

FAITH & CONTEMPLATION CENTRE

The renovation of our redeveloped Faith and Contemplation Centre is now complete. All HNC students and staff can now access this dedicated space for reflection, contemplation or prayer.

This is located within the former Conference Centre modular building which can be found at the rear left of the main building.

The Centre includes washing facilities and toilets. Please note that this is a dedicated space for quiet contemplation, reflection and prayer only. Staff visit the centre regularly throughout the day to ensure it is being used as intended. If you use this space, please ensure that you wear carpet protectors on your shoes - these are available by each entrance, and can be disposed of upon exit.

Everyone is expected to ensure the Centre is left tidy and hygienic, including by storing away any equipment used.



We hope that all students enjoy this newly redeveloped space.

@huddnewcoll

NEW FOR YOU: TAIJIQUAN (TAI CHI)



Taijiquan (also known as Tai Chi) is a gentle form of exercise that can help maintain strength, flexibility, and balance - providing an ideal balance for the stresses of everyday life.

It is often described as "meditation in motion" and there is growing evidence that this mind-body practice, which originated in China as a martial art, has value in improving your mental and physical well-being. This is just one of the new enrichments you can enjoy this term, so why not come along for this four week block and try something new?

Over four weeks you will learn some basic exercises and a short sequence from the 'Chen' Style of Taijiquan which will help you manage your stress levels and increase resilience.

This starts on Monday 7th Nov in the Dance Studio from 12.15. To sign up log in to Moodle and select 'Enrichment' and then 'Sports'



CONTACT YOUR STUDENT COUNCIL

Your Student Council is here to represent you. The group meets regularly, including with senior leaders at College, to discuss all aspects of life at HNC and how improvements can be made.

The group represent you on everything from enrichment to what happens in tutorial, and also raise things that can be changed to make life better for all - for example, the team were involved in discussions around food provision at College, and now there is a guaranteed vegetarian option available in the Junction every day. As a result of Student Council feedback there has been increased support put in place for UCAS via tutorial.

If you've got something you'd like to propose to them for discussion please email headstudent@huddnewcoll.ac.uk

ONE WORLD EVENT



Our Applied Business students will be hosting a special 'One World' event, where they will be hosting a range of stalls and activities to raise funds for our Charity of the Year.

There will be a range of foods and beverages for sale, along with challenges and raffles, so please do join us from break - lunch on Thursday 10th November. There will be stalls in the Junction (dining area), the Sports Barn and Sports Hall - don't forget to bring your loose change!



Know someone in Year 11? Please tell them about our Open Event on Sat 12th Nov (10am - 1pm)

Drive to College? Please ensure you park considerately and in a dedicated parking space