

"A Pathway Towards Independence and Employment"

Phoenix Autism Trust Offices
49 Bow Road, Bow, London, E3 2AD
Telephone: 020 8980 4740

Phoenix College
2 Paton Close, Bow, London, E3 2QD
Telephone: 0204 546 7710

QMUL Project SEARCH Campus
329 Mile End Road, Mile End, London, E1 4NT
Telephone: 073 6810 0118

8th September 2023

Dear parents, carers and families,

As we kick off the new academic term at Phoenix College, we are excited to inform you about an exciting new look to fitness. This term we will be introducing football as part of our fitness program, and we believe it will be an engaging and valuable experience for all students.

All fitness lessons this academic term will be taking place out in the community at local sport and leisure centres. We want to teach students sustainable ways to keep fit and engage with their community. We also want students to strengthen their independence and confidence in navigating the local community through travel training and improving their self-care skills.

To ensure the safety and enjoyment of the activity, please could your son/daughter come prepared with appropriate kit for their football sessions. The following items will be required: appropriate footwear, (suitable to play football in), towel and shower gel. Sports tops and shorts will be provided by the college.

Each term I will update you on sport activity theme the students will be working on.

Best regards,

Darren Serrano-Griffiths
Fitness Instructor