

THE VOICE

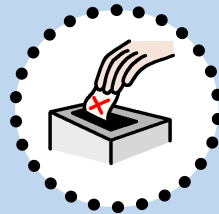
of Thornbeck College

STUDENT POLL

BY LUCAS RENWICK

100% of students asked agree that they feel safe at college.

(11/11 students)



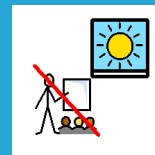
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north east
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EVENTS AT THORNBECK

	DATE	THEME
	September 2024	<i>Health and Safety Month</i>
	October 2024	<i>Black History Month</i>
	October 2024	<i>World Mental Health Day</i>
	October 2024	<i>Halloween</i>



Half Term: Monday 21st October—
Monday 4th November 2024

NEWSLETTER INTRODUCTION

Hello and welcome to the first newsletter of the academic year 2024-2025

This month at college, we have welcomed some new learners and celebrated lots of different events.

Continue reading to see what we have been up to. We hope you enjoy reading the newsletter as much as we have enjoyed participating in the activities that have taken place.



COLLEGE INDUCTION

BY DANIEL GREAVES

Hello, my name is Daniel I started Thornbeck College this September. At college I do Business Admin, Catering, Woodwork, Health and Wellbeing, Retail, Horticulture, Life Skills and Functional Skills.

The thing I have enjoyed most at college so far is making a bug house. I made this in Woodwork.

I have made lots of new friends at college, including Cameron, Piotr, Adam and Aaron.

I feel very comfortable and relaxed at college, my staff help me to feel this way. I like being at college.



FIRST AID WORKSHOP

BY AARON SCOTT-MOORE

On the morning of Wednesday 11th September, myself and my peers along took part in a first aid workshop at college. During the course we learned how do to CPR, what do to if someone is choking, and the bandaging of minor injuries such as cuts. CPR is when you must resuscitate someone whose heart has stopped beating. To practice CPR, we used a training dummy where we did thirty chest compressions then two mouth to mouth breaths. We also were trained on how to use a defibrillator.

Craig delivered this workshop to us. Craig is a member of the training team at the North East Autism Society and provides staff with vital skills to ensure the safety of everybody. The reason he provided us with this workshop was to provide us with the skills to handle emergencies or situations where basic first aid would be required.

I learned a few new ways to help people with first aid in any emergencies and I also found the course instructive and exciting, and I would recommend this course to other people.



SAFEGUARDING

BY DANIEL GREAVES

In September, we have been learning about what sexual abuse is and how we can safeguard ourselves.

As part of this we have been learning about consent. Consent is where you give somebody permission to do something that you feel comfortable with.

It is important to tell a trusted adult such as staff at college if we feel unsafe or if something has happened to us that we do not like or that we are not comfortable with. We can also tell staff if we see something that we do not like happen to somebody else. This will support us to keep everybody safe.



STUDENT COUNCIL

BY LOGAN FIFE

This month we have been working on our campaigns for the student council.

To help us understand what the student council is, we have been learning about democracy. Democracy means that the people get to vote for who they would like to be in charge.

Students have been making posters to explain why they would be a good member of the student council and why people should vote for them.

We will update you with the results once they have been counted!



RIDDLE OF THE MONTH

BY ABIGAIL MULLHOLLAND



What word contains 26 letters but only has three syllables?

Keep your eyes peeled for the answer in the next issue!

JOKE OF THE MONTH

BY LEWIS STOREY



Why do bees have sticky hair?

Because they use honeycombs!



THORNBECK HALL OF FAME



This months hall of fame goes to Keira Johnson. Keira has done extremely well in exploring a range of work experience placements to support her to make informed choices about her future.

Well done Keira!

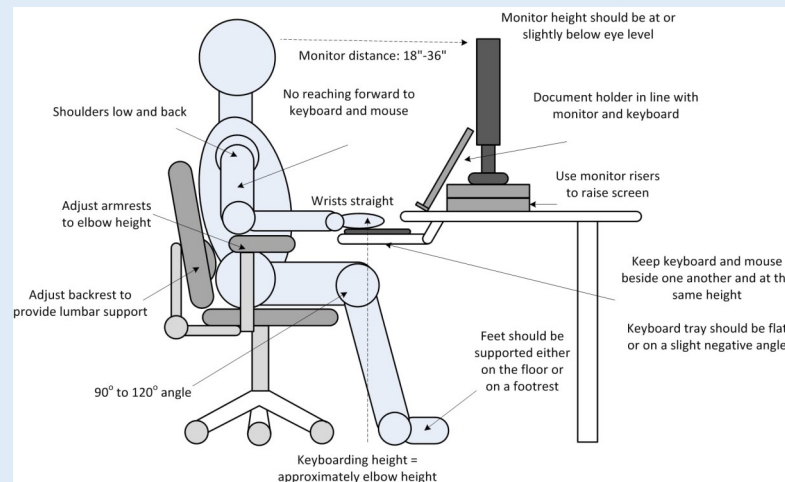


HEALTH AND SAFETY IN THE WORKPLACE

BY AARON SCOTT-MOORE

This month, each lesson has learned about health and safety in the workplace. In Business Admin, we learned about health and safety and ergonomics. This relates to good posture and being comfortable. For example we should sit on an adjustable chair with our feet on the floor and our backs should be straight to prevent back pain. Our eyes should be level to the top of the computer screen. We should also have keyboards and mice on the desk and have our hands, wrists and shoulders relaxed when using them.

These guidelines are in place to prevent people becoming hurt. Other examples of health and safety in the office are: cables should not be trailing on the floor as this is a trip hazard, when using the phone, don't walk around with it as the cord could get entangled on somebody. When using the computer, do not have water close because this could cause electrical fires. If there are any health and safety risks in the environment these should be reported to staff as soon as possible.



This is an ergonomics diagram for reference.

BOXING

BY CC

I have been working on my community inclusion skills at college and am working on transferring these to my home life too.

So far, I have joined a boxing gym—this helps my health and wellbeing too. I really enjoy accessing this as I believe that boxing is a non-judgemental sport.

Boxing can be participated in as both a hobby for fitness, as well as a competitive sport; it became part of the Modern Olympics in 1904. I believe it is good to participate in as it is a very disciplines sport that promotes focus and physical health, as well as mental well-being by providing a release.

I have noticed great difference in myself and my confidence with accessing the community, thanks to the skills I have been supported to develop at college.



HEALTH AND SAFETY WORDSEARCH

BY ABIGAIL MULLHOLLAND

H	R	M	A	E	S	Y	T	E	E	T	R	S	I
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Y	M	N	A	E	I	F	I	H	L	H	E	P	M
S	S	N	F	D	G	A	A	M	N	C	S	Y	E
P	I	P	A	P	I	S	T	S	O	O	C	R	R
E	E	N	S	A	N	S	S	Y	H	M	N	Y	U
Y	O	E	Y	R	E	Y	R	N	E	M	S	R	I
F	E	T	E	I	P	Y	I	L	A	U	L	T	P
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Y	T	G	M	P	R	O	O	M	E	Y	N	O	C
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COMMUNITY ONLINE FIRST AID PPE SAFETY
EMERGENCY FIRE SIGNS POLICE HEALTH