

HI!

YOUR MONTHLY NEWSLETTER

   www.hisa.uhi.ac.uk

HISA

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STUDENT ELECTIONS

#Lead HISA

**SPRING
ELECTIONS NEWS
COMING SOON!**

SIGN UP TO BE AN SVR!

Want to be the voice of your classmates?
Become a Student Voice Rep (SVR)!

- 🗣️ Gather feedback
- 💡 Share ideas
- 🚀 Make a difference at UHI!

Why join?

Meet new people, build your skills, boost your CV & get recognised for your impact!

Make a difference to your student experience and [sign up](#) today!

REPRESENT
YOUR FELLOW STUDENTS

HISA WINTER CLOSURE

Our organisation will be closed for the winter break from the 24th of December to the 5th of January. During this period, our offices and support services will be unavailable, and responses to enquiries may be delayed until we reopen on the 5th of January. We hope you enjoy a restful and safe winter break, and we look forward to supporting you again in the new term! 🎅

UHI TRANSFORMATION – YOUR VOICE IS NEEDED!

The initial results of our student survey on the UHI Transformation programme have been submitted to the university, but we still need more responses to make sure UHI hears from as many students as possible!

Got questions and not sure where to start?

We've got you covered! Pop into your local HISA office and ask our friendly team members there or check out our webpage on Transformation [here!](#) You can also find more information, FAQs and the link to the survey.

STUDENT HOUSING CAMPAIGN SUCCESS!

On Monday 22nd September, HISA Perth President Andi Garrity rallied with other students' associations and unions, and Living Rent (Scotland's Tenants' and Community Union) outside the Scottish Parliament in Edinburgh to advocate for strong rent controls in the new Scottish Housing Bill. Stronger rent controls will improve housing conditions and availability for students, as well as benefit all people living in rented properties.



“Across the University of Highlands & Islands region, housing is limited and expensive to start with-- especially with second homeowners choosing short-term lets instead of long-term tenancies, pricing students out of our rural communities. Some landlords have “no student” clauses further pricing students out of education. Housing costs and poor conditions are forcing students into poverty, damaging mental and physical health, and undermining our ability to focus on our studies.” - Andi Garrity, HISA Perth President

Andi and the rest of the Student Housing Campaign group put in an immense amount of work to get student-focused amendments passed in this bill. Read all about it in the full article on our [website!](#)

UHI ENGAGE CONFERENCE

UHI ENGAGE Conference (online) – PGR Day – 7th January 2026

Applications for posters and presentations have now closed, and what an excellent selection of research topics they were! The PGR Society have been working hard to go through them all and organise a brilliant timetable. Oh, and did we mention that our very own Vice-President Education, Holly Pearce, will be on a discussion panel talking about the PGR experience?

You can find out more about the PGR Day by going here: [UHI ENGAGE 2026 Conference - PGR Day](#)

You can find out more about the whole conference by going here: [UHI ENGAGE 2026 Research and Knowledge Exchange Conference](#)

To register to attend the conference, please email (stating which days you would like to join): Researchconference@uhi.ac.uk

EQUALITY AND LIBERATION

16 DAYS OF ACTIVISM TO END GENDER-BASED VIOLENCE

November 25th- December 10th

This global campaign runs every year from the International Day for the Elimination of Violence against Women, to 10 December, Human Rights Day. GBV refers to many forms of harm, abuse, and harassment directed against someone on the basis of their gender or in the context of gendered power hierarchies. GBV is unacceptable. At UHI and HISA, any gender-based violence is a severe breach of both the UHI Student Code of Conduct and HISA's Code of Conduct. During these 16 days, we invite you to check out our webpage and follow our socials for resources, articles, and information about this important campaign:

[16 Days/Gender-Based Violence](#)

INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

December 3rd

We joined communities around the world in recognising the International Day of Persons with Disabilities—a moment to celebrate inclusion, accessibility, and the diverse contributions of people with disabilities across our many campuses. This day reminds us of our shared responsibility to create welcoming spaces, amplify underrepresented voices, and support equity in all areas of student life. Together, let's continue building a community where every student feels valued, empowered, and able to thrive.

Check out these wonderful interviews from HISA VP Education, Holly Pearce, and HISA Operations and Governance Coordinator, Hannah Laycock, about their experiences.

[“What You Don’t See: The Reality of Invisible Disabilities”: A convo with HISA’s Hannah Laycock](#)

[“Deafness Is a Hidden Disability”: A Conversation with HISA’s Holly Pearce](#)

ON RECENT ANTI-IMMIGRANT PROTESTS

The Students' Association is an inclusive organisation which welcomes students from all countries, communities, faiths and walks of life. We want to reassure you that we are here for you as your Students' Association. If you are concerned for your safety, please contact us, we are here to support you and can also signpost you to other areas of forms of support if needed. If you need specialized support, please visit our webpage: [Resources](#)

If you live in Inverness, please check out our Inverness section for a message from our officers.

STUDENT OPPORTUNITIES

RE:PLAY SURVEY!

RE:PLAY survey – share your student experience for the chance to win £100!

We're one of six universities taking part in the student survey for the national [RE:PLAY project \(Researching the Effectiveness of Playful Learning in Higher Education\)](#), which explores how games and play are used for leisure and learning in both school and university settings.

All UHI students are being invited to complete this short survey, with the option to be entered into a prize draw to win one of two £100 prizes.

✚ This survey is optional and participation is anonymous. Students will need to use their UHI email to complete the survey.

✚ Survey only takes 20 minutes

✚ Survey closes on Friday 19 December 2025.

[Find out more and complete the survey.](#)

UHI BUSINESS COMPETITION 2026!

Celebrating 20 years of innovation! ✚ UHI Business Competition 2026 is now open for entries, offering up to £8,500 in prizes, mentorship, expert feedback and the chance to pitch in Inverness.

This milestone year marks 1,913 entries and over £120,000 in awards since 2006.

Got an idea? This is your moment!

✚ Open to all students across our partnership—no matter what course you are studying

✚ Open to anyone over the age of 16 living in Argyll and Bute, Highlands and Islands, Moray, or Perthshire

✚ Deadline to apply: Thursday 26 March 2026

Make your innovation a reality. Find out more: <https://bit.ly/4a3388R>

THE TARTAN CHALLENGE FOR HIE

Design 60th anniversary tartan for HIE and win £1,500! + Highlands and Islands Enterprise are turning 60 – and to mark the occasion, they're creating a commemorative tartan celebrating the region's innovation, identity and heritage.

UHI students are invited to design the tartan that will represent this legacy. The winning designer (individual or team) will receive £1,500 and see their work woven into history.

+ Deadline: Saturday 31 January 2026

+ More info: <https://bit.ly/48GPsyn>

Open to all students across the UHI partner – get creative and get involved!



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 and encourage non-Gaelic speakers to try learning it!

At HISA we're also trying to learn more about Gaelic ourselves; each month, in the newsletter, we'll cover a new word of the month and give you some links to resources for further learning.

This month's word is:

"sneachd" meaning **"snow"**

Use this Gaelic dictionary to learn other words and how to pronounce them!
<https://learngaelic.net/dictionary/> Learn more here! <https://speakgaelic.scot/>

SOCIETY SPOTLIGHT!

Did you know we have a new Gaelic society? Join Gàidhlig Còmhla (Gaelic Together)- a society for anyone interested in learning and practising Scottish Gaelic, no matter your level! Join us for fun events, conversation, and lots more! [Gàidhlig Còmhla \(Gaelic Together\)](#)



SABHAL MÒR OSTAIG SHORT COURSES

Are you keen to take the next step in your Gaelic learning journey? Check out these [short courses](#) at Sabhal Mòr Ostaig!

UHI GAELIC TOOLKIT

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

HISA ADVICE SERVICE

-HERE TO SUPPORT YOU

Staying on Track: Deadlines, Extensions, Late Penalties & Mitigating Circumstances

As we move into the heart of the academic year, I want to take a moment to remind you of something simple but important: your deadlines matter and so does your wellbeing while you work towards them. Every term, we support students who are balancing studies, work, caring responsibilities, health issues, and all the unpredictable things life throws our way. None of this means you're failing; it just means you're human. What is within your control is taking action early when things feel overwhelming.

One of the most helpful things you can do right now is take 20–30 minutes to check your upcoming deadlines. Look at Brightspace, your module guides, and course handbook to make sure you know what's due and when. A quick review now can save you a huge amount of stress later.

If you already know you won't be able to meet a deadline, the most important thing you can do is contact your lecturer early. Most courses allow you to request a short extension, usually for short-term issues. This should be requested before the deadline wherever possible. A simple email to your Module or Programme Leader explaining the situation is often enough to start the process, and they'll guide you from there.

However, sometimes an unexpected or serious issue means an extension isn't enough. In those cases, you may need to submit a Mitigating Circumstances (Mit Circs) application. Mit Circs are there for situations that are unforeseen, unavoidable, and significantly affecting your ability to study, such as illness, bereavement, personal crises, or major disruptions outside your control.

Mit Circs applications usually require evidence, but this doesn't need to be complicated. Medical notes, appointment confirmations, or letters from a professional can all be appropriate. If you're unsure what to use, [the HISA Advice Service can support you](#) with understanding the process and preparing your application.



HISA ADVICE SERVICE

-HERE TO SUPPORT YOU

Late Penalties – What Happens if You Miss a Deadline?

If you're studying on a degree programme (SCQF Level 7–10), it's important to know the late submission rules. The standard UHI Academic Regulations (sec. 17b) state that:

17b.77 Cases of persistent late submission shall be brought to the attention of the board of examiners, which shall exercise its discretion to determine the student's final results.

Timescale	Penalty (%age)
Up to 1 day late [ie up to 24hours after the submission time/date, if a time was specified, or by 23.59hours on the day following the submission date if no time was specified.]	5% of final mark will be deducted e.g. $65 - 3 = 62$
2-5 days late	10% of final mark will be deducted e.g. $65 - 6.5 = 58.5$ (59 rounded)
6-10 days late	20% of final mark will be deducted e.g. $65 - 13 = 52$
More than 10 days late	Work will not be accepted and will be marked as 0

Table 2: Late submission of assessment and the penalty to be applied

These rules apply unless you already have an approved extension or approved Mitigating Circumstances.

So, whether you're thinking about an extension, unsure about late penalties, or needing help with a Mit Circs application, you don't need to handle it alone. Support is available early, and reaching out sooner often gives you more options.

If something is affecting your studies, even if you think it might pass, talk to someone. Contact your Personal Academic Tutor, your module team, or HISA's Advice Service. We're here to help you stay on track, stay well, and feel supported throughout your studies.



SPORTS CLUBS, SOCIETIES & NETWORKS!

HISA GRANT AWARDS

Calling HISA Clubs and Societies! If you are one of the seventeen brilliant clubs or socs who have been awarded a share of the Autumn 2025 HISA Grant, then don't forget to claim it! If you don't claim the funds by the end of the calendar year, then they will be put back into the pot for the next round in the new year! Use it or lose it, as they say. Any issues or questions, then remember that you can always reach out to us at HISAactivities@uhi.ac.uk

The next round of grant applications will be 19th January 2026 to 9th February 2026. We will be sending out more information closer to the time, but if you missed out on the deadline this time around, then be sure to put this date in your calendar so you are not caught unawares!

WINNING STUDENTS 100

Launched in 2008, this brilliant Scottish national sports scholarship programme supports the 100 most talented athletes studying in Scotland, at either HE or FE levels. Over the last 17 years, they have supported over 1,500 Scottish students, including those who have gone on to achieve Olympic success! Now that you know a bit of the background, we have some thrilling news to share! Not one, but TWO UHI students have been awarded this prestigious scholarship for 2025. We could not be more impressed if we tried.

Laura Watt, from UHI Perth, is a very accomplished curler with several titles under her belt already. Isabella Fioretti, from UHI Inverness, is an exceptionally promising boxer who represented Scotland at the GB Three Nations.



NEW TRAINING!

We are happy to say that we have put together two training modules on Brightspace, for Club and Society committees. One covers the roles of the committee as a whole, and the individual responsibilities within it, while the other sheds light on that oh-so-intimidating thing... **RISK ASSESSMENTS***! If you are on a committee, please do take the time to complete them. There is a lot of great information there!

*(honestly they really aren't that bad, although very necessary, and we can talk you through them if you need)

ANOTHER DEADLINE!

16th January 2026!

No, this isn't the same deadline as the one above, although it is no coincidence that they nearly coincide!

This is the deadline for annual risk assessments (see how it all ties together?) and membership lists to be submitted, and for that exciting new training on Brightspace to be completed. This applies to all clubs and societies, not just those who might want to apply for the Spring 2026 HISA Grant.

LOCAL UPDATES: INVERNESS

A SPECIAL MESSAGE FROM US

Our fellow Inverness students are, like us, very aware of the rising rate of racism and anti-immigration voices here in the highlands. Some people seem to have forgotten the importance of a Highland Welcome.

Inverness President Chloe, and Me (Depute President) Oliver, want to take a moment to express our support and our love for our students and our wider community.

Racism has no place in our communities.

Scotland, and the UK, must be a place that anyone from any background can call home. A place where we can all live free from fear.

For our fellow students, we are hosting a drop-in support session before the next planned protest and counter protest on the 6th of December. We will have many resources available that detail how to stay safe, should you wish to attend, as well as activities and a chance to talk in a safe space.

The drop-in session is Wednesday, December 3rd 12:30-1:30, room 122. If you would like to attend via Teams (online) email HisaActivities@uhi.ac.uk for a link!

We want to reassure you that we are here for you, not just as your student's association, but as your friends and neighbours. If you need anything, please do not hesitate to come and see us, or just get in touch. We will do anything and everything we can to support you.

SVR TRAINING

First of all, thank you to all the SVRs that have already completed the training! The Inverness team would like to remind all untrained SVRs to do their training ASAP! We will be running one more in-person training this year later in December once we have a room booking.

AUTUMN COMPETITIONS

Our Autumn photography and creative writing competitions have now closed with the judging taking place over the coming weeks. We aim to showcase the winners in an upcoming newsletter in the new year!

FESTIVE JUMPER DAY – HISA DROP IN

Join the us in the Atrium of the main campus between 10am and 2pm on the 11th of December for a festive drop-in session with the Inverness team. Feel free to stop by to pick up a festive sweet treat and ask any questions or voice any concerns you might have before the Christmas break.

TRANS DAY OF REMEMBRANCE VIGIL

On the 20th of November, the two local officers Chloe and Oliver went to the Trans Day of Remembrance Vigil at Eden Court, along with a few students, to remember all the trans people who have died worldwide in the last year due to transphobic violence. Whilst it was a solemn event, it was also reassuring and inspiring to see the resiliency of the trans community in the face of increasing hostility.



LOCAL UPDATES: HTC

REPRESENTING HTC STUDENTS NEXT YEAR

We've consulted all HTC students in the past few weeks about the removal of HISA's Depute Presidents for HTC. This has been approved by students in a vote, and we are now working with HTC management on next steps. Once plans are finalised, this would mean from 2026-27 HTC students would be represented directly by (and entitled to stand for election for) our Cross-Campus Officers, the President and Vice-President (Education).

BUILDING YOUR COMMUNITIES

Various HTC students have been exploring the idea of creating societies for Theological Studies and Philosophy. These would help students access support for extra-curricular activities such as conferences, events or socials, and we'd love to have more folk involved in setting these up. Plenty help from HISA available, so if you are interested please let us know!

HAPPY RETIREMENT HECTOR!

HISA wishes Rev Hector Morrison well following his recent retirement as HTC's Principal after many years' service to the college, UHI and the student community. We look forward to working with Dr Jamie Grant, Rev Dr Innes Visagie and the rest of the HTC staff in future months and years.

A MESSAGE FROM YOUR HTC DEPUTE PRESIDENT SUSAN LOUGHLIN

Thank you to everyone who voted in our recent consultation. We have some work going on behind the scenes so we can give students an informed answer about what the next steps are then we will announce the outcome.

I look forward to seeing you all at the upcoming HTC Christmas Dinner. Remember to reply to Mark's email if you would like to go. You still have 3 days left.

I'm also happy to announce that I will be doing a Christmas Jumper Competition. Please send your Christmas Jumper Photos to Susan.loughlin@uhi.ac.uk by the 10th of December to get your chance to win a £10 amazon gift card.

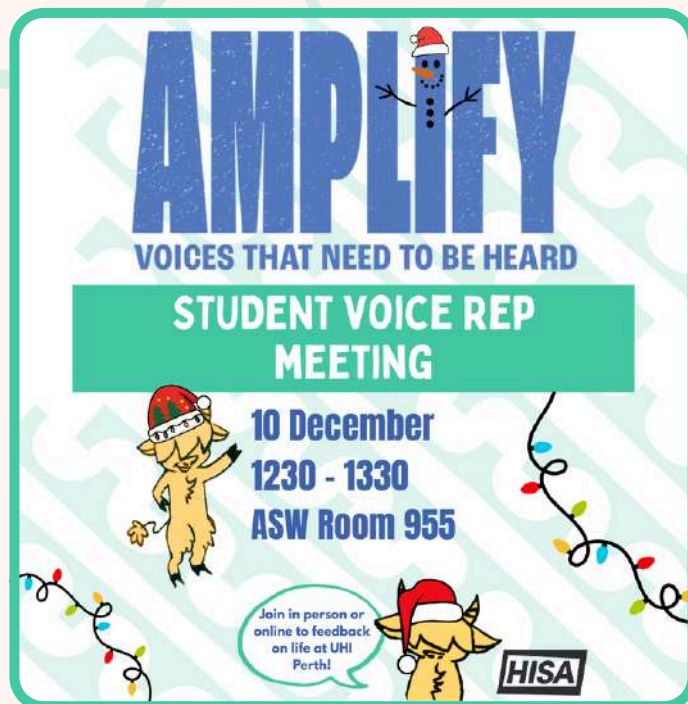
Merry Christmas to Everyone when it comes.

LOCAL UPDATES: PERTH

UPCOMING EVENTS AT UHI PERTH

Here is a summary of all the great things happening on campus in the coming weeks!

- **10th December:** Student Voice Rep Meeting, 1230 ASW Room 959
- **11th December:** Christmas Jumper Day – festive spin to win around campus!
- **19th December:** Christmas holidays start!



STUDENT VOICE REPRESENTATIVES

We held our first Student Voice Representative meeting on 4th November, and it was fantastic to see 48 student reps join us both online and in person from across UHI Perth. While enjoying pizza and drinks, everyone had the chance to hear updates from the library, from UHI Perth's Student Engagement Coordinator, and from our cross campus president, Xander, about how you can get involved in UHI's Transformation process.

Students also had the opportunity to raise and discuss issues involving parking, potholes, Brightspace, smoking shelters, food pricing, and options in our canteens. Our staff were happy to answer some questions right away, and we've taken others forward for more discussion. All our student representatives have received a copy of the meeting notes. If you have any questions, updates, or want to raise an issue, feel free to email us at hisa.perth@uhi.ac.uk or pop by our office in the Webster.

The next student voice representative meeting will take place on 10th December in the ASW room 959. We look forward to seeing you there!

OFFICER UPDATE!

Andi Garrity – Perth President

We have successfully registered three out of the four Student Voice Reps for the EDIT (Equality, Diversity, & Inclusion Team) Committee and are actively looking for the last Rep. If you're interested in joining, please find me in the Webster Office or email me at hisa.perth.president@uhi.ac.uk

I have recently visited Abertay University working on the Scottish Elections Campaign. A bunch of different student unions & associations are working together on this to ensure that our students are turning up to vote. We will be getting in contact with candidates and making sure the 0.5 million students across Scotland are educated to make an informed decision on how to vote and who you want to vote for.

I have become involved with the Scottish Tertiary Enhancement Programmes' Language Accessibility Promise by taking over from the previous Perth President, Xander, and have stepped in as the Project Co-Lead for Colleges as Xander shifts to Project Lead for Universities in their new role as Student Association President. More will be coming out soon so we can get wider student involvement in the project.



Millie Foster – Perth Depute

Hello! I hope all are getting on well with the winter weather, just a small update from me. We've had our first SVR meeting earlier this month! Discussing ways to make the student experience better. We were able to introduce the heads of curriculums as well as library staff, support staff, the head of the college, and our cross-campus officer Xander McDade to give students the chance to talk about close issues to those that are able to take action. On the 25th we had a wonderful Ceilidh organised by Lucy, Perth's local coordinator and a Christmas Glow up in the Webster building on the 26th.



We will be holding our next meeting on the 10th of December; we hope to see you there!





Book now to support our students and the development of the local community of therapists.

- + Open to All
- + Student Led
- + Qualified Supervisor present
- + Assessment and treatment for sports injuries and musculoskeletal problems.

Book your appointment here:



Get in touch:

sportsinjuryclinic.perth@uhi.ac.uk
Room 983, Academy of Sport and Wellbeing, UHI Perth, Crieff Road, Perth, PH1 2NX
(Free parking is available on site)

Sports Massage Clinic

- + Tuesdays - 4-6pm
- + Appointment Duration: 45 min
- + Cost: £15 (Public)
£10 (UHI Staff & Students)

Sports Injury Clinic

- + Thursdays - 4-6pm
- + Appointment Duration: 1 hour
- + Cost: £15 (Public)
£10 (UHI Staff & Students)



The Retreat provides high-quality, affordable Beauty Therapy and Hairdressing treatments for students, staff, and the general public.

Our 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.

Find out more about our treatments here:



Book your appointment here:



01738 877634
salonappointments.perth@uhi.ac.uk



LOCAL UPDATES: MORAY

HELLO FROM CHARLOTTE USHER!

My name is Charlotte and I'm still new in the Moray President role, although I've been part of UHI Moray for the past eight years. Over the last few weeks, I've been meeting with students, SVRs and staff. I'm gathering information to look how we can strengthen the student voice so we can build a more comfortable and inclusive campus life. By the next newsletter there should be a lot more news to share.

Feel free to come by the Moray HISA office for a chat. We're in room P009 (first door on the left as you head out from the reception toward the car park).



CHRISTMAS EVENTS

Christmas is just around the corner! The HISA Moray team is busy planning events to keep the winter cheer on campus. Come to your campus dressed in your favourite Christmas Jumper for some festive snacks and games in the AyePod. There will be prizes for the best Christmas jumper and game winners, as judged by your HISA officers. Each campus will have its own day so nobody misses out on the fun, but feel free to come to any or all of them regardless of where you're based:

- Linkwood: 12 – 2.30pm on Monday 8th December, in the Social Space (the Triangle)
- Moray Street Campus: 2.30 - 5pm on Tuesday 9th December, in the AyePod
- Biblical Garden: 10 – 12pm on Friday 12th December

STUDENT VOICE REP UPDATE

Attendance numbers at for the November SVR meeting were fantastic; thank you, Moray Student Voice Reps! The next meeting will be on 11th December in the Lecture Theatre. If you have any feedback about your experience here at UHI Moray, please make sure you share it with your SVR. If your class doesn't have one, why not [sign up](#) for the role?

AYEPOD COMPETITION OPENING SOON...

Have you noticed the changes made to the AyePod recently? HISA and UHI want to make this space all about students, so we are about to open an Art competition! We'll soon invite all UHI Moray students to submit art on the theme of 'Campus Life', with winning pieces to be installed in the AyePod. The winners will be decided by a judging panel, and there will be a cash prize. Keep an eye out for further updates.

Do you think the room still be called the AyePod after the refresh, or would you like to see a new name? Let us know using this [online form](#), or pop into the HISA office (P009) and leave your thoughts in our suggestion box!

INTERESTED IN FORMING A MATURE STUDENTS' SOCIETY?

Some Moray Students have expressed interest in forming a new HISA-affiliated Mature Students Society. We need at least two members who are willing to form a society committee; if you're interested in hearing more, get in touch with us at HISA.Moray@uhi.ac.uk!

NEW SOCIETY ALERT!

A huge HISA welcome to our new Moray-based society, Kraken E-Sports! Their goal is to find the most competitive players in UHI Moray to play in competitive tournaments in this region. If you're interested in joining, find out more on our [website](#).



LOCAL UPDATES: NWH

STORNOWAY CHRISTMAS LUNCH & JUMPER DAY

Wednesday 11 December

Celebrate the season with our annual Christmas Lunch in the canteen — and wear your best (or worst!) Christmas jumper!

Prices:

- 1 Course £11
- 2 Courses £14
- 3 Courses £17

Tickets must be purchased by Wednesday 4 December (cash only).

Please note: no other canteen service will be available that day.



SMOKE FREE CAMPUS SURVEY

UHI North, West & Hebrides is exploring a Smoke-Free Campus Policy, and we want your views before any decisions are made.

We're asking for feedback on:

- Smoking and vaping on campus
- Whether designated smoking areas should remain
- How a smoke-free policy might affect you
- What support you may need

Share your thoughts via the survey link below, scan a QR code on campus, or visit Brightspace/MyDay for more information.

Survey Link: [Smoke-free campus survey](#)

CHRISTMAS HOLIDAYS

The holidays are coming up — here's key information to keep you safe and supported.

Holiday dates: 22 December 2025 – 2 January 2026 (inclusive)

UHI North, West and Hebrides reopens: 5 January 2026

Visit our **Holiday Toolkit** on Student Services for food banks, financial help, wellbeing resources, and mental health support.

Emergency help:

- Go to A&E or call 999 if you're in immediate danger
- Contact your GP for urgent appointments
- Call NHS 24 on 111 for care advice or mental health support

HOT CHOCOLATE DAY

Warm up this winter with a festive hot chocolate at your local UHI North, West & Hebrides centre! Join us for a cosy treat, a warm space to relax, and a cheerful study break.

Dates:

- Thurso, Fort William & Portree — 11 December
- Stornoway — 16 December

Check local posters or notices for times and locations. Come along and enjoy a little winter magic!

CHRISTMAS JUMPER COMPETITION



Most Festive Jumper
Funniest Jumper
Best Festive Hat

Submit a photo of your festive jumper or hat online (through Brightspace)

A prize will be awarded to the winning entry (or entries)

Deadline: Friday 12 December 2025



Student Engagement and Wellbeing Team
studentwellbeing.nwh@uhi.ac.uk

Therapets

Are coming to Stornoway!

Need to de-stress?

Come meet our friendly four-legged visitor from the Therapets programme!

Spend some time cuddling, patting, or just hanging out with the Therapet — proven to help reduce stress, lift your mood, and bring a smile to your day.



 When: Every Tuesday

 What time: 1pm - 2pm

 Where: HISA Student Lounge

Everyone is welcome!

- Free, drop-in session — no booking needed
- Open to all students and staff
- Please respect the animal and follow handler instructions



NORTH, WEST AND HEBRIDES
A TUATH, AN IAR IS INNSE GALL

STUDENT DISCOUNT HIGHLIGHT - AN LANNTAIR (STORNOWAY)

UHI NWH students can become a Caraide (Friend) of An Lanntair for only £15, unlocking great benefits including:

- AGM attendance and voting rights
- 10% off café bar food
- 10% off shop items (excluding books, CDs & commissioned pieces)
- Discounted cinema tickets
- Discounts on selected events, workshops, and classes
- And more!

Learn more and sign up:

<https://lanntair.com/about-us/caraidean/>

16 DAYS OF ACTION

The 16 Days of Action is a global campaign raising awareness of gender-based violence and promoting safer, more respectful communities. From 25 November to 10 December, UHI North, West & Hebrides will share ways to learn, support, and take action. Look out for pledge cards on campus and add your voice to the movement.



Start your day right!

Our Student Breakfast Clubs are running across UHI North, West & Hebrides, offering free breakfast items at all locations to help you fuel up for the day.

Every centre is a little different — some offer cereal, toast, or grab-and-go options, so be sure to check with your local campus for exact times, days, and what's available.



**CHRISTMAS
TOY
APPEAL**

PLEASE DONATE NEW OR LIKE NEW TOYS TO YOUR
LOCAL UHI CAMPUS
HELP BRING JOY TO CHILDREN THIS CHRISTMAS

ALL GIFTS SHOULD BE DONATED BY 15/12/25

Action for Children

LOCAL UPDATES: SHETLAND

UPDATE FROM YOUR SHETLAND PRESIDENT

Hi everyone, almost the end of 2025 now! A big congratulations to everyone so far with completing their first assignments and semester 1 modules being completed. It has been a busy year so far for me, attending quite a few number of Board meetings and committee meetings. We are hoping that before the winter holidays that there will be the announcement on who will be replacing Jane Lewis, the current principal of UHI Shetland who is retiring at the end of December. So please do keep an eye out on social media and your student emails! The future campus project is ongoing with a few hiccups but please note that I am actively involved with discussions and hope to provide an update in the coming few months. If there are any questions about anything, please feel free to pop into the office or send me an email.



Tuesday the 2nd of December marks the winter fair at UHI Shetland, in Briggistaines from 11-2pm so please do pop along and start your Christmas shopping! Keep an eye out too on social media come January time when peerie Vikings get lost at UHI Shetland from their Up Helly aa squads!

I also want to take the opportunity to thank Sara Fox (the Development Manager for Shetland and Orkney) as she will be leaving HISA on the 4th of December after being in the organisation for 6 years. So, if you do see Sara around this coming week and at our Winter fair, please do take the time to wish her a best of luck for the future.

And finally, please do take the time over the winter break to have a rest from your studies and be fully charged up for semester 2! I wish you all a lovely holiday and look forward to seeing you all in January 2026.

Best wishes
Harley Green

LOCAL UPDATES: ORKNEY

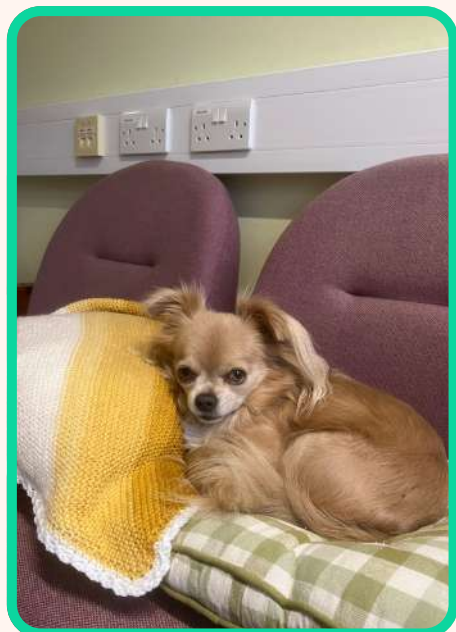
📢 NEW OFFICE, STUDENT PANTRY RESTOCK AND END OF SEMESTER WINDDOWN

Not sure where you can find us? 💙

We are now located on the top floor, in the art department (office 2 / f4.04).

Pop by anytime for a chit chat, to find out what's available to you or to give wee Basquiat a clap.

Esméemilja's assistant is getting very cosy in the new digs!



The Orkney Student Pantry has been restocked! 🧑🍳🥗

Orkney Student Pantry is now being managed by Vice President Mila and student intern Esméemilja.

Don't forget to leave feedback in the suggestions pad 📖



We're wishing everyone a successful end of semester and hope your hand-ins are more fun than gruelling. We too are eagerly anticipating a needed break to soak up the slow festive pace. We look forward to jumping back into things next semester and getting to know more of you, and what you need as a student. Pop by the office for a chat anytime (working days are Mon - Wed) or email us at hisa.orkney@uhi.ac.uk 💙

Esméemilja and Mila

WHAT'S ON THIS MONTH?

Christmas Film and Games Night! 🎬❄️🍰

Fancy some hot chocolate and snacks? Want to watch a festive favourite and do some crafts or play a game?

Join us at our regular games night for a cosy cuppa and well-earned break from assignments!

When: Monday 1st 6.00pm - 7.30pm

Where: the Hub (round the back of Skills Development Scotland)

🌿December ONLINE PT PACKAGE🌿

- The package is very flexible, and YOU are in full control
- decide your workout and/or stretch mobility session.
- decide what day you are going to do it on
- decide what time of the day that will be
- commit and click play
- over 30+ workouts and 30+ stretch and mobility videos

The package also contains Foam Rolling sessions and Hip Hinge Tutorials.

PDF planner for setting Goals and Monthly Planner for helping set out your schedule.

The package is FULL of 20-30min Workouts and 10min Stretch & mobility videos along with foam rolling sessions and hip hinge tutorials.

Checkout The PT Studio Orkney on social media for more information.

STUDENT VOICE REPS

☀️Be the change you want to see!☀️

Are there aspects of your student experience that could be better? Is there something you love and want to be sustained? Maybe you want to become more confident speaking to people or learn how to negotiate and advocate in a supported environment.

Speak to your PAT for more info, or sign up [here!](#)



LOCAL UPDATES: ARGYLL

PYJAMA AND HOT CHOCOLATE PARTIES

The series of five (yes, five!) PJ and Hot Chocolate Parties have started off amid much comfort and chocolatey enjoyment, plus teeny marshmallows for an extra decadent hit. These have been held at learning centres in Islay, Helensburgh, Dunoon, Lochgilphead, and Oban. We need to give a shout out to Mairi, the Islay centre manager, for adding squirty cream into the mix.



ONLINE DROP-IN SESSIONS WITH YOUR ARGYLL DEPUTE PRESIDENT

The next of our series of monthly online drop-in sessions with the HISA Argyll Depute President, Craig Ward, will be held on Teams on 8th January, midday to 1pm.

Come along and have a chat with your elected student representative. Ask questions! Share your thoughts! Get advice! Have a natter!

To get a link to join, simply email Craig on: HISA.Depute.Argyll@uhi.ac.uk

NEXT STUDENT VOICE REP MEETING

The next SVR Meeting will be held on Teams, on Tuesday 9th December (10am to 11.30am). If you are one of our brilliant SVRs then the link will be in your inbox already, as well as in your dedicated Teams Space. If you are not an SVR, then please let your friendly representative know any feedback you would like to be raised. If you don't have an SVR for your class yet, then why not sign up? You can find more information here: [Student Voice Reps](#)

LOCAL UPDATES: SAMS

With exams starting this week, then your truly expansive time off, we thought we'd remind you of some of the fun stuff we have done at SAMS over the last six weeks. Oh, and don't be fooled into thinking that this is it! Hannah and Annie have already got their thinking hats on for events to hold when you come back (Therapets, anyone?! If you have any ideas for the sorts of things you would like to see at SAMS, then just drop your friendly Depute President (Hannah) a line on: HISA.SAMS.Depute@uhi.ac.uk!

CONGRATS TO THE WINNER OF THE HALLOWEEN COMPETITION!

We had a great time decorating Café Camus with all sorts of spooky accoutrements, and plenty of ghoulish snacks. Congratulations to Libby for winning the Best Costume competition with her subtle but scarily accurate 'Supernatural' get up. Enjoy your £10 Amazon e-voucher!



CHRISTMAS JUMPER PARTY



We got to decorate Café Camus again on 21st November, with our early Christmas party! Students came along in their festive attire (shout out to the Greggs Christmas jumper) and helped to decorate the Christmas Tree! Depending on how creative everyone was feeling, there were options to colour in your own bauble or just take a moment to hang a classic one (or tinsel), or to help your vertically challenged Local Coordinator get the impressive star on the top. For those who had taken the plunge and decided to decorate their own, they added their name, so that we can all have fun finding 'our' beautifully coloured decoration again next year. Craft supplies, and free festive hot and cold drinks and plenty of Christmassy snacks were provided (there were so many snacks) and did a decent job of countering pre-exam nerves (well done all the second years who did the Data Science exam that day)!

STUDY SESSIONS



With assessments ongoing and exams looming (don't panic!) we put on daily Study Sessions in the Sheina Marshall Building. Students came along for the free brain-food, hot drinks, and study materials, and stayed for the note-sharing and the peer support!

STUDENT VOICE REPS - NEXT MEETING

The next SVR Meeting will be held on Teams (not in Etime. Don't go to Etime), on Thursday 11th December (2pm to 3.30pm). If you are an SVR then the link will be in your inbox already, as well as in your dedicated Teams Space. If you are not an SVR, then please let your friendly representative know any feedback you would like to be raised.



STUDENT-FRIENDLY RECIPE

Curried Chickpea Brothy Pasta

See the full recipe [here!](#)

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.](#)

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 - DEC25" to tell us your thoughts!

