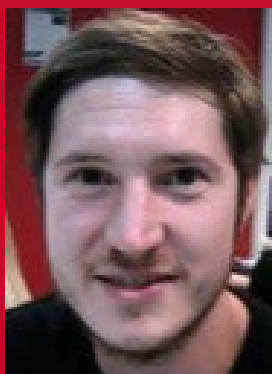


## STUDENT PARLIAMENT



*Written by  
Ben Blank,  
KCSU President*

We are looking forward to the second of our online Annual Student Parliaments on the 28 April, from 2-4pm.

Student Parliament is a platform we use to raise and discuss the views of all students at the college and is a key step in making positive change for students at college.

Key topics from your class voice meetings will be presented, as well as 'You Said, We Did' – our process for feeding back the changes that you asked for.

We are excited to announce we will also be meeting the candidates for the upcoming Students' Union Elections.

Candidates will introduce themselves and will take part in a hustings (Click **HERE** to find out what a hustings is.) This is your opportunity to hear from the people asking for your vote.

Follow us on our social media channels to find out more about Student Parliament and the SU candidates.



## RAMADAN MUBARAK



*Written by  
Sanah Imran,  
KCSU  
Communications  
Officer*

On the evening of the 12 April this year, Muslims in the UK began the holy month of Ramadan – a period of time for fasting and prayer for Muslims. It is celebrated as the month when Muslims

believe Muhammad (peace be upon him) received the initial revelations of the Quran. Ramadan is a time to practice self-restraint and self-reflection.

Fasting is one of the five fundamental principles of Islam. Each day during Ramadan, Muslims do not eat or drink from sunrise to sunset and are supposed to avoid impure thoughts and bad behaviour, for example swearing. Muslims break their daily fasts with family and friends after sunset for the evening meal, called iftar or ftoor. Fasting is seen as a way to cleanse the soul and have empathy for those in the world who are hungry and less fortunate.

Across the world Muslims will enjoy some wonderful food when breaking their fast (iftar). Click **HERE** for some delicious recipes.

Please remember, if you notice that one of your Muslim friends isn't fasting, don't ask why. There are many reasons that Muslims may not be fasting that could be sensitive.

## COUNSELLING SERVICE

We are running the counselling service via telephone call, through video call and face to face  
**Monday – Thursday 9am – 4pm** (counsellors can be flexible).

Email: [counsellingservice@kirkleescollege.ac.uk](mailto:counsellingservice@kirkleescollege.ac.uk)  
or click **HERE** to make a referral.

## DEMOCRACY AMBASSADORS



Before the Easter break, five students and two members of staff completed the 'Democracy Friendly College, Train the Trainer' programme. The 2-day training covered how local government works, how we can all have our voices heard and how to build your own project.

The students who completed the training are now Democracy Ambassadors. They will be able to deliver sessions to students and staff, lead on projects to bring about positive change in our communities and develop activities to raise awareness of democracy in the UK.

Well done to Ivan Gudarev, Leighton West, Megan Marshall, Grace Woodyet and Heather Hawkins. We can't wait to see what you do next!

## STUDENT COMMISSION ON RACIAL JUSTICE

We have three students contributing to the Student Commission on Racial Justice, a national project giving thousands of young people a collective voice on racial equality. They are Eliza Brazil, Jordan Beech and Collins Okechukwu Ezeilo.

The initiative has been designed by Leaders Unlocked, a social enterprise that enables young people and underrepresented groups to have a stronger voice on the issues that affect their lives, to help shape decision-making for the better.

Working in partnership with a number of other colleges across the country, the new project aims to bring students together to champion racial equality. The commission will examine young people's experience of racial equality, explore racial disparities across different areas of society and involve young people in developing actions to address inequality both now and in the future.

The students have developed an animation raising awareness of the challenges faced and are delivering workshops to our KC Community to amplify your voices around issues of racism and inequality in society.

Staff who have been able to preview the work done so far have been very moved – incredible achievements Eliza, Collins and Jordan.



## HUDDERSFIELD GIANTS OFFLOAD PROGRAMME



Team up with Huddersfield Giants Community Trust alongside current and past players of Rugby League. Discover how they handle criticism, bounce back from injury, manage life in the public eye and what happens when it's time to hang up their boots.

Offload sessions will pass on the same skills used by elite performers to help you build your own mental fitness and a better mindset. Offload fixtures are available for men 16+ and FREE to attend.

Date and time: **Wednesdays, 6 - 7.30pm**

Sessions will take place every Wednesday 6 - 7.30pm for 10 weeks. Students can join at any time during the 10 week programme.

Location: **The Zone, St Andrews Road, Huddersfield, HD1 6PT**

Click [HERE](#) for more information

To book your place, email Dan at [Dan@hgct.co.uk](mailto:Dan@hgct.co.uk)

**IMPORTANT STUDENT NOTICE**




Remember to wear your **face covering** in college and follow the guidance.

Stay Alert ▶ Control the Virus ▶ Save Lives

**DROP-IN SESSIONS WITH NEW COLLEGE POLICE OFFICER**



Hi, I'm Carly, the new dedicated College Police Officer. I have been a police officer for 15 years and have worked in many different roles, including public order and safeguarding.

I will primarily be based at Huddersfield Centre but will also visit the Pioneer, Springfield, Brunel and Engineering centres regularly. I can offer crime prevention advice, take crime reports and discuss career opportunities.

Come and say hello at one of the drop-in sessions from 10am – 2pm at the Wellbeing Centre at Huddersfield Centre and Springfield Sixth Form Centre.

**Huddersfield:**

- Wednesday 5 May
- Wednesday 26 May
- Wednesday 30 June

**Springfield:**

- Wednesday 12 May
- Wednesday 9 June

You can also email me on **CShooter@kirkleescollege.ac.uk**

I look forward to meeting you!



**HE WEEK**

**10 - 14 MAY**

**HE Fair**

**TUESDAY 11 MAY**

Throughout the week there will be presentations from visiting universities on topics such as:

- Why go to university
- How to choose a course
- How to choose a university
- How to write a personal statement

Contact the team **01484 437000 ext 7321**  
[Careersguidance@kirkleescollege.ac.uk](mailto:Careersguidance@kirkleescollege.ac.uk)  
[www.kirkleescollege.ac.uk](http://www.kirkleescollege.ac.uk)

**STRESS AWARENESS MONTH**

**LET'S TALK ABOUT STRESS**

Every April in the UK, charities and organisations mark Stress Awareness Month.

- Around 65% of adults have felt more stressed since the start of the pandemic
- Stress can cause physical changes to your body
- Stress can cause difficulty sleeping
- Stress can be relieved through physical activity

You can find ways to help with stress and also ideas to raise awareness this month at **stress.org.uk**.

At college, you can speak to your Progress Coach if you are feeling stressed. You can also speak to a chaplain or our counsellors if you are struggling. To speak to a chaplain, email **support@kirkleescollege.ac.uk**