

HI!

YOUR MONTHLY HISA NEWSLETTER

📷 📘 🎵 www.hisa.uhi.ac.uk



ISSUE: 013

APRIL 2025

IN THIS ISSUE

- UHI Argyll & SAMS By-Elections!
- SVR Exit Survey
- UHI Transformation Preview
- Surveys: have your say
- UK Supreme Court Ruling on Definitions in Equalities Act
- Gaelic word of the month
- Opportunities for students
- Advice Service
- Sports Clubs, Societies and Networks News!
- Updates from your local teams
- Events at your local UHI campus
- Student Friendly Recipe
- Sudoku and Crossword
- And more!

Click the headings to jump to that section!





Argyll & SAMS Depute President By-Elections

Nominations for the vacant Argyll Depute President & SAMS Depute President By-Election will open on Monday 21st April.

Being the Argyll Depute President is a great way to meet new people, make a difference, as well as develop your employability. As the Argyll Depute President you will have the opportunity to....

- Meet new people across the Highlands and Islands.
- To Improve the student experience at UHI Argyll or SAMS.
- Undertake a year's funded part-time work experience leading one of Scotland's biggest Students' Associations that will make you stand out to future employers.

You can find out more the Argyll Depute President & SAMS Depute President as well as the role, the elections process and the support available to candidates by checking out the Nominations packs for both roles at <https://hisa.uhi.ac.uk/elections/>.

STUDENT VOICE REP EXIT SURVEY - GET YOUR VIEWS IN BY 16TH MAY!

If you're a registered Student Voice Rep (SVR), we would love to know what it's been like – how have you enjoyed the role, and how you'd like us to improve it for next year. SVRs check your email for the survey link!



CROSS CAMPUS UPDATES

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](#).

SURVEYS: HAVE YOUR SAY

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!

And if you're not a final year student filling out the NSS, you may instead be asked to complete the Student Satisfaction and Engagement Survey which runs across all Scotland's colleges over springtime. Please look out for communications from your UHI partner on how to complete this. Your feedback is super important in shaping the student experience and the work of HISA. If you have any questions about the SSES, please contact your local HISA team.

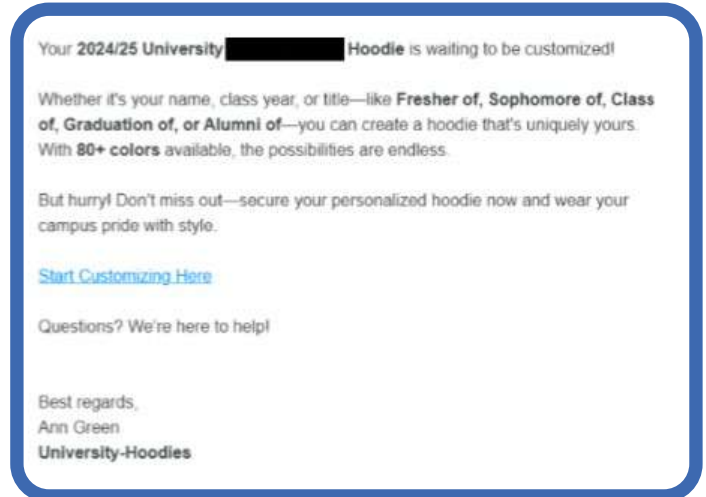
HEALTHY BODY HEALTHY MIND PHOTOGRAPHY COMPETITION 2025!

Congratulations to Kira Quinton, a student at UHI North, West and Hebrides who has won the 2025 Healthy Mind Healthy Body Photography competition! Thank you to all the UHI students and staff who entered, keep an eye out for the top 12 entries in the 2026 digital calendar later this year!

PHISHING CAMPAIGN TARGETING UNIVERSITY LEAVERS

Jisc have seen renewed activity and a change in the regular Yearbook phishing campaign targeting university leavers. As well as fake year books they are now advertising leaver's hoodies. This latest campaign one university received over 30,000 emails from a domain selling university leavers hoodies. Usually, this scam requires payment from a user for the product advertised but of course no product ever arrives. There is no indication that UHI leavers were targeted but it might be a possibility.

See UHI'S Cyber Security advice page [here!](#)



EQUALITY & LIBERATION

UK SUPREME COURT RULING ON DEFINITIONS IN EQUALITIES ACT

The recent UK Supreme Court ruling narrowing the definition of “woman” is disappointing and a direct attack on trans rights and trans existence, and that’s not something we can stay silent about. At HISA, we’ll always committed to being an inclusive, safe, and affirming space for all trans students and staff – no exceptions. To our trans and non-binary students: we see you, we support you, and we’ll always have your back.

Read our full statement on our website [here.](#)

DEAF AWARENESS WEEK - MAY 5-11

Deaf Awareness Week is all about learning, understanding, and showing respect for the Deaf community. Whether it's picking up a few signs in BSL, making sure you face someone when you speak, or just being more mindful about communication – small changes make a big difference. Check out our campaign page for tips and resources to make communication more inclusive: [Deaf Awareness](#)

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:

"Bòrd" meaning "Table"

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!

Hi

STUDENT JOBS AND OPPORTUNITIES

WIN 2X EXPLORER PASSES FOR CITYLINK'S 40TH BIRTHDAY!

Scotland's top coach company has been connecting students for 40 years! With comfy seats, friendly drivers, and modern amenities, Citylink takes you to over 200 destinations—from buzzing cities to the scenic Highlands.

The Explorer Pass is the ideal way to see the best of Scotland. Visit Skye, explore Edinburgh, or head to Oban and beyond. With full flexibility across all Scottish routes, you can take the scenic route every time.

To celebrate their 40th birthday, Citylink is giving UHI students the chance to win two 8-day Explorer Passes for unlimited travel!

To enter, follow @scottish_citylink on Instagram or @citylink.co.uk on Facebook. Then, comment on our pinned posts on social media where you'd travel with a free pass before 9am on Wednesday 14 May 2025. Winners will be drawn on Thursday 15 May.

More info on Explorer Passes: citylink.co.uk/explorer-pass

Full terms and conditions on our website [here!](#)

HISA and Citylink have teamed up for a UHI exclusive competition!

You can win unlimited travel for 8-days on Citylink buses for absolutely *FREE!*



HISA ADVICE SERVICE

- HERE TO SUPPORT YOU

Money Talks — Let's Talk About Yours!

Money might not always be the most exciting topic — but trust us, getting on top of your student finances now will save you a lot of stress later.

This month, we've gone behind the funding desk in a special Money Talks **interview** with Louise Proctor, Student Finance Officer at UHI Moray. Louise shares what really happens when you apply for student funding — from busting the myth that it's all automated, to showing how real people work hard behind the scenes to make sure students get the support they're entitled to. She talks about the challenges, the human stories, and why applying early (and getting your evidence right) makes a big difference.

It's an honest and insightful look at the funding process from someone who's been helping students navigate it for over 20 years.

Speaking of which — If you're a returning student or getting ready to start in September, now's the time to get your student loan or **SAAS application** in. Applications are already being processed, and applying early — with all your supporting documents in order — gives you the best chance of receiving your funding on time. No one wants to be waiting on payments when rent is due, or term-time expenses start stacking up.

But that's not all — HISA's Advice Service is working on a brand-new **Student Money** section coming soon! This will be your go-to space for tips on how to budget smarter, discover additional pots of funding (yes, they exist!), and make the most of those student discounts that stretch your money just a bit further.

This is also a great time to start thinking ahead — maybe you're moving into your first flat or starting to plan for life after university or college. Sorting your finances now means you'll feel way more in control later.

Need housing advice? We've got your back there too. The Advice Service has support available **now** — and we'll be sharing more housing help in May's newsletter.

So take a few minutes to check out our Money Talks interview, start your funding application if you haven't already, and keep an eye out for more money-savvy content coming soon.

Because when it comes to money, the earlier you talk, the better prepared you'll be — and your future self will seriously thank you.

ME: I'M DONE SPENDING MONEY. I'M GOING TO BE MORE RESPONSIBLE.

CHEAP FLIGHT DEALS ALERT

ME:



SPORTS CLUBS, SOCIETIES & NETWORKS!

UHI SCRIBBLER PICKS UP NATIONAL PRIZE

UHI Scribbler Findlay Hickey won first prize in the Alastair Walker 'Oscar' Trophy for General Article for his piece, "Travelling with the Ghost of Woody" at the recent Scottish Association of Writers (SAW) conference held in Cumbernauld.

'I know there's a bit of luck involved in catching a judge's eye, but I am chuffed,' said Findlay, from Strathpeffer, who is in his second year at UHI studying Literature and Creative Writing. Findlay's article is an imaginary journey on the West Highland Line from Glasgow to Mallaig in the company of the ghost of the great US folk singer, Woody Guthrie. It uses the theme of his famous song, "This Land Is Your Land". Other songs and some of their associated ghosts populate the journey, as well as an angry early morning encounter with a football supporter. Along the way, Guthrie's song becomes more question than statement.

'I've had the story knocking about for some time,' continued Findlay. 'Having the focus of a competition helped concentrate the mind. Also, I knew that Lesley Riddoch would be the judge. She's strong on subject of land rights and reform, and I thought it might appeal to her.'

The Scribblers became affiliated to SAW only this year. SAW, which champions writers and writing groups across Scotland, runs competitions throughout the year, but it was special to get recognised at their annual conference, especially in an 'open' category which attracts entries from wider than SAW's membership and from outside Scotland.

Findlay acknowledges the benefits his studies at UHI and the mutual support of the UHI Scribblers are having on his writing. 'My entry was through our own UHI Scribblers. It's great to have the encouragement and support of my peers at UHI', he said. 'It's one for the team!'

UHI Scribblers is a club for those passionate about Creative Writing (students, lecturers, alumni) that organises workshops, author talks, and meet-ups to encourage writing of all types, supporting others with their Creative Writing journey. It is affiliated to the Highlands and Islands Students' Association. More details at <https://hisa.uhi.ac.uk/groups/societies/>

PREPPING FOR THE END OF THE YEAR!

Alright crew, it's AGM (annual general meeting) season – and yeah, that might sound a bit formal, but it's actually a big deal. This is your chance to lock in the future of your club by choosing next year's leaders, the ones who'll keep the vibes going, plan the events, and rep your squad. If you care about the club's legacy (or just want to make sure there's still pizza at meetings), now's the time to show up, speak up, and maybe even step up. Let's keep the momentum rolling

Check out our webpage here with helpful information and a handover checklist: [Ending The Year](#)

We'll be looking to have a check-in with all clubs and societies within the next few weeks! We are especially keen to support you in continuing next year and we would love to help you rep your group at Welcome Week (Freshers).

UHI VARSITY!

The start of the month saw the second ever UHI Varsity! Our Sports Development Coordinator and Active Campus Coordinators from Perth, Moray and Inverness got together to facilitate over 70 students from their campuses for a fantastic day of basketball, volleyball and football. Perth took the trophy in volleyball and Inverness took the trophies in football and basketball, winning the overall Varsity 2025 trophy!





LOCAL UPDATES: INVERNESS

**FEELING NERVOUS AROUND EXAMS?
WORRY NOT! WE'VE PUT SOME TIPS
TOGETHER FOR YOU**



LOCAL UPDATES: UHI HOUSE/CfHS

WHAT CAN WE DO FOR YOU?

Fill out [this form](#) and let us know and we will do our best to work with your suggestions.

We will also be setting up drop-in sessions outside the cafe for people to come and chat with us – dates are being decided but they will be confirmed soon!

LOCAL UPDATES: HTC

HTC OVER SUMMER

HTC is going to be an exciting place to be over summer as we celebrate two conferences:

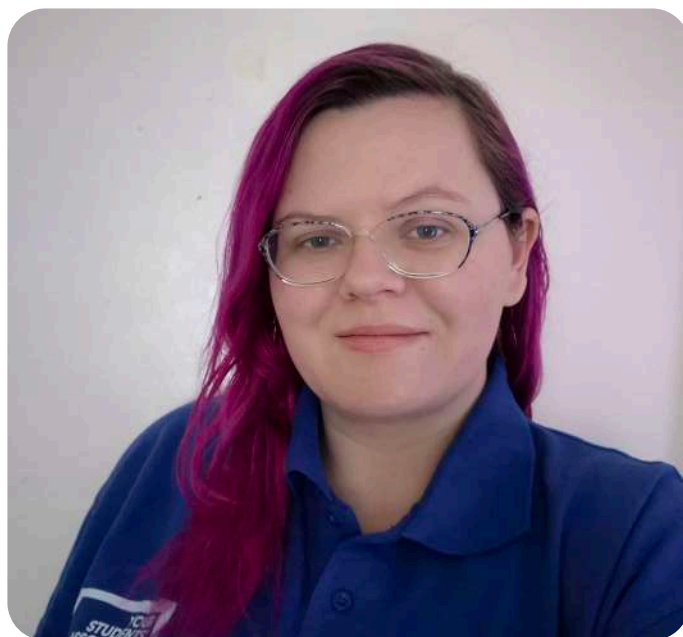
The Scottish Dogmatics Conference & The Going Forward Conference



These will be excellent opportunities to network with other students and make connections across the campus. Don't hesitate to reach out if you are planning to attend and would like to connect with other students around the conference.

A survey has been sent to students recently to have your say and so far, the results have been great. If you haven't seen it, please check your inbox and take the opportunity to shape the future of events at HTC.

New updates will follow as we collate and organise the results over April.



LOCAL UPDATES: PERTH

STUDENT OFFICER UPDATES

Xander (Perth President):

- I am excited to have been elected as the next HISA Cross Campus President and would like to congratulate Andi and Millie on their election as the new President and Depute President here at Perth.
- We have had a very successful nominations period for the OBI awards, with the highest ever number of nominations that acknowledge the Outstanding, Best, and Inspiring contributions of staff and students across our campus.
- I have also recently been appointed Co-Chair for a new short life Estates Planning Sub-Group. This group will look at developing a new strategy for our campus and I will be able to use the feedback we have received from students throughout the year to ensure that the student experience is key to how we design our campus for the future.



Andi (Perth Depute):

- Thank you for electing me as Perth President for next year in the Student Elections! I have recently attended the NUS Scotland Conference. I enjoyed their workshops on student funding (a manifesto objective for next year!) and how to encourage students to vote.
- Hosting regular events on campus such as Music Bingo and planning a Coffee Morning in aid of The Big Project on 29th April and the Goodlyburn and 30th April in the Brahan
- Promoting The Retreat (Hairdressing and Beauty Therapy) treatments to help these students get the practice they need to pass their assessments and looking at how can promote Treetops Restaurant to support hospitality students
- Food and Beverage Report will be submitted to relevant UHI Perth committees soon so student feedback on provision can be considered



RECORD BREAKING OBI NOMINATIONS!

Thank you to everyone who nominated outstanding, best, and inspiring students and staff in our OBI awards at UHI Perth. We received an incredible 488 nominations across six categories. Our judging panel met this week to select the winners, who will be announced at our award ceremony on 28th May. Invitations to the ceremony will be sent out soon to all nominees!

COMING SOON...

Coffee and Cake in aid of the Big Project!

Join us in the Goodlyburn at lunchtime on 29th April, and in the Brahan on 30th April for a cuppa, a cake and to help raise money for the Big Project.

Final Student Voice Rep meeting of the year!

Our final Student Voice Representative meeting of the semester will take place on 14th May. This meeting will be less formal than usual as we celebrate the fantastic work that our representatives have accomplished this year. We will also tie up any loose ends and look forward to ways we can enhance the student experience next year. SVRs, details will be provided soon!

iMac sale!

We will soon be holding a sale of refurbished iMacs. They have all been refurbished by our computing students and all the proceeds will go to support The Big Project. These iMacs will be available exclusively to Perth students, so keep an eye out for more details coming your way soon. Don't miss out!

THERE IS STILL TIME TO BOOK LUNCH OR DINNER AT THE TREETOPS RESTAURANT!

Our fantastic student-run restaurant is still taking bookings for lunch and dinner throughout this term. The award-winning training restaurant is twice the winner of the "Best College Restaurant in Scotland and Northern Ireland". When you come here to eat, you will experience something very special.

Students in our food studies and hospitality courses make it all happen, from providing you with a warm welcome on arrival to preparing, cooking, and serving delicious dishes on our carefully prepared menu.

Our Treetops Training Restaurant is open:

- Tuesday Dinner: 5:30 - 9pm (Booking times between 5:30 - 6:30pm)
- Wednesday Lunch: Noon - 2pm (Booking times between noon and 12:45pm)
- Friday Lunch: Noon - 2pm (Booking times between noon and 12:45pm)

[Book online here!](#)



LOCAL UPDATES: MORAY

YOUR MORAY OFFICERS UPDATES

Sarah's Update

Hello Students

Sarah Marshall here! I hope you all had a lovely Easter break. First of all, I'd like to extend my heartfelt thanks to everyone who participated in the elections, and a special shoutout to those who nominated me as the 25/26 Moray President. I cannot wait to embark on another year of collaboration with the amazing HISA Team.

The UHI Moray Glee Club is still going strong, and we're on the lookout for new members!

If you've ever dreamed of being the next Elton John or Mariah Carey, come join us every Thursday from 4 PM to 6 PM in Room C120. Absolutely everyone is welcome!

As we approach the final stretch of this academic year, I want to encourage you all to work hard but also have fun. Remember to take breaks and take care of yourselves.

Looking forward to seeing you all at our next coffee morning!

Take care, folks!

Best,

Sarah Marshall

Chloe's Update

Hey everyone! Welcome back and I hope you all had a fab Easter break and are coming back feeling well rested! My time as Designate Depute is coming to an end, but I have had so much fun on my term with the Moray team.

Secondly, at my last coffee afternoon on 3rd April 2025 Louise Proctor came along. She is the senior student finance officer. The student finance team is made up of two staff members. They can provide help and information when the student support team feel a student requires specialist support. If you feel their advice is needed contact student services or your LDW. And she also got a picture with Sarah Marshall as well!

Lastly, I have a coffee afternoon on the 1st May in the Ayepod from 12-1PM so come along and grab a coffee, tea and other refreshments that will be there and have a chat with other students or HISA! This will be the last event I hold as Designate Depute so it would be great to see you all there!

We are on the final stretch of our courses, and I want to remind you to remember to take some time for yourself as reaching the end of courses can be difficult and stressful for some, but you can all do it!

Take care,

Chloe Catmore



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 #7

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

STUDENT TRANSPORT DISCOUNTS FOR UHI MORAY STUDENTS

As part of their manifesto goals for the year, Sarah your Moray Depute President has been scouring for discounts on public transport to help you get to campus and around the region!

Read the full article on our website [here!](#)

UPCOMING EVENTS

Every Thursday – UHI Moray Glee Club
4–6pm, C120, Moray Street Campus

1st May – HISA Drop In/Coffee Morning
12–1pm, AyePod



LOCAL UPDATES: SHETLAND

UPDATE FROM YOUR DEPUTE PRESIDENT, HARLEY GREEN

Hello students! I hope you had a lovely Easter Break and can see the end of the tunnel of the academic year. We have a final few things taken place on campus before the end of the academic year.

First of all, one of our student voice reps will be hosting a wellbeing event in Briggistanes on Tuesday the 29th of April from 10-12pm as the last exams and assignments are scheduled before the end of semester, you might feel stress and anxiety ... come for a chat and a cuppa, we might have some good self-care tips for you. Talking about your struggles is already a step towards success. We will also offer some self-care goodies.

Second of all, The Shetland UHI Board of Management have agreed to catch up with students with any concerns around the future campus project or how your academic year has been. The date in which all students can speak to board members will be on Tuesday the 6th of May from 12-1 in Briggistanes. I would really encourage students to attend to ensure that UHI Shetland can make changes that can positively impact your learning journey and positive impacts to new future students to UHI Shetland.



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.

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.



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

Have you checked your student email?

UHI Orkney is currently doing a Student Satisfaction and Engagement Survey (SSES) for students on courses of 160 hours duration or more.

By completing the survey you are automatically entered into a prize draw to win £50 Kirkwall Bid vouchers!



QR code with link to the survey!



LOCAL UPDATES: NORTH, WEST & HEBRIDES

MARIO KART TOURNAMENTS!

Following a great suggestion from one of our local Student Voice Reps, NWH is hosting not one but TWO Mario Kart Tournaments!

One at Thurso on 29th April, 11:30am – 5pm

To register please click [here!](#)

Whether you're a seasoned racer or just in it for the fun, come along and test your skills against other players! There will be plenty of laughs, friendly competition, and maybe even a few banana peel wipeouts.

There will be snacks and drinks available – and not to mention prizes for the top racers!

One at Fort William on Friday 25th April 2pm – 4pm

We had a great time at the Mario Kart Tournament on Friday, let us know if you want to see more events like this from us in the future!



END OF YEAR BBQ!



Plans are underway for end of year celebration BBQs at Fort William 7th May, Stornoway 14th May, Thurso 16th May. If you are on campus for exams, last minute course work, or just catching up with friends, come along for a free burger or sausage. Keep an eye out on our socials for more information as our team confirm times and locations.



CREATIVE ARTS FESTIVAL

Throughout May and June, students from various creative art courses across UHI North, West and Hebrides (including Contemporary Art Practice, Creative Industries, Photography, textiles, and NPA Drawing) will be showcasing their work at their local campuses and centres. Check out the [UHI North, West and Hebrides Events](#) page to find out more details on times and locations and be among the friends, family and public being the first to experience the exhibit.



LOCAL UPDATES: ARGYLL

COMING TO A CAMPUS NEAR YOU!

This time of year can be rather stressful, with exams, final projects and general assessment worries. To try to help you de-stress, we are sending colouring packs to all the Argyll centres! They contain both colouring pencils and an adorable little colouring book, so you can get right to taking a few minutes to yourself to re-centre and have a bit of fun.



Want to help improve the student experience at UHI Argyll?

Why not nominate yourself to become the Argyll Depute President!

As the Argyll Depute President you will be in a position to drive improvements to the student experience inside and outside the classroom, as well as ensure that HISA is campaigning on the matters that are most important to UHI Argyll students.

In addition to improving the student experience at UHI Argyll you will also get the opportunity to....

- Meet new people across the Highlands and Islands.
- Undertake a year's funded part-time work experience leading one of Scotland's biggest Students' Associations that will make you stand out to future employers.

You can find out more information about being the Argyll Depute President as well as the elections process and how to nominate yourself at <https://hisa.uhi.ac.uk/elections/>.

Nominations will close Noon (12:00) Thursday 1st May 2025.



LOCAL UPDATES: SAMS

LAST SVR MEETING OF THE YEAR!

Thank you to all the SVRs who came to the April SVR meeting. As it was the last one of the academic year we brought along cakes and party hats! Who doesn't love cakes and party hats?

Also, a massive congratulations to Danny Morrison, who won the prize draw to get his hands on a very fetching HISA SVR hoodie!



BUS SHELTER PETITION!

Whilst we may be blessed with some beautiful spring sunshine at the moment, we all know that this is sadly not always the case. This makes waiting for the bus at the local bus stop somewhat unpleasant in the winter! To avoid anyone getting blown away in the future, we have started a petition.

Follow the link [here](#) to have your say!

DO YOU WANT A SHELTER AT THE BUS STOP?

Use the QR code to sign our petition!



Want to help improve the student experience at the Scottish Association for Marine Sciences?

Why not nominate yourself to become the SAMS Depute President!

As the SAMS Depute President you will be in a position to drive improvements to the student experience inside and outside the classroom, as well as ensure that HISA is campaigning on the matters that are most important to Scottish Association for Marine Sciences students.

In addition to improving the student experience at the Scottish Association for Marine Sciences you will also get the opportunity to....

- Meet new people across the Highlands and Islands.
- Undertake a year's funded part-time work experience leading one of Scotland's biggest Students' Associations that will make you stand out to future employers.

You can find out more information about being the Argyll Depute President as well as the elections process and how to nominate yourself at <https://hisa.uhi.ac.uk/elections/>.

Nominations will close Noon (12:00) Thursday 1st May 2025.

STUDENT-FRIENDLY RECIPE

- Frozen Yogurt Bark with Fruit & Chocolate

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 cups plain or vanilla yogurt (Greek or regular)
- 1–2 tablespoons honey or maple syrup (if using plain yogurt)
- 1/2 cup mixed fruit, chopped (e.g., strawberries, banana, blueberries, kiwi, or any frozen berries)
- 2 tablespoons chocolate chips or chopped chocolate
- 1 tablespoon peanut butter or nut butter (optional swirl)
- Pinch of salt

Tips

Budget-friendly fruits: Bananas and frozen berries are cheap and work great.

Dairy-free option: Use coconut or soy yogurt.

Extra crunch: Add some crushed cereal, granola, or chopped nuts on top.

METHOD

Makes 3-4 portions

Line a tray: Line a baking sheet or flat tray with parchment paper.

Mix the base: In a bowl, stir the yogurt with honey/maple syrup and a pinch of salt (skip the sweetener if using sweetened yogurt).

Spread the yogurt: Pour the yogurt onto the tray and spread it evenly to about 1/2-inch thickness.

Add toppings: Sprinkle the chopped fruit and chocolate chips on top. Swirl in peanut butter if using, using a toothpick or knife to marble it.

Freeze: Place the tray in the freezer for at least 3–4 hours, or until completely frozen.

Break & Serve: Once frozen, break the yogurt bark into pieces and enjoy! Store leftovers in a container or freezer bag in the freezer.

STUDENT FOOD SAFETY

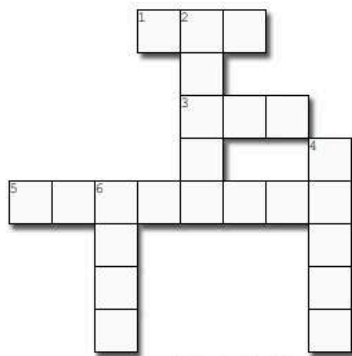
First time sharing a kitchen? Make sure you're up to speed with the basics of food hygiene. Here are the Food Standards Agency's top tips

- 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



Created using the Crossword Maker on TheTeachersCorner.net

Across

1. The opposite of night.
3. You write with this, sometimes with ink.
5. Keeps you dry when it rains.

Down

2. A fruit that keeps the doctor away, supposedly.
4. A tool used to tell the time.
6. Something you read, with pages and a spine.

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

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 - APR25" to tell us your thoughts!

