

# HAPPY HEALTHY BODIES AND MINDS



**HNC**  
STUDENTS BY STUDENTS

## Budget Travel

Our feature explores a range of travel options out of Huddersfield without getting into debt

8 You've heard of Kpop, but what about Kdramas?

9 A Shy Court



Helping you make the most of staying home and staying safe

# WELCOME

**We know the current pandemic has created a far from ideal situation for everyone, and I am incredibly proud of how you as our students have responded with maturity and understanding to these events, and how you have engaged in remote learning.**

There's an overwhelming range of ideas out there for staying active and well, and we've created a short guide

to help you along with some competitions to help you stay busy whilst staying home and staying safe.

It's really important to be kind to your mind, and look after yourself during this time – please do take a look at the checklist and try to make sure you are doing these obvious but important things.

Your HNC community is here to support you. As Principal, I am looking forward to the day we are able to return to Campus and enjoy normality (and a Starbucks!)

Until then, stay home, stay safe and take care of yourself and each other. I hope you all remain healthy and well during this unprecedented situation.

*Angela  
Principal*



# BE KIND TO YOUR MIND

**We understand that staying home may feel challenging, and it may impact on your mental and physical well-being. It is really important that you look after yourself during this time.**

This booklet provides some ideas of things you can do to be kind to your mind during College's remote learning phase. During the Easter break your teachers won't be undertaking remote learning during your normal timetabled lessons, and the break is an ideal opportunity to try one of the activities in this booklet.

We want to ensure all of our students maintain their mental well-being during this time. Here we share some ideas to help you stay happy and healthy during this time:

**If during the Easter break you have concerns for your well-being or safety you can contact [safeguarding@huddnewcoll.ac.uk](mailto:safeguarding@huddnewcoll.ac.uk) Members of the team will be checking this inbox on a regular basis.**

**- Maintain your normal sleep patterns and routine** – make sure you get up and go to bed at the same times and stick to what your daily routine looks like. It can help to maintain your daily hygiene routines too, and get showered and dressed at the same times you normally would

**- Eat and drink the right things** – very obvious, but it's easy to not drink enough water and snack out of boredom

**- Get active.** You are currently allowed one form of outdoor exercise a day (whilst following all social distancing rules)

so get some fresh air and your heart rate up. This guide also contains lots of ideas for things you can do at home

**- Take time out.** The news is full of worrying statistics which may make you feel anxious. Make sure you engage in mindful activities, and take time out and for yourself

**- Stay connected.** Social distance doesn't mean social isolation. Pick up the phone to speak to friends and family – they may be feeling isolated too

**- Set yourself a goal.** What would you like to achieve? Whether it's sorting your wardrobes or learning Spanish, a goal is good to have. You may have a few!

**- Be kind to yourself.** It is natural to be worried or anxious during these times. We will all have good and bad days – don't put pressure on yourself to do too much and tomorrow is always a new day

## What to do if you're struggling

It sounds obvious, but keeping your body and mind active is a really effective way to maintain mental well-being. Choose things you enjoy doing and don't be afraid to try something new – if you don't like it, you're not obligated to continue. Below you can find some ideas to help:

- Anxious about Coronavirus and being at home?

This NHS resource has some good tips and advice:

CHECK IT OUT: <https://www.nhs.uk/oneyou/every-mind-matters/>

- Talk! Pick up the phone and share your concerns with friends or family – they may feel the same and expressing your thoughts may help you to manage them

- See the red bubble to the left for details of who you can contact during the Easter break if you have any concerns for your well-being or safety

# BECOME A MASTERMIND

## What's occurin'?

Think you know all there is about Disney or can recite every classic Gavin and Stacey line? A Harry Potter superfan or know the story of every Marvel character? Take on your fellow experts in an online quiz on a topic of your choosing. These fun quizzes will see you answering questions set by a live quiz master and pitting yourselves against those with similar interests. Free, but you are invited to make a donation to charity child.org if you can afford to.

<https://spectacularpubquizzes.com/>

## Pursue your specialist interests

In Year 13? Remember that once your work is completed as per your teacher's instructions, you can use your remaining study time to pursue a specialised area of study. So whether you want to know more about Stalin or are fascinated by atoms, your teachers can provide guidance and ideas. The internet archives are also offering free access to resources – take a look for reading relating to your specialism.

<https://archive.org/>

## Puzzle Away

Get those cogs whirring with an online Sudoku or crossword puzzle. How good are you?

Check out the Independent's daily crossword here

<https://puzzles.independent.co.uk/games/daily-crossword/>



## Home is where the Art is

Firstsite's artist created activity packs, featuring contributions from UK artists including Annie Morris, Antony Gormley, Gillian Wearing, Grayson Perry, Harold Offeh, Idris Kahn, Jeremy Deller, Michael Landy, Ryan Gander and Vanley Burke, give you so many ideas to get creative at home. No special talent or materials required – don't forget to tweet your creations to @huddnewcoll

<https://firstsite.uk/art-is-where-the-home-is/>

## The Classics reimagined

Think you have a better take on a classic piece of art using everyday items in the home? Join Tussen Kunsten in their challenge, and have a look at some classic works of art in the process. Here are some examples below.



<https://www.instagram.com/tussenkunstenquarantaine/?hl=en>

## The (artistic) wonders of the World

Download the Google Arts and Culture app for virtual tours from some of the globe's leading art galleries, including the Musee d'Orsay in Paris, the Metropolitan Museum of Art in New York, and The National Gallery in London.

## Free National Theatre Plays

Every Thursday at 7pm you will be able to stream a selection of performances from the National Theatre. Visit their official Youtube channel for full details.

The first available show from Thursday 2 April is One Man Two Guvnors featuring James Corden.



# EXPRESS YOURSELF

## Perfect Poetry

There's a poem for every mood and occasion. If you want to be inspired take the time to explore the Poetry by Heart website and find the poem that speaks to you.

[www.poetrybyheart.org](http://www.poetrybyheart.org)

*We're inviting all of our students to submit a four line poem into our competition - the topic is up to you!*

*Email*

***news@huddnewcoll.ac.uk***  
*with your poems*

*Best one will be awarded a gift voucher on our return to Campus!*

## Write for the lockdown edition of the HNC Echo

We're creating a special edition of the HNC Echo. Whether you've found a great band to review, or have an opinion on the world right now, send us your articles (you do not have to be signed up to journalism enrichment.)

Email them to

***h.doyle@huddnewcoll.ac.uk***

## Write a letter

Letter writing is something we don't do often enough - but there is nothing nicer than receiving a letter through the post. Send a letter to a friend, neighbour or even yourself - you can take a look back in the future.



# Budget Travel

# GAIN A NEW SKILL

Here we share a summary of some of the great ways you can gain a new skill or even a new qualification

## Experience Eton (well not quite!)

Eton has made some of the courses on its online platform EtonX available for free. You can access some great courses to prepare you for your next steps. These include Critical Thinking and Resilience. To access a course, click check it out.

CHECK IT OUT register at <https://etonx.com/uk-schools/>

## Adobe Creative Cloud - get creative

Don't forget you have access to Adobe Creative Cloud for FREE as a HNC student so if you fancy learning some Photoshop trickery, or learning to use InDesign, now is a great time. Check out YouTube for some great tutorials to get you started.

CHECK IT OUT

## Free Open University Courses

The Open University offers a range of free courses. Whether you've always wanted to know more about nutrition or want to prepare for a degree course in English, there's some unique courses on offer that will help you learn something new

<https://www.open.edu/openlearn/get-started/badges-come-openlearn>

## Head up the future

Year 12 students can still apply to be our next Head Student. These prestigious positions see you developing a host of new skills and now is the perfect time to polish a perfect application. See Moodle for full details.

## What's Cooking?

There's tons of cookbooks to suit every palette and budget and cooking is an amazing lifeskill. Take a look at [Jack Monroe's Tin Can Cook: 75 Simple Store-cupboard Recipes](#) uses things you probably already have at home in your cupboards.

Win! Win! Tweet your creations to @huddnewcoll for a chance of a £20 gift voucher



## Sing your heart out

Singing is a great way to release energy - whether you have a talent for it or not, there's loads of online Choirs. Gareth Malone is hosting a nationwide one, so get in on the act!

<https://decca.com/greatbritishhomechorus/>

## Hola!

Fancy learning a new language? Check out Duolingo, a free to download, language learning app that you can spend as little as 10 minutes a day perfecting your Spanish, French, German, Japanese or even Latin. There are 30 languages to choose from and your plan is personalised to your ability across speaking, listening, reading and writing.

CHECK IT OUT [www.duolingo.com](http://www.duolingo.com)

## Go Glam!

Being at home doesn't mean you can't enjoy getting dressed up. You may have your favourites as YouTube is full of make-up tutorials, but take a look at [Lisa Eldridge](#), pro makeup artist and global creative director for [Lancôme](#) who shares some fab top tips. If you're having an online houseparty, why not create a brand new look?



Keeping your body and mind active is so important. Being inside isn't as limiting as you think! Here we share some free classes and ideas for staying fit and healthy.

## Be Flexible!

**Fly Ldn** is yoga and pilates studio that also offers barre classes. It's running free sessions on Instagram live (@fly\_ldn) at 8am, 12:30pm and 6pm every day, with details of the next day's class posted on Instagram every day. All you need is a makeshift barre (a window sill or even just wall will work)

[https://www.instagram.com/fly\\_ldn/?hl=en](https://www.instagram.com/fly_ldn/?hl=en)

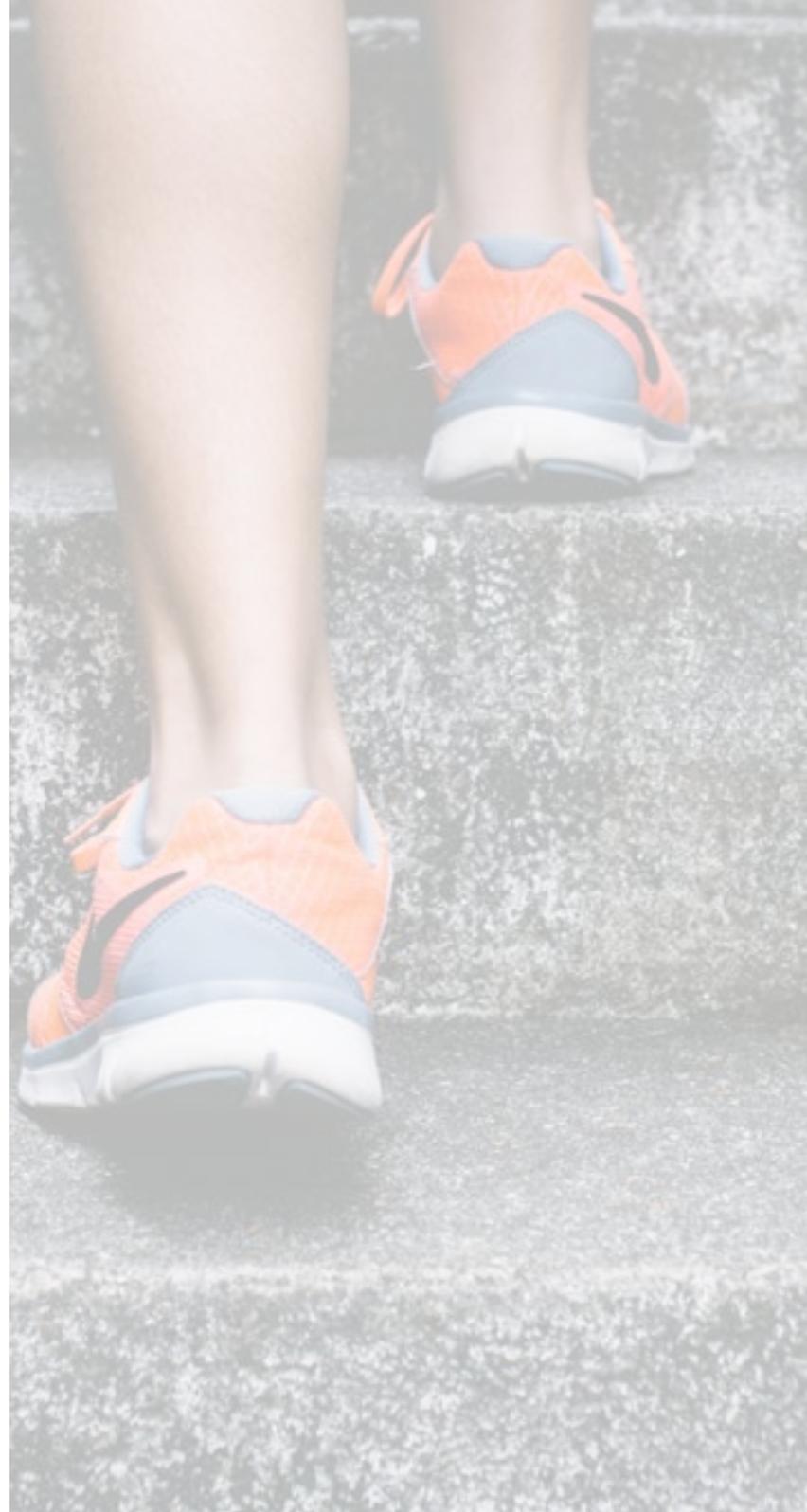
## Learn to dance

Join the professionals via a new platform called **Digital Stage** where Sadlers Wells will present performances and classes for all abilities. The teachers are artists from around the world and alongside the classes, you'll also be able to watch dance performances from the likes of **BalletBoyz** and Rumpelstiltskin by **balletLORENT**.

## The Body Coach!

Join Joe Wicks for his 9am PE class (not as easy as you think) or if you fancy a challenge visit his YouTube channel for his Body Coach workouts.

KEEP FIT



# JUST FOR FUN

## Binge watch a new Netflix series

Whilst we're not advocating you spending all your time watching Netflix, there's no harm in taking a break and checking out a new series to distract yourself – have you watched any of the top 50 below?

<https://www.digitaltrends.com/movies/best-shows-on-netflix/>

## Tik Tok

Can you master a trending dance? Send to your friends for a giggle.

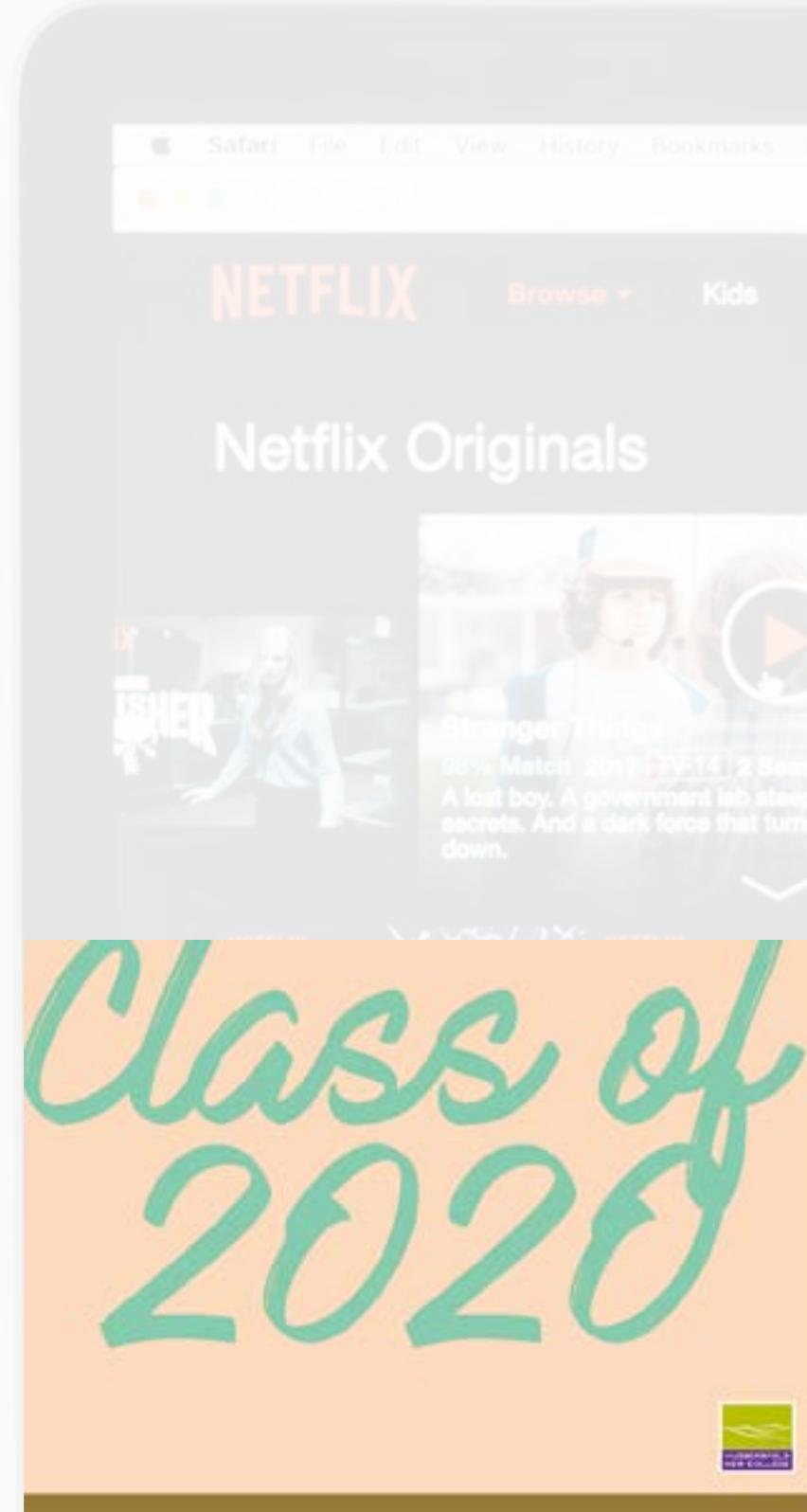
## Colouring isn't just for kids

Try a coloring app. Adult coloring books are available in mobile app stores, so no need to head to the store. [Colorfy](#) and [Happy Color](#) will help you get creative without any supplies needed.

## Create a photoalbum and submit something for your Class of 2020 yearbook

You probably have thousands of photos on your phone. Bring back some happy memories by sorting through them – don't forget to send some for the Class of 2020 yearbook.

Email  
[news@huddnewcoll.ac.uk](mailto:news@huddnewcoll.ac.uk)



# GET CAREER READY

Now is an ideal time to think about the future and what you want to do. Here we share some ideas and tips to help you prepare for your next steps.

## Take a virtual university tour

UCAS has a handy list of universities offering virtual tours. Take a look at what your future university might look like, and hear from some current students. Some universities are also offering online sessions and lectures to give you a further idea.

<https://www.ucas.com/undergraduate/what-and-where-study/open-days-and-events/virtual-tours>

## Gain Life Skills

Barclay's Life Skills is a great resource. From the fun 'spin the wheel to your future,' to webinars on interview tips and virtual work experience, it's definitely worth a look.

<https://barclayslifeskills.com/young-people/>

## What type of career suits you? (Just for fun)

Take UCAS' online quiz to see what type of career may be for you! You can also find out more about your personality type and strengths.

<https://www.ucas.com/careers/buzz-quiz>

## Chat to our Careers team

Our Careers team is still available remotely. Whether you want some help and advice about your CV, job search or work experience in Year 13, they can help.

Email  
b.burgin@huddnewcoll.ac.uk  
or  
t.sturdy@huddnewcoll.ac.uk  
or  
claire.ridley@ckcareers.org.uk

## Digital Careers Service

Now is a great time to polish your CV and get feedback on your application forms. The University of Plymouth has a great digital hub packed with hints, tips and ideas

<https://www.plymouth.ac.uk/student-life/your-studies/academic-services/careers-and-employability/online-career-tools>

## University Search Live – all you need to know about Higher Education

University Search live is hosting a free live webinar on Wednesday 8th April so that you can ask questions to university representatives. This is designed to help you make the right choices when open events and fairs may not be running. You can also ask about what the changes to grades for 2020 mean for admissions.

Register here: [https://zoom.us/webinar/register/WN\\_ITdg2sK-wTz2eAk8I-zBqDg](https://zoom.us/webinar/register/WN_ITdg2sK-wTz2eAk8I-zBqDg)

The webinar will also be live-streamed on YouTube: <https://www.youtube.com/channel/UCS-FaAb1UIrV0PrQKp4YE-Wg>