

Little Things Matter at BPC



The Student Support Team have created a weekly programme of online activities and sessions, to help look after your wellbeing throughout lockdown. Please join us in the sessions each week, you don't need to book. Help kick start your morning, connect with new people and most importantly, have fun!

Monday: 8.45am - 9am

The Miracle Morning - Join your Health Officer, Amy, in a 15 minute interactive workout. That will include a short mind and body focused activity, to energise you and keep you productive in your studies.



Tuesday: 12.30pm - 1pm

Little Things Matter - Drop by and have a chat with your fellow students from across the College and a member of the Student Support Team. The guided group session will give you the opportunity to meet new people and discuss topics that you might be worrying about during lockdown.



Wednesday: 12pm - 1pm

Your BPCSU Meet & Eat - Come together with BPCSU, to enjoy your lunch whilst taking part in a fun activity! Each week BPCSU will host different sessions, including quizzes, interactive games and more. Join us each week to get involved and have fun!



Thursday: 8.45am - 9am

The Miracle Morning - Join your Health Officer, Amy, in a 15 minute interactive workout. That will include a short mind and body focused activity, to energise you and keep you productive in your studies.



Friday: 12.30pm - 1pm

Meet the BPCSU Team - Drop in to meet members of the BPCSU Team this year, to chat about life at the College and what is important to you.



Please remember to always be safe online. If you have any questions about online safety and security, please visit the Online Safety session on your Moodle account.

If you can't access the QR codes above, please email: studentsunion@bpc.ac.uk also visit our website at www.studentfirst.org.uk