

Greetings Reader. Welcome to the 1st Edition of our newsletter. We are in need of some more content for later editions and are asking for submissions.

What content are we looking for?

We are looking for many different ideas. These ideas could be written ideas such as an article, story, poem, etc. They could also be works of art such as photography, paintings etc. Or they could be other submissions such as recipes, jokes, songs / music etc.

Music Room Announcement

Starting this year the music studio / room has an exciting new addition - It now has a drum kit, and a decent one at that.

What are the advantages of drumming, compared to other instruments?

Drums, unlike some other instruments, help you develop good coordination which is a skill that is transferable to other areas. Furthermore, drums have a much lower barrier to entry when compared to many other instruments as they require no prior knowledge to begin practising making them ideas as a beginner instrument.



New Drum Kit In Music Room

What is the significance of having a drum kit at the College?

The addition of a drum kit gives students another instrument that they can learn to play. Furthermore a drum kit adds more variety to what students can learn as the drums utilise a few different techniques when compared to the other instruments such as the Keyboard and Guitar, which students can also learn to play at the college.

Despite the differences in playing the drums many of the skills such as keeping in time are still transferable to, and from, other instruments so even if a student already knows how to play an instrument learning the drums will still provide further knowledge and help them improve their skills with other instruments.

Source: James (Music Teacher)

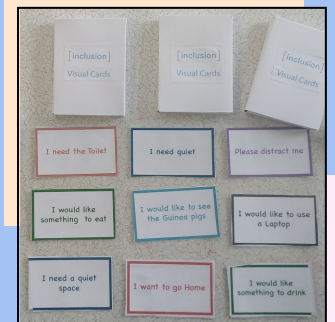
Image Credits: Anna Moores (Photographer) & Rom Rumbungu

Quotes From Students:

This place has grown so much, it is amazing
-Anonymous Student

Sometimes it is not easy to accept change, but it's for the best in the long run.
-Rom Rumbungu

	3	2			6	9
8	5	7	2	9		
		9		1		8
4	1	5		7		8
7	9	3	4			
2	6		1			7
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				1		5



New This Week

Inclusion Visual Cards.

How did you choose the design for the cards?

We took inspiration from the border from the Inclusion Logo, using the brackets.

The colour of the cards relates to the meaning on the card, for example green for food and red for an urgent request.

Can you explain what the purpose of the cards is?

The cards are a visual aid for students to make it easier to communicate particularly for new students who aren't familiar with staff. The idea is they can be placed on the desk and someone can non-verbally communicate what they need.

Editor: Jack Cunningham

Contact Us:

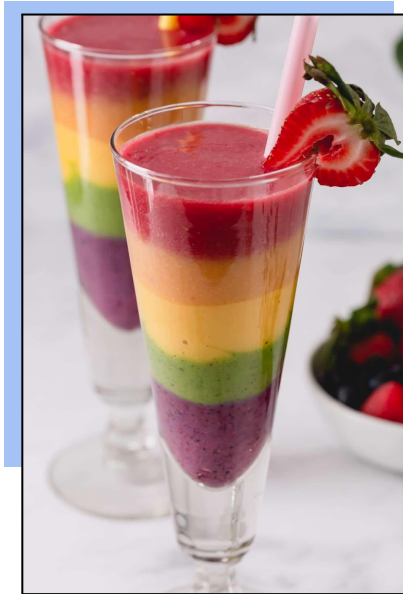
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Thankyou to all who have submitted ideas and content for the newsletter. If your submission was not included this week, rest assured that it will be included in a future edition.

Rainbow Layered Smoothies

INGREDIENTS:

- A handful of strawberries, blueberries, blackberries, raspberries
- 2 bananas
- 2 oranges
- 1 mango
- 5 pots of Greek yoghurt
- 4 kiwis



Final Result

Steps:

1. Divide the ingredients for each layer into separate bowls, blueberries and blackberries for the purple layer, kiwi for the green, 2 raspberries and bananas for yellow, mango and oranges for the orange layer, and finally, the remaining raspberries and strawberries in the red layer.
2. When the layers have been sorted, start by blending the green layer and pouring Greek yoghurt in for protein and a creamy texture. Then, pour it back into the bowl and put it to the side.

Repeat this step for each layer.
3. Once everything is complete, spoon the smoothie and gently drop each spoonful starting around the edges. If you pour the smoothies into the glass, you won't get clean layers. If you have any remaining strawberries, attach them to the top of the drink for a nice presentation.

Source: Anonymous Student

Image Credits: Marie Greenhalgh (Photographer)

Question Of The Week

"Who would you describe as your role model or hero, and why?"

"Tom Selleck, because of his large moustache and his fine acting abilities"
- Sam A

"Randy Savage, because, well I'm not sure really." - Zach B

"My grandad, because he is very intelligent and he's been through a lot in his life." - Sam D

"Young Adz, because he is very popular among the fairer sex." - Brandon B

"Derek Prince, because he is a popular Bible teacher, very honest and open, and took a Bible with him to fight in WW2. He is an inspirational preacher."
- Rom R

"Brad Williams, because he's funny and a good actor in Child's Play." - RJ B

"Jack Black because he is a fabulous musician and was brilliant in Kung Fu Panda, and is very honest and humble"
- Scott B

"KSI, because people always challenge him and he doesn't back down, and he does what he says he will. He's true to his word." - Lewis J

Question For Next Week:

If you could have anything as a pet what would it be?



A Picture Of My Dog
By Anonymous



Mystery Song: Submitted by Anonymous



Kotoko Utsugi
By Atticus Munt

Editor: Jack Cunningham

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