

"A Clear Pathway Towards Independence and Supported Employment"

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London, 23rd January 2026

Dear parents, carers and families,

This week we celebrate the progress that our students are making around new routines, new tasks and new skills. It is exciting to see students changing behaviour patterns and getting more independent during their **Preparation for Adulthood** programme. Well done, students! And a big thank you to the whole team for supporting student's individual needs so they can manage change, accessing new activities out in the community.

Renato Marques – College Principal

FREEDOM PASSES

As mentioned in my letters to you since September 2023, 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.

UPCOMING EVENTS

STAY UP LATE: 4-7pm
WEDNESDAY, 11th February
 Valentine's Disco!

STAY UP LATE: 2-7pm
WEDNESDAY, 25th March
 OPEN HOUSE for all students, current, alumni and applicants. EID PARTY!

Formatted by:



Imran Hassan -
Advocate

Sports Day: 10am-2pm
FRIDAY, 26th June
 For all PFA students

Please save these dates!

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Phoenix Autism Trust (PAT)
 Registered Company no. 09615159 Registered Charity no. 1172227
 Registered Office: 49 Bow Road, E3 2AD

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THIS WEEK

This week, we would like to highlight the increased confidence students are demonstrating when communicating with professionals and **workplace** staff within the community. During their **Local Offer** session, the class planned and visited the **Bromley by Bow Centre**, where students prepared and wrote questions they wished to ask staff in advance. While at the centre, students confidently initiated conversations with staff, presenting themselves in a friendly and respectful manner. They spoke clearly when greeting others, asking questions, and responding appropriately to questions they felt confident answering. Students collected information leaflets for activities that sparked their interests and were also invited to observe an arts and crafts group in session. They engaged positively in conversations with participants and showed genuine interest in the work being produced. It was extremely pleasing for the team to see how respectful the students were towards others and how complimentary they were of the artwork being created. Additionally, we celebrated **Josh's birthday** this week, which provided another lovely opportunity for the class to socialise, relax, and enjoy time together.

Darren Serrano-Griffiths, Senior Instructor



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This week we are delighted to celebrate **Tahmid** and **Yousef**, who have both had a truly fabulous week. Tahmid has achieved a wonderful milestone by going out into the community twice - something he had not done before - showing great courage and confidence. Yousef has attended college every day and demonstrated excellent engagement in his lessons. He particularly shone during **Keeping Safe** in a session about **Mental Health** and **Expressive Arts** where he created an excellent piece of circle art and enthusiastically painted canvases as part of a large group artwork. We are incredibly proud of both students and their fantastic progress this week!

Helen Gillian, Teacher



Aniqa has had a fantastic week, showing maturity, calm, and kindness toward both peers and staff. She has been listening well, maintaining excellent focus, and producing impressive computer work. At her **Ten Academy work placement** she has been using **AI** to generate creative recipes, then formatting and organizing them clearly before selecting illustrations to bring them to life. She also had great fun playing with friends on the stage at the **Brady Arts Centre**, showing confidence and joy in a new environment. It has been a pleasure to see her model thoughtful and steady behaviour for others.

Ferenc Kasa, Senior Instructor

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This week's **Festive Friday** for Mo's Class is **Laely**. Laely has been trying out new activities and has been enjoying **swimming** in **Fitness**. Laely has been working with her peers during swimming and modelling the correct techniques when swimming. Laely is becoming more confident in her own abilities and is becoming more proactive during her learning sessions.

Marta Ribeiro, Job Coach

Have a fantastic weekend,

 *Recipes from Phoenix College*

Name of the food: Noodles

Ingredients (What do we need):

- Core Ingredients (Dough)
 - Flour: Most commonly all-purpose or bread flour (wheat), but also rice, buckwheat, mung bean, or potato starch.
 - Water: Essential for hydrating the flour and forming the dough.
 - Salt: Adds flavor and strengthens the dough.
 - Eggs: Used in many fresh noodles (like Chinese egg noodles or Italian pasta) for color, richness, and structure.
- Common Additions & Flavorings (For Dishes)
 - Oils: Vegetable oil, sesame oil, or butter for cooking.
 - Sauces: Soy sauce, oyster sauce, fish sauce, Worcestershire sauce.
 - Aromatics: Garlic, ginger, spring onions, chili flakes.
 - Vegetables: Cabbage, carrots, beans, bell peppers, zucchini.
 - Seasonings: Sugar, salt, pepper.

This video shows you how to make a quick and easy noodle dish:

Instructions (How to make it):

What they are
 Composition: Typically made from flour (wheat, rice, etc.) mixed with water, sometimes eggs, and formed into dough.
 Shapes: Can be long and thin, flat ribbons, spirals, tubes, or shells.
 Preparation: Boiled, fried, baked, or served in broths, often with sauces, meats, and vegetables.
 History & Spread
 Origins: Earliest records point to China during the Han Dynasty (25–220 AD).
 Global Journey: Spread via ancient trade routes like the Silk Road, influencing cultures across Asia and Europe.
 Italian Connection: In Italy, similar dough products are known as pasta, with distinct regional varieties.
 Types & Popularity
 Asian Noodles: Diverse, including wheat noodles (like udon, ramen) and rice noodles, often featuring unique textures.
 Instant Noodles: A modern, convenient form that exploded in popularity, with huge consumption in Asia and globally.
 Cultural Staple: A fundamental food for billions, demonstrating immense culinary versatility.
 This video provides a comprehensive overview of the history and global spread of noodles:

Pictures (two pictures at least):



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Created by: _____

Using AI Image and Recipe generators



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Renato Marques

College Principal

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