



# Connaught Hall newsletter

(1)6 | 29 OCTOBER 2016

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FROM THE WARDEN: DR ADRIAN CLARK MBBS MRCEM

## Pumpkins, candles, fireworks, poppies & turkeys

The next few weeks are going to be exciting in Hall, with lots of parties and cultural events. Here are some dates for your diary:



- Hallowe'en party tonight (29 October) from 8pm till 1:30 am.
- Diwali celebration on Tuesday 1<sup>st</sup> November, from 6pm in the dining hall.
- Thanksgiving celebration on Thursday 24<sup>th</sup> November, from 6pm.
- Christmas tree decorating (free mulled wine & mince pies) on Thursday 1<sup>st</sup> December, from 8pm.
- Christmas dinner and party on Friday 9<sup>th</sup> December, from 6pm.

We will also be observing Remembrance Sunday on 13<sup>th</sup> November.

Of course, lots of fun events doesn't mean that life stops throwing up challenges and difficulties. So we're continuing to share (in the orange boxes) tips and articles about coping with common problems.

As always, get in contact if you have any questions, concerns, or suggestions.

Finally, remember to set your clocks back by one hour tonight!

Scroll down for articles in this edition of the newsletter.

[warden-contact.connaught-hall.org.uk](mailto:warden-contact.connaught-hall.org.uk)



### ADMINISTRATION

## Set your clocks back tonight

British Summer Time (BST) ends on Sunday 30<sup>th</sup> October, and our clocks will revert to Greenwich Mean Time (GMT). So remember to set your clocks back by one hour at 2 o'clock on Sunday morning (i.e. 02.00 BST becomes 01.00 GMT).

### EVENTS

## Hallowe'en party tonight

8 pm to 1:30 am (BST). Wear spooky fancy dress. Special drinks, piñata, costume competition, sweets & treats.

[Read more...](#)



### EVENTS

## The history of Hallowe'en in Britain

Ghosts, ghouls, toffee apples, and pumpkins... Will this be your first ever Hallowe'en? Find out about the origins and traditions associated with it.

[Read more...](#)



### HEALTH, WELLNESS & WELLBEING | STUDENT LIFE

## 3 important life skills nobody taught you

Some life skills are more important than others. Here are three that could serve you well, the earlier you learn them: stop taking things personally; how to be persuaded and change your mind; and act without knowing the result.

[Read more...](#)



### RESIDENTS' CLUB

## Meet your elected Committee

Earlier this month, you voted for five student residents to represent you on the Residents' Club Committee. Find out who they are and what they've been doing since the election.

[Read more...](#)



### EVENTS | MULTICULTURAL

## Diwali: Tue 1<sup>st</sup> Nov

Diwali is a five-day festival celebrated by Hindus, Sikhs and Jains. At Connaught, we're celebrating Diwali on Tuesday 1<sup>st</sup> November with a special dinner, music and Indian sweets, as well as a speech and after-dinner movie. Everyone is welcome!

[Read more...](#)



### EVENTS | MULTICULTURAL

## Thanksgiving: Thu 24<sup>th</sup> Nov

We're celebrating Thanksgiving at Connaught on Thursday 24<sup>th</sup> November, with a special meal and a gratitude practice. (See [here](#) for why gratitude is so important for our wellbeing and happiness.)

[Read more about our Thanksgiving event...](#)



[STUDENT LIFE](#)

## Save up to 70% on your shopping



Approved Food say that they can save 70% off your shopping. They have 12 cans of Tropical Red Bull for £3.99! The site is so cheap because the food is close to or past its best before date, as well as stock that is surplus to a store's requirements.

[Read more...](#)

[INTERNET](#)

## Eduroam connection problems



Some residents are affected by Eduroam connection problems in Hall. This is due to faults at several of the colleges, and is beyond our control. However, we have set up temporary access for those affected.

[Read more...](#)

[CONTACTING US](#)

## Contacting the Warden

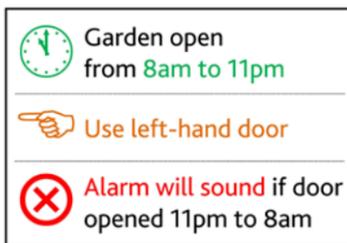


The Warden's primary purpose in Hall is to help you respond effectively to any challenges to your wellbeing that you might face. Typical issues include loneliness, stress and anxiety, bullying, conflicts related to religion or sexuality, depression, eating disorders, pregnancy, illness, drug and alcohol problems, self-harm and suicidal thoughts, as well as antisocial behaviour, noisy neighbours, theft, and damage to property.

[Read more...](#)

[SAFETY | NOISE](#)

## Using the garden

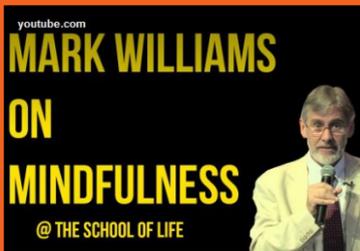


Please adhere to the simple guidance on this poster (on the main door that leads to the garden) to help with pest control measures and to prevent noise disturbance at night.

[Read more...](#)

[HEALTH, WELLNESS & WELLBEING | MINDFULNESS](#)

## Mark Williams on mindfulness



Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can hugely improve your mental wellbeing. This talk by Mark Williams is simple, practical, and inspiring. It might just change your life!

[Watch the video](#)

[EVENTS](#)

## Poppies & remembrance



Some residents are affected by Eduroam connection problems in Hall. This is due to faults at several of the colleges, and is beyond our control. However, we have set up temporary access for those affected.

[Read more...](#)

[MULTICULTURAL](#)

## Try some traditional autumn treats



Have you heard of hot toddies, toffee apples, roasted chestnuts, and parkin? See if you can find these traditional English treats to try during the autumn season!

[Read more...](#)

[EVENTS | MULTICULTURAL](#)

## Bonfire night: 5<sup>th</sup> November



Saturday 5th November is bonfire – or Guy Fawkes – night. Bonfires and fireworks displays take place all over England to commemorate the foiling of the “gunpowder plot” to blow up the King and Parliament in 1605.

[Read more...](#)

[HEALTH, WELLNESS & WELLBEING | STUDENT LIFE](#)

## Why you procrastinate – and how to stop



Procrastination can keep us from completing really important tasks. College-age procrastinators have higher stress, more illness and lower grades. Read this article to learn why we procrastinate and how to combat it!

[Read more...](#)



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The intercollegiate halls support the [Beanstalk charity](#) by donating student disciplinary fines every year, and through fundraising events within the Halls. Beanstalk is a national literacy charity that recruits, trains and supports volunteers to work in primary schools with children who have fallen behind with their reading. The Beanstalk vision is for a nation of confident children who can read and grow up to lead successful lives. [Read more here](#).

The University of London is an exempt charity in England and Wales and a charity registered in Scotland (Reg. no. SCO41194). We have cut emissions from University buildings by 32% and are committed to cutting emissions to 43% by 2020.

Please think before you print.

[The Student Accommodation Code: your right to a quality home](#)