

*"A Pathway Towards Independence and Employment"*

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**London, 15<sup>th</sup> March 2024**

Dear parents, carers and families,

Ramadan Mubarak! I wish all students, parents, carers and families that are celebrating Ramadan a peaceful month. Our **Catering Instructor, Mo Ahmed**, writes more about Ramadan on **Page 3**.

Following up from our commemorations for the International Women's Day last week, we celebrate some of the incredible and talented young women attending Phoenix College. Please see below some great achievements from **Kelly, Hamda, Saira, Syeda, Soheli, Aniq, Maryam Amjad, Kameela, Emma and Sameera**.

#### **FREEDOM PASSES**

As mentioned in my letters to you last academic year, all students must have their Freedom Passes with them when attending Phoenix College. We have contacted all parents, carers and families with reminders about this.

**This academic year, students will only be able to attend Phoenix College if they have their Freedom Passes.**

**All our students have the right to travel for free with their Freedom Pass and that is an essential part of our curriculum and outcomes for every single student.**

#### **STAY UP LATE**

**WEDNESDAY, 01<sup>st</sup> May – 3.15pm to 7pm**

This is going to be our third **movie night at Genesis Cinema**. Students are very excited to see a different movie every term. This will be another opportunity for students to choose the movie that we will watch.

#### **OPEN HOUSE**

**WEDNESDAY, 19<sup>th</sup> June – 3.15pm to 7pm**

Open House to all parents. The main focus for our last Open House for this academic year will be the transitions for leavers.

#### **STAY UP LATE – Graduation Party!**

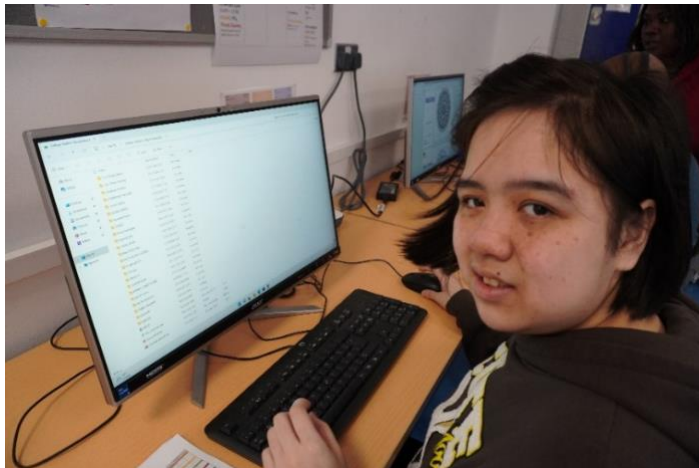
**THURSDAY, 18<sup>th</sup> July – 3.15pm to 7pm**

Graduation party!

**Please save these dates!**

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### THIS WEEK



This week we spotlight **Kelly** and **Abied**, who have shown remarkable strides in their independent work and focus skills in Frank's Class. Recently, when working on the computer, they exhibit exceptional focus, staying on task, and asking relevant questions, showcasing their dedication to learning. Furthermore, both of them have demonstrated increased confidence in seeking assistance when needing further instructions, highlighting their growing self-awareness and advocacy skills. Abied and Kelly designed their own logo, utilized a 3D program to craft a stunning car model, and personalized a mug with their own photo during *Digital World* on Thursday. they also created engaging Easter word searches for the **Ten Academy**,

showcasing their willingness to share their talents with the community. Abied and Kelly's commitment reminds us that with determination and support, every student can reach their full potential.

**Frank Kasa, eLearning Instructor**



Throughout the term, our students have been actively engaged in developing their understanding of various aspects related to personal safety, particularly focusing on different types of relationships and effective problem-solving strategies during *Keeping Safe*. **Hamda, Pat, Momo, Mohamed Hassan** have shown remarkable enthusiasm and insight during our conversations about friendships, romance, and the qualities essential in fostering meaningful connections. This week, I want to commend **Hamda** specifically for her leadership during our discussion sessions. Hamda not only actively participated but also took the lead in the discussion, utilizing a creative approach by employing a comic strip to illustrate methods of repairing a relationship with a friend. Her exemplary speaking and reading skills have greatly enriched our classroom discussions, setting a high standard for her peers to follow.

**Darren Serrano-Griffiths, Fitness Instructor**

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Ramadan Mubarak,

For Muslims, the holy month of Ramadan has commenced and few students have opted to observe fasting. At Phoenix College, our collective goal is to foster mutual support, provide accurate guidance, and empower students to make their own choices regarding their religious practices.

**What is Ramadan?**

Ramadan is one of the most important months in the Islamic calendar. This ninth month commemorates the first of Mohammed (PBUH)'s revelations. Muslims believe that during this month, on a night known as Laylatul Qadr, Allah (SWT) revealed the first verses of the Quran to Prophet Mohammed through The Angel Jibreel. Since the Quran plays a central role within Islam, the month that commemorates this is hugely important. Mohammed (PBUH) declared that: "When the month of Ramadan starts, the gates of heaven are opened and the gates of hell are closed and the devils are chained." Throughout the month, some Muslims refrain from eating or drinking anything between sunrise and sunset. This abstinence from food and drink is fasting. This is central for Ramadan primarily because it allows Muslims a chance to truly devote themselves to their faith and come even closer to Allah (SWT). Each day begins with suhur, a meal before the sun rises. As you can imagine, this includes lots of high-protein food and as much water as possible to keep up energy for the coming day. And energy is needed. Muslims carry on with their everyday life as normal, be it school or work.

Not every Muslim takes part in this fast though. For example, if a woman is pregnant or has just given birth and is breastfeeding, they are exempt. Similarly, for those who are too ill or elderly, they aren't expected to fast. At the end of each day, once the sun dips below the horizon, Muslims can break their fast with a meal called iftar.

Fasting is one of the Five Pillars of Islam

- Belief (Shahadah)
- Prayer (Salat)
- Charity (Zakat)
- Pilgrimage to the holy city of Makkah (Hajj)
- And fasting (Sawm)

Some Muslims believe that fasting helps you become a better person.

The primary reason for Sawm, or fasting, during Ramadan is to establish Taqwa (God-consciousness) firmly in the heart. And this fast does not just include food and drink. During Ramadan, some Muslims also give up other activities that they believe may distract them from the primary purpose of Ramadan. So not only is Ramadan a time for fasting and improving devotion to Allah (SWT) for Muslims, but it is a perfect time to give to charity.

**Mohammed Ahmed, Catering Instructor**





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This week for Festive Friday, I would like to say well done to all the students that took part in the *Enrichment Activities*. Throughout our focused engagement in *Fashion Design*, all students have shown a remarkable enthusiasm for learning. They have particularly shined in their creativity and critical thinking skills; I am impressed by their dedication and eagerness to explore new concepts, whether it is through designing T-shirts, pillowcases, or any other enrichment activity. All students have truly demonstrated their creativity and artistic talent throughout these projects. Their designs were not only imaginative but also showcased a keen eye for detail and originality. It is been a joy to see **Soheli, Anika, Maryam Amjad, Kameela, Emma and Shakhel** expressing themselves throughout this journey, their confidence grows as they bring their ideas to life. Great work, everyone!

**Elena Vata, Self-Care Instructor**



Dear all, I wanted to share few pictures of **Sameera**. These were taken two weeks ago in the Prada Cafe at Harrods where we celebrated Sameera's 21st birthday. Sameera had a lovely time and the staff made her feel very special. Thank you!

**Nipa Haque, Sameera's mum**

Have a fantastic weekend,



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