

## JOIN JULZ ADENIRAN FRI 21st MAY PLUS YEAR 13 LEAVERS' CELEBRATION

On Friday 21st May we'll be hosting the next guest speaker in our series. Olympic athlete Julz Adeniran will be joining us to share his story and reveal how taking up the opportunities on offer lead to him excelling internationally in his sport whilst also enjoying success in his studies. Julz is a down to earth speaker, having been born in an inner-city, single parent household and he has had to work hard to achieve his goals and overcome challenges. He has a fascinating story, and will be sharing how some of his success came from just from saying 'yes' and coming out of his own comfort zone! As you prepare for life after HNC, or are beginning to think about your next step after College, his story is a great way to get you thinking about what is possible!

All students are encouraged to join his talk which will take place via MS Teams. Join us for a real life success story, and ask your questions. All students are encouraged to attend and a link will be posted on Moodle. This event will run from 1.30pm. Following this, Year 13 students will be asked to stay on the meeting for a very special goodbye from all at HNC - all will be revealed on the day, so don't miss out!



## CONNECT WITH NATURE

This week is #MentalHealthAwareness week and this year's theme encourages us all to #Connectwithnature

Enjoying the outdoors is a great way to support your mental well-being. You don't have to be climbing a mountain to benefit - even a quick lunch time stroll can make a huge difference to your overall mental well-being. You can check out some tips from the Mental Health Foundation about how you can benefit from the power of nature here: <https://tinyurl.com/x5jmdhda>

### JOIN US OVER LUNCH TODAY: THURSDAY 13th MAY

Our Student Mental Health Champions are running their third drop-in session TODAY Thursday 13th May. The session will be focusing on toxic gender roles and asking questions such as what are the effects of enforcing toxic gender roles? Students can join the session by accessing the link via the Student Welfare Team on MS Teams



## BOOST YOUR INTERVIEW SKILLS

On Tuesday 18th May, 16:45-17:30pm, we are running a live webinar on Interview Skills. This valuable session will help you to understand more about excelling in interviews, and how you can increase your chances of success.

This will take place via MS Teams and you will be able to participate through the text chat function.

The session may be of particular interest to Year 13 students progressing to the workplace, but all students are welcome to attend.

## HOODIES

If you have ordered a hoodie we expect these to be available for collection from mid next week - we will be in touch with collection dates and points.



### BE CYBER SAVVY: TOP TIP

Email safety  
Remember: don't click on any links in emails or open attachments that you aren't expecting or come from an unknown sender. If you are unsure about any email please forward it to [ITsupport@huddnewcoll.ac.uk](mailto:ITsupport@huddnewcoll.ac.uk) for checking and then delete!

### TRY SOMETHING NEW

If lockdown has got you crafting you may want to take a look at the fantastic Woven in Kirklees festival <https://woveninkirklees.co.uk/> #Enrichment

