



PRINCIPAL'S UPDATE

27th February 2026



Meet Buddy the Otter!

"Hi, I'm Buddy the Otter! I'm the new knitted college otter, and I'm here for one reason: to celebrate the **otterly** awesome staff who make this place what it is. In our college, the small things matter. Kindness matters. How we show up for each other matters. Every day, I see staff going above and beyond - supporting students with patience and heart, lifting each other up, solving problems, sharing ideas, and keeping our college moving forward with commitment and care. That's where I come in.

I'll be travelling from one staff member to another, passed on whenever someone has:

- made a difference
- shown kindness
- supported a colleague
- stepped up when it mattered
- gone the extra mile
- brought positivity to a tough moment
- or simply been brilliant in the everyday ways that often go unseen

When you receive me, it's because someone noticed your impact. Someone appreciated you. Someone wanted to say: "You're **otterly** awesome." Keep me on your desk for the week as a little reminder of how valued you are. Then, when the week ends, pass me on to another colleague whose actions deserve a Buddy-style shout-out.

Together, we'll create a chain of appreciation across the staff team - celebrating each other, one Buddy at a time."

Therapy

As the weather is starting to warm up again (finally!) we would like to talk about the importance of keeping hydrated throughout the day. Drinking enough water helps your body and brain work properly. If you don't drink enough, you might get a headache, feel tired, feel dizzy, or find it harder to concentrate. Most people need about 6-8 cups of water a day (or other soft drinks like squash). Try to drink little and often through the day, even before you feel thirsty.

You can check how hydrated you are by the colour of your urine. We have charts up in the toilets around college to help you know what to look out for, or you can visit this website to learn more: <https://www.nhsinform.scot/campaigns/hydration/>

If you are over 18 and want to learn more about how you can stay healthy try taking this Healthy Choices quiz from the NHS: <https://www.nhs.uk/better-health/healthy-choices-quiz/>

College Association Video Competition

A huge thank you to everyone who took part in the short video for the College Association, and to Kayleigh G, Emma S, Vanessa T, and Sara T for organising it. Several students worked together to create a video that highlighted the words that best describe our college. Together, they proudly chose the three pathway words: Communication, Employability, and Independence. Everyone involved was fantastic, showed enthusiasm, teamwork, and commitment to the college. This was a wonderful opportunity to showcase what we do every day, and we are incredibly proud of what they created together.

How to Prepare for Adulthood

A series of virtual events bringing together Sheffield services that support young people with SEND as they prepare for adulthood. Sessions are open to young people, families and professionals. Please see the second page of this update for more information.

Staff Appreciation



The Therapy Team would like to nominate Stephanie Healy-Bullock. Emma from the Therapy Team said, "I recently had the pleasure of observing one of her sessions, and I was genuinely so impressed. The students were fully engaged from start to finish, and the visuals she had carefully created were not only fantastic in quality but also clear and accessible, making it easy for the students to follow along and stay motivated. What stood out most was Stephanie's warm, caring approach. She created such a calm, supportive environment where the students felt confident to participate and engage. Her rapport with them was evident, and it was clear how much thought and dedication she puts into her work. She is a real asset to the team, and I felt it was important to recognise the positive impact she is making."

Amazon Warehouse Visit

This Tuesday, Kai, Callum, Phoenix, Lewis and Aiden had the opportunity to visit the Amazon Warehouse as part of their transition programme, exploring post-college pathways through the Aspirations Supported Internship Programme. The visit provided a valuable insight into the range of career opportunities available within Amazon. It was an informative and inspiring experience, and Callum, Lewis and Aiden expressed a strong interest in considering this route as the first step in their career journeys.

A huge thank you to the Amazon and Aspirations team for providing such a welcoming and insightful visit—our learners left motivated and excited about their future possibilities.

Buddy the Otter's First Nomination



Julie would like to nominate Lynsey for Buddy shout out recognition this week, saying, "Last week, she handled a challenging situation with exceptional professionalism. She remained calm throughout, carried out her responsibilities confidently, and ensured that the appropriate professional services were contacted and on-site without delay. Her quick thinking and composed approach made a significant difference. I believe her actions deserve acknowledgment, and I'm pleased to put her forward for this recognition."

HOW TO PREPARE FOR ADULTHOOD

VIRTUAL EVENT SERIES



A series of **virtual lunchtime events** bringing together Sheffield services that support **young people with SEND** to **prepare for adulthood**.

Sessions are aimed at young people, families and professionals and provide clear information, practical guidance and opportunities to ask questions.

What the sessions cover:

- Education and post-16 options
- Employment and supported internships
- Benefits and financial support
- Community and wellbeing services
- Preparing for adult life and independence
- How to access local support

View upcoming events and book:



Watch previous event recordings:

