

Jump into - Sutton

This magazine is produced by a group of learners
who attend Sutton College.



Interview with the College Principal

Dilantha & Matthew interview
Sutton College principal
Tom Dillon.

**Health and wellbeing items
on online safety. Good eating
and exercise.**

Edward offers his helping hand as
well as showing us how to keep
safe online.

**Arts reviews of music
and films**

In this section Gilbert introduces
us to his favourite hip-hop artists.

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ISSUE 1 DECEMBER 2024

Welcome to the first issue of



We hope you enjoy reading it as much as we enjoyed putting it together.

The publishing team are Edward Adade, Gilbert Okany, Phoebe Ellis, Alice Haynes, Hayley White, Ramsha Saleem, Dilantha Wijemanne and Matthew William Ebbs.

The publishing team would like to thank the following people for helping us make this issue of the magazine possible:

Our Sutton College Tutors; **Peter, Gill and Nancy**, **Tom Dillon** for the interview, **Alice's great aunt** for the wedding photo, **Get Creative** for their wonderful artwork and the **Horticulture Course** for sharing their hard work in the garden with us.

We would also like to thank Step Ahead for sponsoring this publication.

About our College

Sutton College is an adult education college and we have learners from all around the world coming here so we have a very diverse college community.

Most of us have been coming to the College for many years and we love it here so we keep coming back.

The College is in the heart of Sutton and our building is linked to the Civic Centre and the Central Library.

Introducing the Publishing Course

This brand new magazine - Jump into Sutton - has been produced by a group of neuro diverse learners with additional needs.

The aim of publishing a magazine is to support the learners to develop skills they can take into a work or volunteer placement, as well as improve their independence and life skills. Jump into Sutton is a new venture with the content being chosen, researched and produced by the students.

This first issue has helped the group dive into the world of publishing and learn what it takes to produce a magazine. Each page tells you a little about a topic that interests the individual student. As each future issue of the magazine is created, the students will increase their knowledge and skills and get even more involved with the publishing process.

Enjoy reading and learning about the students in this first issue.

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The *big* move.

**There is a plan for the college
to move to a new home on
Sutton High Street in 2026.**





Dilantha also spoke with Tom about the new Sutton College building...

Dilantha asked Tom:
Will there be a large car park?

He told us there will be a small car park, because we want to have an outside area for gardening and sitting outside on a nice summer day.

Dilantha asked Tom:
How big the new building will be?

He told us that he wasn't sure yet.

Dilantha asked Tom:
Will there be a new cafe in the college?

Tom said that he hopes there will be.

Tom Dillon is the Principal of Sutton College

We are pleased he talked with Matthew and Dilantha for Jump Into Sutton magazine.

Matthew asked Tom:
When will the new college building be ready?

Tom said we are waiting for the planning permissions.

Matthew asked Tom:
Will there be a sensory room?

Tom said yes there will be a sensory room and he asked Matthew what floor it should be on and Matthew said the first floor near the classroom.

Lastly, Matthew asked Tom:
Will there be electric windows in the new building?

Tom said that hasn't been decided yet but he said the new windows will be much better.

Dilantha also did some of his own research about the new building...

The new college building will be at **246-254 Sutton High Street**.

The Government, The Mayor of London and Sutton Council are funding the building.

The building will hopefully be starting this **Summer 2025**.

It will be ready in

2026/2027

Good exercise with Ramsha Saleem

Supported by Deborah

My name is Ramsha and I am very happy to be talking about exercise.

I love exercise. I love going to the gym once a week every Thursday. Going to the gym to exercise helps me a lot and I encourage everyone to exercise as well.



-  Exercise is a good form of movement
-  Exercise keeps you healthy
-  Exercise keeps your body fit
-  Exercise keeps you going



Good food by Ramsha Saleem

Supported by **Deborah**



Welcome to my page about eating good and healthy food. I enjoy cooking and keeping healthy.

Examples of good food are fruit salad, vegetables, smoothies and fish.

Fish is an excellent source of nutrients needed to keep us healthy, and with so many different species to choose from, it's easy to meet your recommended two servings a week.

RECIPE **Baked Salmon**

1. Pre-heat the oven to **180/Gas 4**
2. Put your salmon fillets in an **oven proof dish**
3. Add a teaspoon of **oil** and a squeeze of **lemon juice**
4. Cover **tightly** with foil
5. Bake in the oven for **15 minutes**
6. Enjoy with **steamed rice and vegetables**



Gardening Calendar

Autumn/Winter is a good time to:

Make leaf mulch. Collect all the fallen leaves and leave them until the Spring to be spread on the flower beds.

Plant trees

Plant bulbs. These will flower in Spring creating colour in your garden.



Start a compost bin. Add kitchen waste like vegetable peelings and garden waste like weeds. You can also add the dust from your vacuum! Use this next year to improve your soil.



Snowdrop planting

Horticulture students planted Snowdrop bulbs - these are going to be sold on a market stall in March 2025.



Daffodil Planting

Sutton College runs a Horticulture Course for learners with additional needs. This term, one thing they have been learning about is **planting bulbs**.

We learned about bulbs in our class. We found the right way up (**pointy part to the top**) and how deep to plant daffodil bulbs (**10-15 cms**).

We used trowels to dig holes in the edge of the triangle lawn. We also planted some in pots. We're looking forward to these flowering in the Spring.



Spotlight on...

A *good* guide for your *big* day

by Alice Haynes

A wedding is a ceremony where two people are united in marriage.

Wedding traditions and customs vary greatly between cultures, ethnicities, races, religions, denominations, countries, social classes and sexual orientations. Most wedding ceremonies involve an exchange of marriage vows by a couple, presentation of a gift, and a public proclamation of marriage by an authority figure or celebrant.

Special wedding garments are often worn, and the ceremony is sometimes followed by a wedding reception. Music, poetry, prayers, or readings from religious texts or literature are also commonly incorporated into the ceremony, as well as superstitious customs.



While couples often hire professionals to help manage their wedding plans, there are plenty of reasons why they might choose to handle all of the planning tasks and responsibilities on their own.

Maybe they're working with a tight budget or maybe they simply love the DIY possibilities. In any case, though planning a wedding can feel pretty overwhelming at times, it is possible to personally put together the **wedding of your dreams**.

So, where does one begin?

The first step is to make sure you have plenty of time to plan your big day. A longer timeline is your friend here, and if possible, aim for around a year to arrange this affair. Also, organisation is key to keeping everything on track when you're faced with decisions, lists, deadlines and everyday life. What's more, don't forget to involve your significant other in this step, as your wedding should represent both of you, together as a couple.



Here are some local wedding venues

Morden Hall

21 Morden Hall Rd, Morden SM4 5JD
020 8102 0553

Grand Sapphire Banqueting & Hotel

45 Imperial Way, Croydon CR0 4RR
020 8786 7392

Nonsuch Mansion

Nonsuch Park, Ewell Rd, Cheam, Ewell, Sutton SM3 8AL
020 8786 7392

Oaks Farm Weddings

Oaks Rd, Croydon CR0 5HL
020 8654 6622





The Music pages

Gilbert Okany's Guide to Hip-hop

**My name is Gilbert and
I love hip-hop.**

You can listen to Hip-hop on lots of radio stations. Here are a few of my favourite artists and some information about their lives and music.

**Why don't you listen and
see if you like the sounds?**



Bow Wow

Whose real name is Shad Gregory Moss was born in Columbus, Ohio. As well as making music he has appeared in films such as **F9 (The Fast and the Furious)** and **Scary Movie 5 and TV shows such as Love & Hip-Hop, 160 & Park and Lottery Ticket**. His has made seven albums in total, my favourite album by him is called **Face Off with Omarion**.

Eminem

Another of my favourite hip-hop artists is Eminem. My favourite song by him is **“Somebody Save Me”**. The song is about his daughter, Hailie Jade.



Tyga

I also love Tyga and especially his track **“Girls Have Fun”** featuring Rich The Kid and G-Eazy.



Lil Wayne

I also like Lil Wayne and my favourite song by him is **Got Money featuring T-Pain**.



In the next magazine issue we will be looking at a different style of music.

Sutton College runs music courses such as **singing for adults with additional needs**. Take a look at our **courses** to find out more.

The Film *Review*

The Sound of Music

My name is Hayley and I want to tell you about The Sound of Music which is one of my favourite movies...

On the nearby mountainside, Maria is getting ready to leave the beautiful hills. She will be late returning to the Abbey where the other nuns who live there will be wondering where she is.

Considering herself to be a free-spirit, she explains about her lateness, saying she was raised up on the Mountain and apologises for her singing in the gardens. At this point the Mother Abbess suggests that she should spend some time outside the Abbey. She is to act as governess to the seven children of the father, called Captain; his real name is Georg von Trapp.

The children are marching in their uniforms. Maria helps the children to learn some music called the basics of music (do-re-mi). The eldest child sings, "Sixteen, going on seventeen". The other children are very frightened by a storm, they sing a song called, "The Lonely Goatherd" and they stop thinking about the storm.

The Captain drives Maria away, he angrily sends her back to the Abbey. Later he asks Maria to stay, he is thanking her for bringing the music back to the house. The children want to say good night with a song called "So Long Farewell".

Maria can't face the Captain, she has to run back to the abbey but Mother Abbess realises that she is running away from her feelings. She tells her to face her feelings about the Captain and that they love each other, and tells her to search for and find the life she's meant to live and you were born for.

Then the Mother Abbess sings "Climb ev'ry Mountain". The Captain sings a love song called "Edelweiss" as a goodbye to his homeland and uses Austria's national flower as a symbol to declare his loyalty to the country and to his family. It is the last chance to sing for the Trapp family. The von Trapp's say they won't appear on the stage. The nuns sing to "Climb Ev'ry Mountain".

The end.





Mirabell Gardens Salzburg

The back drop for filming the song Do Re Mi!



Salzburg

The setting for The Sound of Music film

Get Creative Corner

Curated by **Phoebe Ellis**

My name is Phoebe. I like working with technology and I have enjoyed putting together this page of artwork by Sutton College students.



Art by:

Louise C
Sam T
Anna V
Lenny E
Sam H
Amanda T
Fran S
Neil R
Sharon C
Sarah M
Donovan M
Gershom M
Elaine S
Mark B

The *hobby* page

This month Edward is telling us about playing the piano

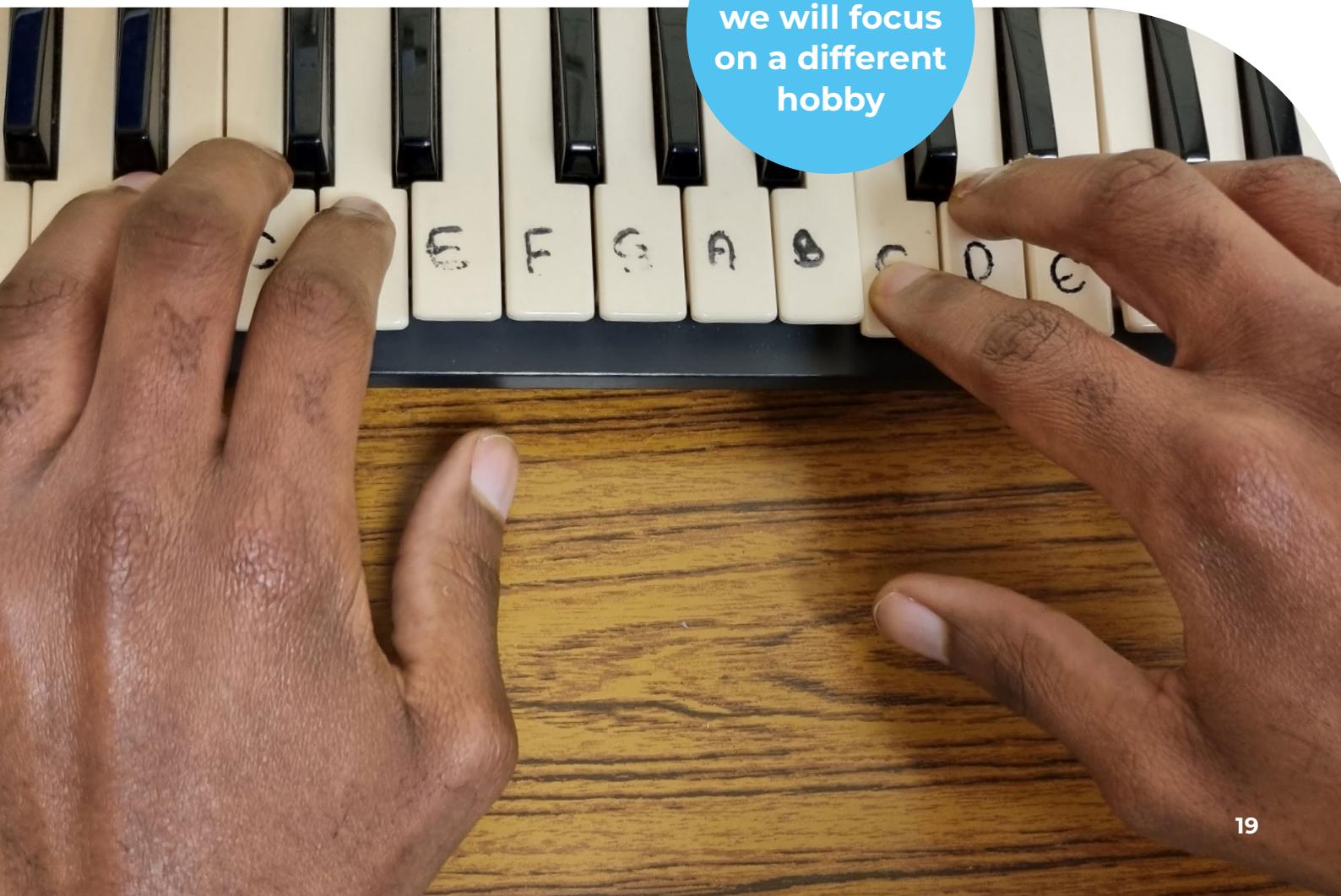
My name is Edward, and I was 24 years old when I first played the piano.

You need a piano teacher and to practice a lot. You need sheet music so you know what tunes to play. You can buy music sheets and books from the Sutton Music Centre.

I know how to play the piano. I would start with an easy tune like '**Moonlight**'.



Next month we will focus on a different hobby





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Helping Hands.

Q & A

Q Where can I fill up my water bottle?

There are two places; In the **Common Room** on the ground floor and near **B6 classroom on the 1st Floor**.

Q How can I find out the room that my course is in?

There is an information screen by the **main entrance** to the College that shows all the course information.

Q How can I access WiFi/Internet in College?

The password for the WiFi is **SuttonCollege23** and is displayed on the wall in **iClick** if you forget.

Q Where can I get cheap and nice snacks on Sutton High Street?

There are lots of great options for a good snack on your break from College, including the **library cafe**.



You're invited to the Step Ahead

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Keeping safe online in Sutton.

My name is Edward. I like coming to college where I am learning new skills. I am going to share with you my tips for keeping safe.



What do you do if you think it is a scam?

- Don't click on links if you're **not sure** what they really are.
- Remember you can delete any message you don't like if is **rude or asking for money**.
- Ask someone you **trust** if you're not sure.

How to recognise an online scam?

- Watch out for messages that **look fake**.
- Be careful of messages from **strangers** or **unknown people** or **companies**.
- If a message promises something **really amazing** it is probably a trick.



We are *already*
working on the
next issue of the
magazine.



We welcome new ideas to be included, please contact us through Sutton College:

jumpintosutton@suttoncollege.ac.uk

**Thanks for reading
and see you next time!**



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This project is funded by the UK government through the UK Shared Prosperity Fund.

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