

### **Me and My Independent Life**

We will be learning all kinds of independence skills this term as we continue to cook, clean and learn how to look after our homes and ourselves. We will be busy with vacuum cleaners, using the dishwasher and spending plenty of time in the cookery room. We will also be using the Mobile Home to practice and develop these skills in a less formal setting.

## **POST 16 SPRING 2018**

### **Me and My Relationships**

We will be learning about different kinds of relationships this term, and looking at who we can turn to for different kinds of help.

As part of this we will be encouraging students to think of ways of asking for help – using their voice, signing or symbols.

Different situations will be created and students will explore the idea that helping each other makes things easier.

### **Me and My Future**

Our coffee shop is open more and more. As well as serving in the coffee shop, students are making sweet and savoury products to sell. Jacket potatoes with a range of fillings are the latest addition to the menu.

After a successful Christmas, our Young Enterprise company, Thinking Big, will be gearing up for Valentine's Day and Easter as we learn more about business and the world of work

Students in Year 14 are visiting college this term as they prepare for life after Woodfield School. This term sees our Opportunities Evening where parents and carers can come and meet lots of education and care providers to help with future plans.

### **How you can help at home**

Give your son/daughter opportunities to help with tasks around the home, for example making a simple snack or drink; making cakes or biscuits; putting clothes away, washing up, putting the washing in, pairing socks. Helping with these tasks will help their skills and independence.

Ask them to help with simple cleaning tasks e.g. wiping and setting the table for dinner, washing up, sweeping the floor or using the vacuum cleaner.

Visit places, go to the park, the woods, go for walks (many of the things you do already) encourage them to be as active as possible as it will help keep them healthy and they will learn through these experiences as well.

Encourage turn taking in simple games such as ball games, skittles, taking turns using the same equipment as others, e.g. iPads or Xbox.

### **Me and My Sport and Leisure**

Students are taking part in regular physical activity throughout the week. As the weather gets warmer, we will be spending more PE time outdoors, and there will be an extra sports day for Sports Relief. Activities are designed to enhance mobility, balance and coordination. Everyone is able to swim this term. Some are swimming in deep water at Astley Cooper School, whilst others are using the pool in school. There is also an opportunity for some students to take part in the Swimming Gala.

At lunch time, students have a range of physical activity clubs available to them. Students are encouraged to take part in at least one lunch time club a week. As well as football, Boccia and tennis, the school choir has started up again this term.

## **POST 16 SPRING 2018**

Any queries please contact the Post 16 team.

Thank you for your continued support 😊

Paul, Sarah, Emma, Dale Jackie and Jo.

### **Me and My Functional Skills**

In Post 16 we learn functional skills as part of everything we do throughout the week. First thing in the mornings we will be concentrating on tasks to build numeracy and literacy skills.

Throughout the curriculum, though, functional skills are built in to sessions to ensure that communication is meaningful and in context. Each student will have their own focus which are linked to class jobs they have to carry out.