the Scottish School of Forestry. The students that took part sold various items such as paintings, jewellery, knitted clothing, badges, and more! We had external exhibitors selling ice cream (it's never too cold for ice cream!) and the Tooth and Claw student bar had a pop-up non-alcoholic bar on the premises while playing some great tunes.



LOCAL UPDATES: PERTH

YOUR PERTH OFFICER'S UPDATES

Xander

Has raised student complaints and concerns with senior management and through College Committees about:

- Lack of engagement/responsiveness from the Operations Directorate about student feedback relating to estates/learning resources/equality issues
- Provided feedback on the student experience into the College Self-Evaluation process that will be reported to government
- Asking the Equality & Diversity Inclusion Team for plans to be put in place for disabled student/staff based on 2nd & 3rd floor of Brahan ahead of semester two, starting with lift replacement due in March at the earliest

Andi

- Planning & running or attending Music Bingo, Trans Day of Remembrance Vigil at St Paul's Square with Rainbow Heartlands, and Festive/Christmas events including the Webster (Union Link Building) Festive Glow Up
- Checking in with Sports Therapy Clinic Leaders, as promotional materials have been put in HISA noticeboards, to see how bookings are going. They are fully booked until the festive break!
- Further consultation with other onsite business leaders for student work experience

SVR ROUND UP

A big thank you to our wonderful reps for sprucing up Webster for the festive season! We're sure you all agree that they've done an incredible job wrapping the building in lights, tinsel, and paper chains, and decorated the Christmas tree beautifully!



We held our second student rep meeting on 5th December. Since many of the topics brought up by students at our last meeting were about our college buildings and learning resources, we invited our Estates and Catering managers to join in on the conversation. Students shared their thoughts on the lift, on-site catering, and the future of the Goodlyburn. We've sent out all the notes from the meeting to our reps to keep everyone in the loop. Thanks for your feedback!

EVENT QUESTIONNAIRE

At HISA Perth, we love putting together events just for you. To make sure we're offering activities you're really excited about and scheduling them at times that work for you, we've created a quick anonymous questionnaire. We'd love to hear your thoughts on the types of events you'd like to see on campus. You can find the questionnaire [here](#). Thanks for helping us make your experience brilliant!

RECLAIM THE NIGHT

HISA and our Active Campus Coordinator, Lindsey, collaborated to encourage our students to attend the Reclaim the Night Walk in partnership with RASAC. After a poster making session with RASAC on Tuesday, our officers, Andi and Xander, along with Lindsey and local staff, attended the Reclaim the Night march in Perth on Wednesday.



EVENTS COMING SOON!

Christmas Carols

Join our brilliant student engagement team on 18th December from 1pm in Webster for Christmas carols, complimentary mulled wine, and festive sausage rolls!

Welcome Back in January:

To welcome you back to campus after the festive break, we are planning a week of events including:

- Therapets back on campus!
- Music Bingo!
- Burns Night ceilidh!

Feel Fab Feb!

Look out for events to promote positive mental health and wellbeing across February...

LOCAL UPDATES: MORAY

OFFICER UPDATES - SEMESTER 1 RECAP

As we draw 2024 to a close, it's time to reflect on what has been a busy and eventful first semester. Here's a quick roundup of the key activities and events since our last newsletter:

Coffee Morning with Sarah Marshall

Sarah Marshall hosted a successful coffee morning at the AyePod, with support from HISA President William Campbell and staff from Mikeysline. This was a great opportunity for students to connect and chat informally, and Sarah plans to hold more of these events in the future!

"Reclaim the Night" Walk

As part of the 16 Days of Action Against Gender-Based Violence, Sarah and William also participated in the "Reclaim the Night" walk, showing solidarity and raising awareness about this important issue.

STEP Discovery Day

Sarah attended Scotland's Tertiary Enhancement Programme (STEP) Discovery Day in Stirling, engaging with other professionals in the sector to support the development of tertiary education in Scotland.

Chloe Catmore's New Role

We're pleased that Chloe Catmore has officially begun her role as UHI Moray Designate Depute. Having completed her training, she is now setting her objectives for the remainder of her term, which will focus on providing more student events and supporting Sarah with her transport-related goals.

SVR MEETING UPDATE

By the time this newsletter lands in your inbox, we will have completed all our Student Voice Representative (SVR) meetings for Semester 1. A big thank you to everyone who joined – it's been fantastic to see such great attendance at these sessions!

For those of you who couldn't make it, don't worry – there will be more SVR meetings in the new year. Keep an eye out for the dates, which will be confirmed in late January.

Wishing you all a restful holiday break, and we look forward to seeing you in 2025!



LOCAL UPDATES: SHETLAND

THANKS FOR EVERYTHING IN 2024 FROM YOUR DEPUTE PRESIDENT, HARLEY GREEN

Hello Students, I can't believe we are now in December and not far away from Christmas! I hope you all have a lovely break and I will see you in January 2025.

Some of the work that I have been doing over the last few months include regular meetings with the UHI Shetland Senior Management Team about the Briggistanes being closed and the C/D lift being out of action. It is wonderful to see that both Briggistanes and the C/D lift is back to normal now as it has been frustrating times for everyone.

I am ensuring that student views are being heard for the UHI Shetland future campus redevelopment project as it slowly moves on to the next stages before the blueprints are shared to students in October 2025 (hopefully). If you have any concerns about the move to Scalloway and the project, do get in contact with me by email or when the HISA office lights are on.

Events to look forward to include: Peerie Vikings have gotten lost at the processions of Up Helly Aa in Lerwick and have ended up at Lerwick, Scalloway, and Mareel. If you do find one, be sure to turn it in to your lecturer or to the HISA office for a gift voucher of your choice to spend at the street! In February, we will be doing wellbeing catch-ups again where we will be providing free hot drinks and snacks to students. Please join us and let us know how you are doing, and if there is anything we can do for you!

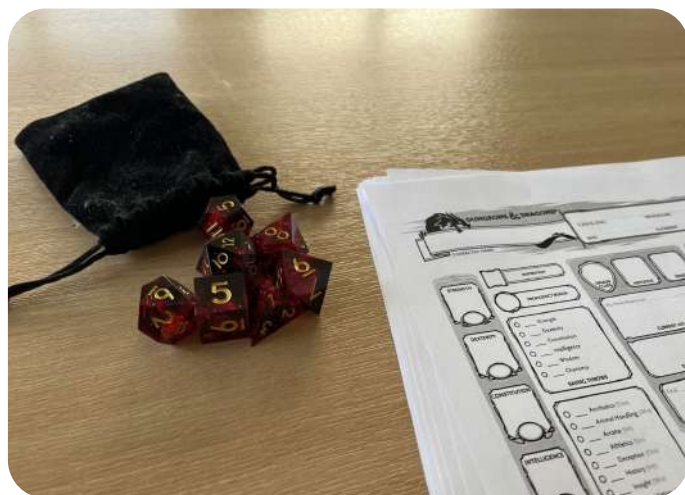
STUDENT DIRECTOR FOR UHI BOARD OF MANAGEMENT

UHI Shetland are looking to recruit a student to sit alongside Harley on the Board of Management. This is an exciting opportunity to shape the future of UHI Shetland and make sure the student voice is heard at the highest of levels. It is also an incredible asset to add to your CV. You can gain a wealth of experience, grow in confidence, and make your CV jump out to future employers. If you would like any more information or an informal chat, please contact sara.fox@uhi.ac.uk. We have a recruitment pack ready and waiting to offer anyone who would like to know exactly what the role entails and how it will benefit both you, and everyone at UHI Shetland.

LOCAL UPDATES: ORKNEY

THE BEGINNINGS OF A DUNGEONS & DRAGONS CLUB AT THE COLLEGE

In November, we organised a D&D crash course! The students who participated were eager to keep the activity going, so the plan will be to try and establish a club at the beginning of the next semester...



CHRISTMAS DECORATION WORKSHOP

On Tuesday 2nd of December, we had a Christmas decoration workshop in the cafeteria for both staff and students. Hot chocolate was provided during the production of paper stars, heart baskets, and snowflakes!



KNITTING & CROCHET CLUB INITIATIVE

A couple of students have been wanting to start a knitting and crochet club at the college! If you're interested, send me an email at hisa.depute.orkney@uhi.ac.uk and I'll put you in contact.

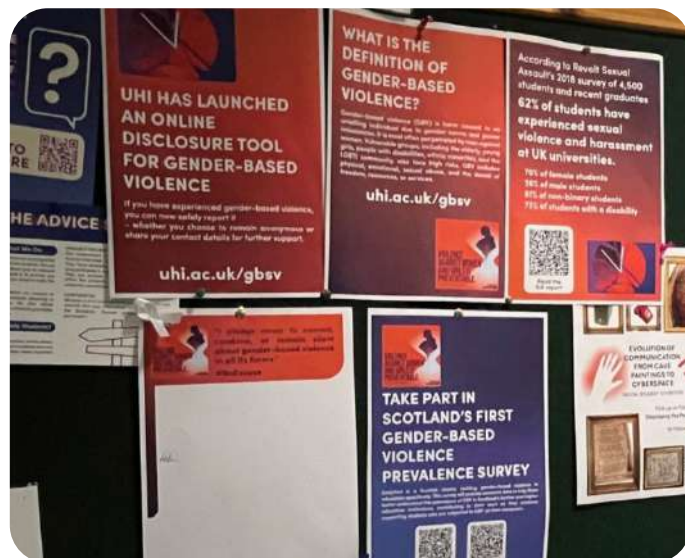
Kind regards, your student officer.

TAKE THE PLEDGE AGAINST GBV!

In occasion of the 16 days against Gender Based Violence, HISA has a cross-campus poster-campaign.

The posters have information about the new UHI Online Disclosure Tool for Gender-Based Violence, and students can sign the pledge against gender-based violence.

Come take the pledge and a white ribbon, down the stairs, by the tennis table!



LOCAL UPDATES: NORTH, WEST & HEBRIDES

CHARITY OF THE YEAR! MIKEYSLINE

First, I would like to thank everyone that took part in our "Charity of the Year" survey. Without you, we wouldn't have a charity of the year to fundraise for!

With that, we are thrilled to announce that you have chosen Mikeysline as the charity of the year!

Mikeysline is a charity dedicated to providing crucial support for those experiencing mental health challenges, particularly focusing on suicide prevention. They offer a number of key services across the highlands of Scotland, including:

- **Text-Based Support:** A discreet and accessible way for people to reach out for help.
- **The Hive:** A walk-in centre providing face-to-face support in a safe and welcoming environment. Check their website to see if one is close to you!
- **Community Outreach:** Initiatives to raise awareness and break the stigma surrounding mental health.

Mental health is a topic close to the hearts of many students, and over the festive holidays it can be a difficult topic to speak about with all the festive joy in the air. Charities like Mikeysline give people another place to go to where they can talk about their struggle's judgement free.

If you or anyone you know ever need to use their services, their text service operates 7 days a week, and you can go onto their website to learn more.

Contact Mikeysline

- Text: 07786 207755
- Website: <https://www.mikeysline.co.uk/>

If you see a fundraiser event around, throw a few pennies their way. It could help someone.



STUDENT VOICE REPS!

Your local HISA team would like to give a big thank you to all the wonderful SVRs that have put themselves forward in this role and attended the first meeting of the academic year that we held on the 27th of November. We got some amazing feedback from them on behalf of the students of NWH, and conversations are already being had with staff about how we could action some of it! Our next Meeting will be held in January, to give our lovely SVRs a little bit of a well-deserved break. So, get all your feedback into your SVR soon, and if your class still doesn't have an SVR, consider coming forward for the role yourself!

Contact us on hisa.nwh@uhi.ac.uk for more info!

YOUR HOLIDAY TOOLKIT! RESOURCES FOR A STRESS-FREE SEASON

As the holiday season approaches there is a lot of excitement and buzz in the air, but it's ok to feel a bit of stress or anxiety as well. Whether you're worrying about managing finances, juggling responsibilities, or staying emotionally balanced, UHI NWH has you covered with their holiday toolkit! These resources can help to make your holiday season joyful and stress free, so check them out!

Student Services - Holiday Toolkit

The holidays are a time for giving, but don't forget to give yourself the care and attention you deserve. Whether it's reaching out for help, setting budgets, or carving out time for self-care, these resources can help you navigate the season with ease.

Wishing you a happy, healthy holiday season!

Disathairne bho 3f
Saturdays from 3pm
2/11, 16/11, 30/11, 14/12, 28/12

Cèilidh Feasgair
Gaelic Songs and Tunes



An Taigh Cèilidh
16 Church Street
Stornoway

Hijinks

CHRISTMAS PREPARATION CAMP

KEEP THE CHILDREN ENTERTAINED WHILE YOU PREPARE FOR CHRISTMAS!

★ **23rd DECEMBER** ★

Activities	Admission
★ Soft Play	£18 for full day
★ Bowling	£10 for half day
★ Team Games	Multiple booking discount available
★ Arts & Crafts	
★ Outdoor Adventure	
★ Plus more!!!	

The Nevis Centre
An Aird, Fort William, PH33 6AN

[NEVISCENTRE.CO.UK/PREP-CAMP](https://www.neviscentre.co.uk/prep-camp)



Reiss Hall
on
Saturday 28th December
at **7:30pm**
Teams of 2, 3 or 4 (£2 per person)

LOCAL UPDATES: SAMS & ARGYLL

WINTER CEILIDH!

Where: Corran Halls, Oban

When: 24th January 2025 (time tbc)

Start the new term in fine fettle by joining us for the annual Winter Ceilidh! Welcome to all SAMS and UHI Argyll students—come along, catch up with friends after the winter break, and most importantly, get dancing! Following some feedback from last year's event, we are ensuring that the fantastic ceilidh band who will be your lively entertainment for the evening will also be showing people the ropes! So don't be shy, even if it's your first time. Everyone has to start somewhere. It is time to put your best foot forward!

NEW SAMS CLUB!

We are very happy to announce that SAMS has a new club whose sole focus is soup! That's right. Soup! It is such a delicious and versatile dish, lovely and comforting, and perfect for warming the cockles on these chilly winter evenings.

FEEL FAB FEBRUARY

While it may seem crazy to be thinking about February before we have even got to Christmas, mental health is such a hugely important subject (especially in these dark winter months) that we want to let you know about this fantastic event in the new year. Feel Fab February is a series of events, large and small, that will be happening across the month at UHI. Our fantastic officers are in the process of putting together a great range of events to help you beat the winter blues. Watch this space for further details and look out for more information around campus.

ART FOR THE OCEAN!

It's hard not to be drawn to the ocean when living in Argyll, but how about actually drawing it? The UK non-profit organisation 'The Ocean Rights Coalition' have launched the 'Art for the Ocean 2025' competition. There are entry categories in mixed media, photography, and digital art. The competition is open to anyone and everyone (students and public, professionals and amateurs) and the prizes are great!

Head over to OceanRights.org.uk/competition for more information, and to submit your entry.



STUDENT-FRIENDLY RECIPE

- Winter Citrus and Roasted Veggie Salad

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

- 1 large sweet potato (peeled and diced)
- 2 cups Brussels sprouts (trimmed and halved)
- 1 red onion (sliced into wedges)
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika (optional)
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 large orange (peeled and segmented)
- 1 large grapefruit (peeled and segmented) or another orange for a sweeter option
- 1 cup cooked quinoa, couscous, or rice (optional, for extra bulk)
- 4 cups fresh spinach or mixed salad greens
- 1/4 cup nuts or seeds (e.g., sunflower seeds, almonds, or walnuts)
- 1/4 cup crumbled feta cheese (optional)

For the Dressing:

- 3 tablespoons olive oil
- 2 tablespoons orange juice (squeezed from one segment)
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste

Tips

Storage: The roasted veggies can be made ahead and stored in the fridge for up to 3 days.

Budget Variation: Use canned mandarins if fresh citrus is too expensive. Substitute spinach with any affordable greens like kale.

Make it heartier: Add a can of chickpeas or shredded chicken for extra protein.

METHOD

Makes 3-4 portions

Roast the Vegetables: Preheat your oven to 400°F (200°C). On a baking sheet, toss the diced sweet potato, Brussels sprouts, and red onion with 2 tablespoons of olive oil, smoked paprika, garlic powder, salt, and pepper. Spread in a single layer and roast for 25-30 minutes, stirring halfway through, until golden and tender.

Prepare the Citrus: While the vegetables are roasting, peel and segment the orange and grapefruit. Save any juice that collects for the dressing.

Make the Dressing: In a small bowl, whisk together the olive oil, orange juice, Dijon mustard, honey (or maple syrup), salt, and pepper.

Assemble the Salad: In a large bowl or on individual plates, layer the fresh spinach or mixed greens. Add the roasted vegetables, citrus segments, and cooked quinoa or couscous if using.

Add Toppings: Sprinkle the salad with nuts or seeds and feta cheese if desired. Drizzle with the prepared dressing.

Serve and Enjoy: Serve immediately as a bright and nutritious winter meal.

STUDENT FOOD SAFETY

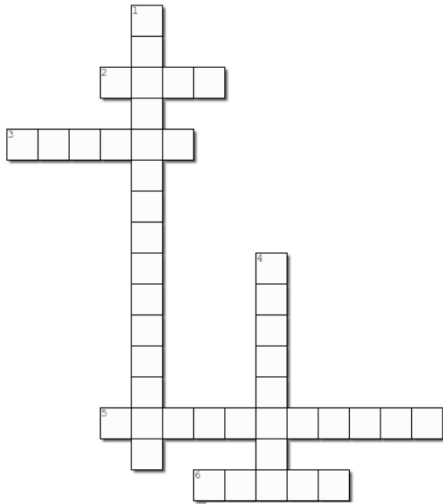
First time sharing a kitchen? Make sure you're up to speed with the basics of food hygiene. Here are the Food Standards Agency's top tips

- 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



Across

2. Natural phenomenon where water turns to ice crystals in winter.
3. A warming drink made with spiced wine, popular in winter markets.
5. Popular seasonal sport often enjoyed on ice.
6. Sikh celebration in January marking the birth of the Khalsa.

Down

1. The shortest day of the year, marking a Pagan celebration.
4. A Jewish festival often celebrated with the lighting of a menorah.

Created using the Crossword Maker on TheTeachersCorner.net

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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 - DEC24" to tell us your thoughts!

