

EASY VEGAN OPTIONS

As part of the HNC Green Pledge we are asking you to enjoy a meat free day each week. Although being vegan or vegetarian is not for everyone, having just one meat free day or making simple switches to vegan friendly products can really make a difference.



There's plenty of meat free alternatives available as companies meet the growing appetite from consumers who are wanting to play their part in tackling the climate change crisis - it may seem like a small step that won't make a difference, but if we all do this then the impact will be huge!

Many everyday products like Kettle crisps, Pringles, Oreos and even beef and tomato pot noodles are vegan - so there's some simple switches that you can make. There's also an incredible amount of ideas on the internet if you want to consider reducing the amount of meat in your diet either partly or even switching to a meat free diet completely.

Sign the Green pledge here: <https://vle.huddnewcoll.ac.uk/course/view.php?id=69§ion=24>

COMING UP IN TUTORIAL

Next week's awareness week is around cervical cancer, and how we can reduce the risk of this through screening.

Year 12 students will be supported to look at the next steps after HNC and the diverse range of options that are available from university and degree apprenticeships to the world of work and a gap year.

Our Year 13 students will be exploring the topic of sexual harassment and the forms it can take and supporting them as they prepare for their exams.

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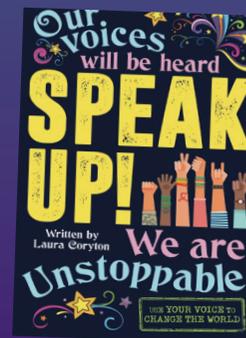
HAVE A CAR?

Students MUST have a carpark pass displayed and a barrier key to park onsite at College. Staff will be checking cars, and entry will be refused to cars not displaying a HNC student permit.

These are available from the LRC with a £20 deposit, please ensure you bring a copy of your driving licence and certificate of insurance with you.

BOOK OF THE WEEK

This week's Book of the Week has been inspired by National Inclusion Week. In a week where the College has been recognised once again for its work to promote FREDIE (Fairness, Respect, Equality, Diversity, Inclusion and Engagement), it's good to acknowledge that it is our own actions that help us to build a society that is fair, tolerant and inclusive; this book proves that anyone can change the world for the better!



YOUR HNC IS AWARD WINNING
We're delighted to reveal that HNC has been named as the **Number 1 Organisation in the UK for Equality and Diversity for the FOURTH time!** We also won **three other awards at this ceremony**

We have a small number of **FREE** places left for our Archery taster. Email p.lombard@huddnewcoll.ac.uk

Like reading and creative writing?
We're looking for Literacy Ambassadors! Email s.daley@huddnewcoll.ac.uk

