

POST 16 SPRING TERM 2017

Me and My Independent Life

Students in Post 16 will be continuing to learn to make their own drinks and snacks each day. We will be improving our cookery skills, cooking for ourselves and preparing meals for others. We will be learning how to keep our houses clean, vacuuming, dusting and washing up. Travel training will continue, combined with trips out to college. Shopping continues to be an important part of our curriculum, using small and large shops.

Me and My Relationships

This term we will be learning about important people in our lives, relationships and our networks of important people

We will be looking at what we enjoy and what other people like and sharing our interests with others

Me and My Future

Students in Year 14 will be preparing for their next steps and college visits are an important part of this. Students will be learning a range of work skills with our work related learning team including hospitality, site maintenance and café skills

All students are part of our Young Enterprise project, making and delivering staff lunches or designing, making and selling items. Look out for the Valentine's day and Easter gifts coming out soon!

Me and My Community

Students in Post 16 learn to take part in the community, accessing parks and facilities, and enjoying woodland. This term some students will be building a woodland shelter.

We will be thinking of others and what they need as part of our charity fundraising events such as Red Nose Day

This term our religious focus will be on Sikhism and Christianity and we will be exploring the cultural aspects of these religions and enjoying sampling some of the food!

We will all be visiting our local shops regularly and learning what we can buy from each of them

We will be learning gardening skills in the Dell, and see what can be done to maintain a garden as winter turns to spring

Me and My Sport and Leisure

Students are taking part in regular physical activity throughout the week. In PE lessons we are focussing on being fit and healthy. Activities are designed to enhance mobility, balance and coordination. Some pupils are taking part in a deep water swimming lesson at Astley Cooper School every Tuesday; we are very hopeful that the school pool will finally be open by half term so that swimming will be available to all. It is looking great! Students will also be learning to join in with music, to make music and to play an instrument.

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. Physical activity clubs currently available to students are football and Boccia.

How you can help at home

Give your young person 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, using the Hoover.

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

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Any queries please contact the Post 16 team.

Thank you for your continued support ☺

Paul, Sarah, Lorraine, Emma, Dale & Vicky

Me and My Functional Skills

In Post 16 we learn functional skills as part of everything we do throughout the week. We will be learning to hand over money in exchange for an item in different shops, and what coin or note we might need for a particular purchase.

We will be learning to use our communication systems (whether speech, PECS or electronic communication systems) out in the community in situations in which we are less familiar.