



STUDENT SUPPORT BULLETIN

ISSUE 7 - FRIDAY 3RD DECEMBER 2021
ACADEMIC YEAR 2021-2022

Welcome

Welcome to Issue 7 of the Carshalton and Merton College Student Support Bulletin.

We hope that you find the below information useful. Remember, the Student Support Bulletin is for you, so if there is anything you would like more information on or have any questions, feel free to e-mail the Student Support team at ccstudent.support@stcg.ac.uk

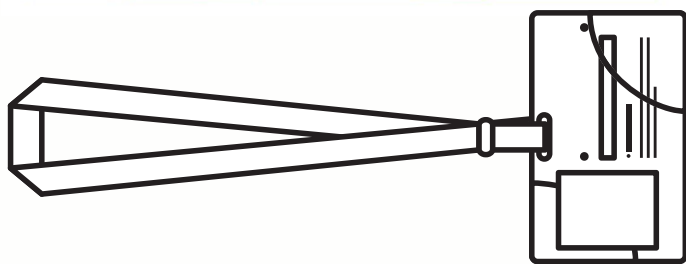


Lanyards and Masks

This is a friendly reminder that all students need to be wearing their lanyards with student IDs and masks (unless exempt) around the College campus.

Lanyards need to be worn to keep yourself, your friends and staff safe.

Following the discovery of the new Covid-19 variant, the College has been advised by the Department for Education, that masks now need to be worn in Communal Areas of the College. The Group Principal, Peter Mayhew-Smith, wrote a letter to all students, parents, guardians and carers which explains more on why the masks need to be worn. You can find this letter [HERE](#).



Safe Stories

Safe Stories was created to highlight some of the issues being faced by teenagers both on and offline. These are problems which young people working with SAFE! tell them about every day. These could be things such as coercive and controlling relationships, drug exploitation, being let down by a friend, keeping safe online, and many more other topics too. Click [HERE](#) or the picture to the right to check out the website.





Part-Time Jobs

Are you currently looking for a part-time job while you're at College? Do you have a CV?

If you are, check out the Student Support Moodle page where local part time jobs are posted each month. You can find this by clicking [HERE](#).

If you would like to speak to the College Careers Adviser, please e-mail ccstudent.support@stcg.ac.uk

December Kindness 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Spread kindness and share the December calendar with others

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Support a charity, cause or campaign you really care about

5 Give a gift to someone who is homeless or feeling lonely

6 Leave a positive message for someone else to find

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an older neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2022



ACTION FOR HAPPINESS

Happier · Kinder · Together



EVERYONE YOU ADMIRE, WAS ONCE A BEGINNER

Jack Butcher



@carshaltonmertoncollegesupport

FOCUS OF THE WEEK

Harmful Sexual Behaviour and Consent

Consent

You have the right to say how you feel and to be respected. Consent in relationships is about feeling in control and saying yes or doing things because you choose to, not because someone is pressuring you to. If someone is pressuring you to have sex, do something sexual, dangerous or violent, this is wrong. If you ever feel unsure, unsafe or get that sick feeling in your tummy, it could mean you're not comfortable with what's happening.



Public Sexual Harassment (PSH)



Public Sexual Harassment (PSH) comprises unwelcomed and unwanted attention, sexual advances and intimidating behaviour by strangers occurring in public spaces. This can be committed on multiple, and often interlocking, grounds, but all forms of PSH are inherently linked by power and control. It is usually directed towards women and often oppressed groups within society. However, it can be experienced by all.

[Our Streets Now](#) are a campaign group whose aim is to end Public Sexual Harassment. They have put together an online resource pack which gives more information on what PSH is and how to tackle it. You can access the pack [HERE](#).

Unhealthy Sexual Behaviour

When it comes to sex, your partner can do things that wouldn't be classed as rape or sexual assault, but could still be uncomfortable or even damaging. These behaviours could lead to more unpleasant experiences, so if you're unsure whether your bedroom antics are 100% healthy, for advice on how to deal with this behaviour, if you are concerned about a friend, or you would like to access support services, click [HERE](#).

