

WHAT'S YOUR TOP STRESS TIP?

April is Stress Awareness Month. Throughout April, we are sharing our top stress busting tips, from making sure you get enough, good quality sleep, to ensuring that you're fuelling your body with the right food! With many of you preparing for exams, these tips are a perfect way to help you get ready for any exam based pressure.

As part of this, we're asking you to share your top stress management tips - scan the QR code below to take part. As we move into exam season, stress management becomes more important than ever. While some stress is natural, there are plenty of practical ways in which you can minimise exam related anxiety. Our LSC team have developed a handy exam toolkit, which shares a variety of advice and guidance to help you to prepare. You can access this useful via the QR code below.

Don't forget you can also book an appointment to see the LSC team, who are also able to support you in building a bespoke revision timetable!

To share your top tip scan the QR below



To access the QR code please scan the below



Head Student applications - one week to go!

If you're interested in becoming a Head Student please remember that applications close at 4pm next Thursday, 25 April.

Applications are submitted online here <https://tinyurl.com/ydukyaxc> If you've not applied, please remember:

- You must read the information pack before submitting your application to ensure you understand what it involves, and to check that you meet the entry criteria
- Your application will include writing 450 - 500 words about why you are right for this prestigious role
- You must ensure you have the permission of your Staff Sponsor to name them as your referee - we won't contact them unless you are shortlisted for an interview

Want to speak to someone about what the role involves or learn more? Your Progress Tutor will be able to assist with general queries, but if you do have more specific questions you can arrange a more detailed chat - email news@huddnewcoll.ac.uk for further details.



CYBER SAVVY TOP TIP

Keeping track of your digital footprint

It is everyone's responsibility to keep track of their digital footprint* - delete/close old accounts that are no longer used to ensure your data has been removed, for active accounts use strong passwords that are unique to each service, turn on MFA to reduce the threat of compromise and check your happy with privacy settings. Cyber criminals want our information to perform fraud and phishing attacks!

*A digital footprint is the data that's left behind whenever you use a digital service. Whatever device you access the internet on, each time you go online, you're leaving a trail of information behind you e.g. email addresses, social media, messaging services, shopping & networking sites.



World Culture Day - can you help?

We'll be hosting a World Culture Day on Tuesday 21 May. We're looking at a range of exciting activities which will celebrate the diversity of culture at HNC, and enable you to share more about what makes you proud to be part of your individual culture. As part of this, we're looking for local groups who could support our celebrations by visiting us to host a cultural performance e.g a song or traditional dance. If you (or your family) are part of any groups that could help, please email news@huddnewcoll.ac.uk

Don't forget that leavers hoodies are now on sale. See Teams for info or the link on the homepage of Moodle. Sales close Friday 3 May

