

Please note: This is a copy of the newsletter sent to students. The formatting is a little different to the email version, due to the content being converted into a PDF. Dynamic content (content specific to Faculty/campus/level etc.) features at the end of this document but for students it's integrated into the body of the newsletter.

Feel Good February, results publication dates and more

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Oops...

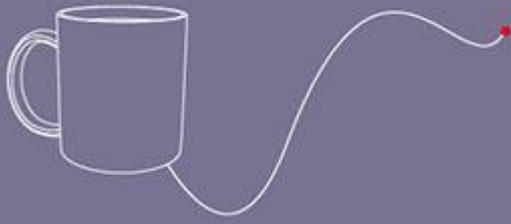
You may have noticed that this week's edition is a couple of days late. Because of the recent phishing email that went around, our servers were overly vigilant! We're sorry if you've got this twice.

Happy Feel Good February!

This year's [Feel Good February](#) focuses on a different theme every week – relax, eat well, get active and try something new.

We'll be running events on all campuses to empower you to look after your own health and wellbeing, and four flagship events every Thursday on Frenchay Campus.

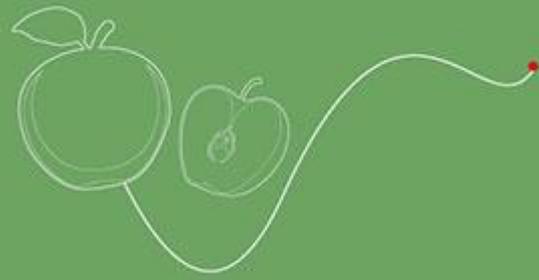
Here's what's coming up in the next two weeks - check the next edition of yourUWE Bristol (18 February) for weeks three and four.



Week one (4-8 February) - relax

For 'relax' week we're hosting our first ever mental health and wellbeing fair, tomorrow **Thursday 7 February** in the Students' Union (Frenchay Campus).

[See what else is happening](#)



Week two (11-15 February) - eat well

For 'eat well' week we're hosting a vegetarian and vegan street food market on **Thursday 14 February** outside X block (Frenchay Campus).

[See what else is happening](#)

Results publication dates

You can find out when you'll receive your assessment results on our results publication dates webpage.

[Check when you'll get your results](#)

If personal circumstances affected your assessments

The deadline to apply under the [missed assessments process](#) or the [exceptional removal of marks](#) process is **14:00 on Friday 8 February** (for modules completed by the end of assessment period one).

If you are considering submitting an application, please talk to an [Information Point](#) as soon as you can for advice.

National Student Money Week: Money Lab

Our Student Money Service will be in Frenchay Library tomorrow (Thursday 7 February) to help you break bad money habits.

Come along to get some advice and take part in the activities - you could win a pack of seven daily bus tickets.

[Find out more](#)

Register for our financial capability module

Our award winning financial capability module, starting on **Wednesday 6 March**, is designed to help you develop your financial skills, knowledge and confidence.

Over three workshops you'll receive practical guidance on budgeting, spending, saving, overdrafts and student loans.

[Sign up now \(login required\)](#)

Major disruption to e-resources on Saturday 9 February

There will be major disruption to e-resources on **Saturday 9 February from 01:00** for up to 24 hours (to Sunday 10 February at 01:00). This will affect Library Search, e-journals A-Z and Google Scholar.

Please make sure you access anything you might need before this time.

[Find out more](#)

Change to the submission process for five working day extensions and reasonable adjustments to deadlines (Blackboard assessments only)

If you've been granted a [five working day extension](#) or a [reasonable adjustment](#) to a deadline for an assessment that was originally due to be submitted via Blackboard, you no longer need to submit a hard copy of your work - you can submit it via Blackboard.

If your work was not originally due to be submitted via Blackboard, existing arrangements will continue.

Student Conference: abstract submission deadline extended

It's not too late to take part in our student conference - a great achievement for your CV.

Due to popular demand the deadline to submit an abstract has been extended to midnight on **Friday 8 February**.

[Find out how to get involved](#)

Beware of phishing emails

We are aware of a phishing email targeting UK University email accounts. Whilst we have minimised the threat we ask that you remain vigilant.

The sender and subject line will probably look genuine - it may be from one of your usual contacts, with a subject relating to something you may be working on. The email will contain a blue button. Please do not click on the button - just delete the email.

Remember that we have lots of advice on [how to spot phishing emails](#) on our information security toolkit.

Make your passwords strong and unique

With data breaches more and more common these days, we'd like to remind you that there are a few easy things you can do to keep your information safe.

- Only use your UWE Bristol email address for university work
- Never use your university password for any other accounts
- Make your passwords strong and unique by using a passphrase (there are some examples on our [information security toolkit](#))
- Set up your [password manager](#) so you can quickly change your password.

alumniconnect

Find a mentor on Alumni Connect

Alumni Connect is our new site linking students and alumni (graduates).

You'll have direct access to knowledgeable professionals who want to help you progress in your chosen industry.

[Find a mentor](#)

Car parking Penalty Charge Notices

If you park on campus without a valid permit or in an unauthorised area, you'll receive a Penalty Charge Notice (PCN).

If you don't pay your PCN within 28 days, we request Keeper Details from the DVLA. This can be a lengthy process and you may not receive any further communication about your PCN for many months, but charges **will still apply**.

This means that if you received a PCN at the start of term and didn't pay it, you may receive a penalty notice letter to the vehicle's registered address soon. Don't ignore it – you can talk to our Car Parking team if you need advice.

[Find out more about car parking enforcement](#)

Join the UWE Bristol Grand Challenge

This year's Grand Challenge looks at ways to address homelessness in Bristol. You'll work as a team to suggest a way forward and learn valuable skills along the way.

It's not too late to join in - there are several teams with spaces for new members.

You could come up with ideas for creative fundraising, organise a sleep-out, research the link between the physical environment and wellbeing, create a map of daytime resources in the city, arrange a student-led clinic or come up with a media campaign.

[Pick a team and get involved](#)

Reminder: hardship grants now available

Hardship grants of up to £500 are now available for students in significant financial difficulty.

The grants are available thanks to the UWE Bristol Fund, a pot of money made up of donations from alumni (graduates) to support students in need, community projects, pioneering research and extra-curricular activities.

[Apply online now](#)

Would you like to know more about mindfulness?

Practising mindfulness meditation can be useful for managing stress, living with a long-term illness or recovering from anxiety or depression. But learning how to practise can be hard to do on your own.

If you'd like to learn more, sign up for our mindfulness-based stress reduction course, starting in April. Discounted rates are available for students.

[Find out more](#)

Have your say at our equality engagement event

Help us make UWE Bristol an inclusive place to study - make your voice heard at our equality engagement event on **Tuesday 26 February**.

No need to be an expert - just let us know how you'd like UWE Bristol to be different.

[Sign up](#)

Enterprise Festival next week

Whether you want to start your own business or not, developing strong enterprise skills will help you learn how to

Volunteer in a school this term

Improve your CV and share your skills with the community by volunteering in a school. You can choose to be a primary school

solve problems creatively and make you stand out to employers.

Come along to a workshop or networking opportunity during next week's Enterprise Festival and start building valuable skills.

[See all events \(login required\)](#)

reading buddy, one-to-one English or maths tutor, forest school assistant or an English as a second language tutor.

Our Volunteering team will support you with training and your DBS check.

[Apply by Monday 11 February](#)

In case you missed it...

Major incident simulation event at Glenside

Well done to everyone who took part in our major incident simulation event last week at Glenside.

Paramedic students had to put their skills to the test at the scene of a major incident which involved the stabbing of several victims at a party. They had to assess the extent of the injuries, treat those they could at the scene and ensure others were taken to an emergency triage centre, where they were treated by Nurses, Radiographers and Physician Associates.

Approximately 100 Glenside students were involved, as well as Journalism and Film students and 50 student actors playing the roles of injured victims and bystanders. It really was an incredible event for all students and staff involved, so thank you for making it such a success.



[News](#)

[What's on](#)

STAND IN THE LEADERSHIP RACE

Are you, or someone you know, passionate about creating and inspiring change across the University? Do you think you can lead UWE Bristol's 30,000 students and represent their voice?

If you're up for the challenge, we're searching for full-time presidents and part-time officers to lead The Students' Union in the next academic year. Nominations close **Wednesday 13 February**.

[Get involved](#)

JADE MARSELLA

VP Sports and Health



AUGUSTA CHIDINMA NNAJIOFOR

VP Community and
Welfare



REPRESENT UWE BRISTOL IN THE 10K

Looking to take on a new challenge in 2019? Well dust off your running shoes and put **Sunday 5 May** in your diary, as we're teaming up with the Great Run Company and University of Bristol to take part in the Simplyhealth Great Bristol 10K.

The event, which forms part of our Varsity series, is open to all abilities - so whether you want to run it, jog it or walk it, we want you to be part of Team UWE Bristol.

By signing up to Team UWE Bristol you will get a discounted entry price and a Team UWE Bristol red t-shirt. We'll also be providing information on running groups, training plans and other support to help you achieve that personal best!

[Sign up now](#)

WHAT SPORTS FACILITIES DO YOU WANT?

We want to improve the sporting services and facilities that we provide, and are keen to know your thoughts. Your feedback is key to helping us build a picture of the facilities that you would like to see at UWE Bristol and the surrounding areas to improve the overall sports experience.

By completing our survey you will be automatically entered into our prize draw and will have the chance to win one of the following prizes:

- Centre for Sport six month gym membership
- O'Neills surprise bundle
- Science in Sport bundle
- 2 x Sports Awards tickets

[Complete the survey](#)

Quick links

[myUWE](#)

[Academic advice](#)

[Study support](#)

[Term dates](#)

Get in touch

Email: infopoint@uwe.ac.uk

Tel: +44 (0)117 32 85678

[More contact options](#)



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As a student, you will receive emails from the Student Communications Team. We promise not to overwhelm you and we'll only send you things that are relevant. You'll get a regular newsletter and some targeted communications. If you unsubscribe you'll miss important emails. [Contact us](#) if you have any questions.

Dynamic content

Tier 4:

Responsibility for your Tier 4 student visa

As a Tier 4 student there are certain things you need to do to maintain and protect your visa, such as:

- Keeping your passport, BRP and documents safe
- Checking if you have any work restrictions
- Notifying us and the Home Office if you change your address or other personal details
- Registering with the Police, if necessary.

[Read our guidance on protecting your visa](#)

Level 1 (Frenchay/City)

Thinking about doing a placement?

It's not too early to start planning if you're thinking about doing a placement as part of your studies.

Get ahead of the game and attend some of our **Placement Week** events over the next few days. Talk to our experts about how you can start getting experience and whether you're eligible.

Visit us at a pop-up, come along to a skills workshop and book onto First Year Friday to find out how you can make yourself stand out to employers.

[See all Placement Week events](#)

Level 2 (Frenchay/City)

Planning to do a placement?

Did you know that doing a placement increases your chances of going into a professional role when you graduate?

Come along to one of our **Placement Week** events this week to talk to our experts. You can find out how to make a successful application, how to improve your LinkedIn profile, how to find UK and overseas placements and what a self-employed placement involves.

[See all Placement Week events](#)

Frenchay Campus

Pop in to the Student Centre

The [Student Centre](#) at the Farmhouse is now open on Frenchay Campus for anyone who's craving a bit of peace and quiet.

Inside you'll find a lounge where you can curl up with a book or a board game and a kitchen to make that all important cup of tea.

To get to it, go through Wallscourt Park accommodation and follow the signs to the Farmhouse. Remember to bring your ID so you can swipe in at the door.

Year of the Pig Lunar New Year celebration for City Campus students

Join your fellow City Campus students to celebrate the start of the Year of the Pig on **Tuesday 12 February**. There will be an eight course sit down meal at Cathay Rendezvous in Bristol, followed by karaoke.

[Book now](#)

International/EU students

Come along to our Global Café

Meet new people, hear about different cultures and improve your language skills at one of our fortnightly [Global café](#) events.

The next Global café takes place on **Wednesday 20 February**.

International Talent Internship Scheme now open

Our International Talent summer internship scheme is now open. You'll have the opportunity to complete a 74 hour or 148 hour paid internship over the summer break, helping you to gain valuable work experience for your CV.

With full-time and part-time options available, you can make the scheme work around your commitments. You can choose to either find your own internship by approaching companies speculatively, or apply for an internship via [InfoHub](#).

You can also [register for International Talent alerts](#) to stay up-to-date with the latest opportunities.

[Find out more](#)

Level 3

