



Q6 COLLEGE NEWSLETTER

Do things at your
own pace.
Life's not a race.



Summer 2024

OUR ACADEMIC YEAR



RACHEL THOMPSON

One of the things that Q6 has been focusing on this year has been accessing more opportunities in the Community and developing work experiences for the students. The community opportunities have included kayaking, trampolining at Oxygen, bowling, using the local gym and swimming pools, and going to new cafes.

We have continued with Petit Miracles furniture upcycling, Westfield Nature Garden, in the Queensmill School kitchen, and at Age Concern. We have also developed a new work experience placement at the Shepherd's Bush library. We have also been to Kew Gardens and have a new work experience there. We had our first Christmas Fair at Q6 and families enjoyed coming along to buy things the students had made in the Enterprise sessions.



2023 / 2024

01 We had a three day inspection from OFSTED in November and this went very well as most of you will know – the report is on our website <https://www.queensmill-college.co.uk/queensmill-college/welcome> –just click the Ofsted button at the top of the page. We are delighted to have Outstanding grades in two areas: Personal Development and Behaviour and Attitudes of the students.

02 We also continue to focus on providing our students with a rich and varied individual programme that promotes a sense of wellbeing and belonging, and giving them tools to manage some of the complexities of their autism. We value them for who they are.

We will be saying goodbye to two students this year -Kristian and Kamy. We wish them all the best for their futures and of course we will miss them! We have three students joining us in September from other Queensmill settings.

Thank you to everyone who has helped make this year a great one!

Have a lovely Summer.

Rachel



OUT AND ABOUT

COMMUNITY INCLUSION



NEW OPORTUNITIES NEW EXPERIENCES NEW FEELINGS

Going out in the community can significantly enhance emotional regulation by providing social interaction, physical activity, and exposure to diverse environments, all of which contribute to improved mental well-being.

OUR MISSION

- Autism awareness in our local community
- Promoting Social Inclusion
- Enhancing Communication Skills
- Building Independence and Life Skills
- Increasing Understanding and Acceptance

BEING AN ACTIVE PART OF OUR LOCAL COMMUNITY

Q6 actively supports our students in becoming integral members of their local community. Firstly, community integration fosters a sense of belonging and acceptance. Feeling connected to one's community provides a support network and enhances overall well-being.

Moreover, participating in community activities exposes our students to diverse social situations, helping them develop vital communication and interpersonal skills crucial for navigating various environments. Additionally, being part of the community enables our students to access resources, opportunities, and services that promote their growth and development.



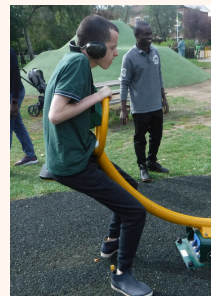
LEARNING AND PROGRESSING

Life skills

Life skills are an essential component of our curriculum, fostering holistic development in students by equipping them with the practical abilities necessary for navigating everyday challenges and opportunities. Integrating life skills such as critical thinking, communication, problem-solving, and emotional intelligence into educational programs ensures that students are not only academically proficient but also prepared for real-world scenarios.



Healthy living



Encouraging a balanced and healthy lifestyle involves promoting habits that nurture physical, mental, and emotional well-being. We emphasize the importance of regular physical activity, nutritious eating, adequate rest, and mindfulness practices. Our programs advocate for a balanced approach to life, integrating physical fitness routines with stress management strategies such as learning about our feelings, yoga, etc.

LEARNING AND PROGRESSING

2024 / 2025 // Q6 College

Employability



Access to work opportunities is crucial for our students, as it provides them with practical experience, enhances their skill set, and bridges the gap between academic knowledge and real-world application.

In Q6 our students are encouraged to develop professional competencies, such as communication, teamwork, and problem-solving, which are essential for their future careers.

Work experience

Students at Q6 College engage in a diverse array of work experiences that enrich their academic journey and professional development.

They experience different activities across various fields, gaining hands-on experience in their areas of study.



We extend our heartfelt gratitude to all the parents, organizations, and professionals whose dedication, contributions, and unwavering support have made it possible to assist our young adults for another year.

Your commitment and generosity have been instrumental in providing invaluable opportunities and guidance, enabling our students to thrive and achieve their full potential. Thank you for being essential partners in their journey toward success.

Thank you!