



28th November 2022

Dear all,

We hope you are all keeping well. We have a few reminders and notes on upcoming events.

Ofsted Monitoring Visit

We are very pleased to say that we had our first Ofsted monitoring visit in October to assess the progress we have made in setting up the college. You can see the full report on our website.

Children in Need

Thanks to all of you who donated for Children in Need last week. We raised £30.

Attendance and punctuality Reminder

If students are going to be absent, please encourage them or yourself to call the office before 9am. We call all families to check in with you when students are absent or late. Please make sure students arrive at college on time and not before 8:45am.

Appointments.

If students have medical appointments, please try to make them at the start or end of the day so that they can attend college before or after their appointment. We understand some appointments cannot be changed.

Sleep well

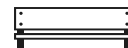
At any given time up to 40% of adults (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Sleep problems can leave people feeling isolated and lonely. Sleep is essential to brain function, by helping people to sleep better, we can help them to succeed in college. The National Sleep Helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. You can read more here:
<https://thesleepcharity.org.uk/national-sleep-helpline/>

Second Hand Sale and food Bank Collection

If you have any items to donate to our 2nd hand stall do send them in with students beforehand. Please also feel free to send in items for our Food bank collection where one of our students volunteers weekly.

Careers Talks

As part of our careers programme we have people coming into college regularly. If you or someone you know would like to come in to talk to the students about your job/ career please do get in touch at office@theparkcollege.org. We are also looking for more work experience for our students so if you know of any businesses that would be willing to have our students take part in work experience/ volunteering roles at their work place please do let us know.





Upcoming events

Please see some upcoming events below. You are invited to our regular coffee mornings held by one of the parents on Tuesday and Wednesday mornings.

We would like you join us for our Winter Fair on Friday 9th, Students can bring in money that day to spend at the fair. We will have craft stalls, 2nd hand stall, food, a student choir and karaoke.

November 28th Event: MHFA Training course: 16 people	29th Event MHFA Training course:16 Parent/carer Coffee morning's – Café 10-12pm Career Talk: Yoga Instructor 10-10:30	30th Career Talk: Photographer 2-2:30pm	December 1st Parent/carer Coffee morning's – Café 10-12pm	2nd
December 5th	6th Parent/carer Coffee morning's – Café 10-12pm Event: LSTH: 30 people	7th	8th Parent/carer Coffee morning's – Café 10-12pm Christmas Jumper Day - £1	9th Winter Fair, Choir, Karaoke 1-2pm- parents invited
December 12th	13th Parent/carer Coffee morning's – Café 10-12pm Winter Celebration meal 12-2pm	14th Autism Voice Craft Fair 11-2pm Parents/carers invited to Clapham Event: 30 people	15th Parent/carer Coffee morning's – Café 10-12pm	16th Film Club Disco 1-2pm Christmas holidays 2pm
College Holidays				
Winter/Christmas holidays: 19 Dec 2022 3rd Jan 2023 Staff return 3 rd Jan, Students return 4 th Jan 2023				

Catriona Guyler-Kone
Acting Principal

