

SUPPORT OUR ANTI BULLYING PLEDGE

According to Young Minds, our new College Charity of the Year, bullying affects over one million young people each year. Throughout tutorial this week we have been exploring bullying and the many forms it can take, and sharing how as a College we take a zero tolerance approach to any instances of bullying.

Please join us in the Dining Area tomorrow (Friday) to sign our giant HNC Pledge Against Bullying, and demonstrate your commitment to being part of a College community that celebrates how we are all different, but all equal.

We look forward to welcoming you!

HNC Pledge Against Bullying

All Different All Equal

we support the pledge 2018

COULD YOU BE A LIFESAVER?

During tutorial we will be sharing more about how a simple spit test with Anthony Nolan could see you saving the life of someone with blood cancer. There will then be an opportunity to register with them at our Health and Wellbeing Fair on 5th December



GIRLS ONLY: GYM FOR ALL

Did you know that as part of enrichment, you can access a female only session in the Fitness Suite every Thursday lunch from 12.15 - 1.10pm?

The sessions are led by a female qualified gym instructor and are open to all levels of ability and fitness. Our instructor can also advise should you require any adjustments when exercising.

Exercise can support better mental health and physical wellbeing, and help to manage stress.

Further information is on Moodle, or you can pop along on a Thursday lunchtime to find out more!



Our next Open
Event is this Saturday
from 10.00am!
Please let
any friends in Year 11
know