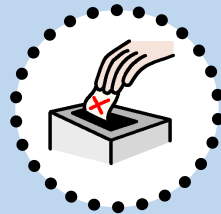


# THE VOICE

of Thornbeck College

## STUDENT POLL

100% of students asked feel as though staff listen to their ideas and opinions and act on these.

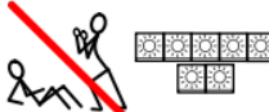


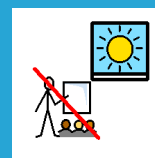
**Thornbeck College**  
North East Centre for Autism  
Cedar Drive  
Newton Aycliffe  
County Durham  
DL5 6UN

**T:** 01325 328088  
**E:** college@ne-as.org.uk  
**W:** www.ne-as.org.uk

north east  
**autism** society

## EVENTS AT THORNBECK

| DATE                                                                                                         | THEME                                      |
|--------------------------------------------------------------------------------------------------------------|--------------------------------------------|
|  BLACK HISTORY MONTH 2025 | October 2025<br><i>Black History Month</i> |
|                           | October 2025<br><i>Halloween</i>           |
|                          | November 2025<br><i>Bonfire Night</i>      |
|                         | November 2025<br><i>Anti-Bullying Week</i> |



Half Term:

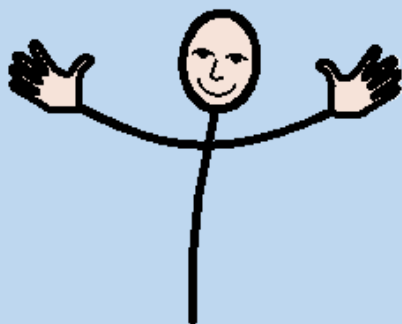
20.10.2025— 03.11.2025

## NEWSLETTER INTRODUCTION

Hello and welcome to 'Issue 2' of our College Newsletter.

This month at college, we have celebrated Black History Month, Halloween and World Mental Health Day.

Continue reading to see what else 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.



## SAFEGUARDING

BY CAMERON GAMSBY

This month, our theme for Safeguarding has been 'Physical Abuse'.

As part of this, we have explored activities that have increased our awareness of physical abuse and ways to safeguard ourselves. We have also looked at how to share or report on concerns that we may have in college, in the community or online.

It is important that we know about this information so that we are able to keep ourselves safe in different situations, as well as to be aware of potential warning signs and how to report these appropriately if needed.



# BLACK HISTORY MONTH

BY CC

Black History Month is celebrated in the UK every October; this years theme was “*Standing Firm in Power and Pride.*” This theme is important because it highlights the strength, resilience and achievements of Black people throughout history and today. It encourages everyone to recognise the contributions of Black communities and to celebrate identity, culture and heritage with pride.

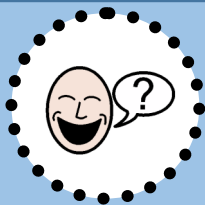
At college, learners celebrated Black History Month in many creative ways. We took part in an African tie-dye activity, learning about traditional styles such as *Gara and Adire, Indigo Dyeing*, and different regional patterns. We also tried a banana pudding, made by learners in our Catering session— everyone had the chance to taste this traditional African dish!

We also completed a powerful silhouette activity, writing things to the theme of “*I feel powerful when...*” and “*I am proud of...*”. These activities helped us to think about identity, strength and pride while exploring Black culture through art, food and reflection. By celebrating in these ways, we showed commitment to recognising diversity and supporting Black History Month in a positive and inclusive way. Thanks to all of the staff who helped to plan these activities—we all really enjoyed taking part!



## RIDDLE OF THE MONTH

BY LUCAS RENWICK



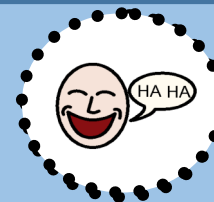
What goes up but never comes back down?

Keep your eyes peeled for the answer in next months Newsletter!

Answer to last months riddle: Seven!

## JOKE OF THE MONTH

BY LUCAS RENWICK



Q: Do you want to hear a joke about pizza?

A: Nahhh, it's too cheesy!

## THORNBECK HALL OF FAME



This month's hall of fame goes to Shay Martin. Shay has worked incredibly well to achieve his Functional Skills Maths Qualification.

Well done Shay, incredible achievement!



# HALLOWEEN DISCO

BY LUCAS RENWICK

On the last day of our first half term, learners went to Thornbeck's Silent Disco! We also had a microphone at the disco, that people could use to perform their favourite songs.

The silent disco was hosted by AK Teaching. It was great fun—everyone had their own headphones on to listen to the music and they could choose between two different stations, depending on which song they wanted to listen to.

Staff and learners spent the afternoon dancing to some great party hits.

Thanks to the staff who helped to organise this opportunity for us and thank you to AK Teaching for coming to our college and hosting this afternoon of fun!



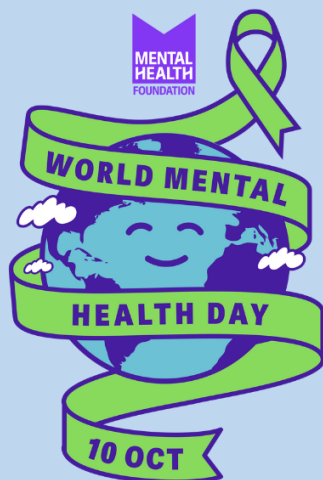
## WORLD MENTAL HEALTH DAY

BY DANIEL GREAVES

During Tutorials, we have covered World Mental Health Day. World Mental Health Day is on 10th October every year. It is a day to think about mental health and why it is important.

Mental health is about our feelings, thoughts, and how we cope with life. The day helps people learn about mental health and talk about it without feeling embarrassed. It reminds us that it is okay to ask for help and that support is available for everyone.

It is important to engage in behaviours that promote our mental health, such as by being kind to ourselves and others, checking in with friends, or joining community events.



## HEALTH AND SAFETY WORDSEARCH

BY ANNABEL HEAD

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| N | E | D | O | T | Q | P | K | R | I | I | T | C | T |
| X | N | K | E | R | W | O | H | I | D | R | R | O | D |
| J | T | T | Q | E | Z | W | I | T | E | T | E | M | I |
| U | I | R | U | N | P | E | S | A | S | O | S | M | V |
| S | T | A | A | G | L | R | T | G | I | N | P | U | E |
| T | Y | D | L | T | W | R | O | E | R | V | E | N | R |
| I | K | I | I | H | P | R | R | H | Z | M | C | I | S |
| C | F | T | T | G | S | W | Y | V | F | X | T | T | I |
| E | U | I | Y | F | R | E | E | D | O | M | Q | Y | T |
| F | N | O | S | S | U | V | T | O | Z | K | F | B | Y |
| R | M | N | Q | B | H | C | U | L | T | U | R | E | T |

|          |           |           |           |          |
|----------|-----------|-----------|-----------|----------|
| EQUALITY | DIVERSITY | CULTURE   | HERITAGE  | FREEDOM  |
| PRIDE    | POWER     | COMMUNITY | HISTORY   | IDENTITY |
| STRENGTH | RESPECT   | INCLUSION | TRADITION | JUSTICE  |