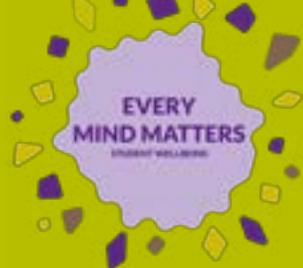


EAT WELL, STAY HEALTHY

Eating well is of course a key part of ensuring that we can enjoy good mental health. The Mental Health Foundation shares more about the research demonstrating the link between mental well-being and what we eat. Much of it is of course obvious such as how too much caffeine or alcohol is not good for our well-being. However, there are some interesting articles on their website exploring topics such as how eating a Mediterranean diet has been shown to help manage depression and the website is well worth a visit!

Many of you will be progressing to university this year, and working to eat well on a budget. The Cooking on a Bootstrap site is a great source of ideas to help you create a range of meals on a low budget <https://cookingonbootstrap.com/> - why not give a couple of recipes a try? The NHS Living Well website is also packed with a range of top tips for living and eating well: <https://tinyurl.com/brxyr5u7>



 @huddnewcoll

STEPHEN LAWRENCE DAY

Today is Stephen Lawrence Day. Stephen Lawrence was murdered in a racially motivated attack on 22 April 1993 at the age of 18. It took almost two decades for two of his killers to be convicted. Stephen's death, and the mishandling of the subsequent murder investigation, sparked outrage, a public inquiry, and one of the most important moments in British criminal justice.

Today we are joining others to reflect on on Stephen Lawrence's impact on the world and we are encouraging you to read more about the campaign for change from Stephen's mother, Baroness Lawrence OBE by visiting the Stephen Lawrence Foundation website and watching the short video here: <https://tinyurl.com/3jh96w8t>

Get involved & join us

We want to know what Stephen Lawrence means to you. What impact has his story had on you? As part of this you're invited to join the Equality & Diversity team at one of two 'Race Equality: Live Q&As' TODAY (22nd April) April at 12.30pm or 4.30pm.

To join the 12.30pm event visit: <https://tinyurl.com/ybctmkzw>

To join the 4.30pm event visit: <https://tinyurl.com/bzsbk9s4>



PASSWORDS: STAY SAFE

Sometimes it may seem hard to create new passwords that are secure and memorable. However, this is critical to your online safety. Here we share some top tips that will help:

- Put random words together or use a random password generator
- Use numbers, symbols, capital as well as lower-case letters in random order
- Use a different password for each online account
- Avoid passwords that could be easily picked up information from your online presence

For further guidance visit the Government Cyber Aware site <https://www.ncsc.gov.uk/cyberaware/home#action-2>



Date for the diary

Don't forget that our next inspirational speaker is on Friday 21st May. You'll have the opportunity to hear from Olympic athlete Julz Adeniran

LAST CHANCE: HEAD STUDENT APPLICATIONS

Applications to become a Head Student close tomorrow (Fri 23rd Apr) so don't miss out! See Moodle for details

NEED IT SUPPORT?

Please remember if you need IT support to request this via a CEDAR ticket wherever possible

