

## POST 16 AUTUMN TERM 2016

### Me and My Independent Life

Students in Post 16 will be learning to make their own drinks and snacks each day. We will be planning meals, and as the term goes on we will be making our own lunches. We will be thinking about our own personal hygiene and how it ties in to everything that we do. Some students will be learning how to sort out dirty clothes into whites and colours and will learn how to use a washing machine. Some pupils will start travel training and learn to use public transport as part of our college days out. We will be learning what can be bought with the money we have.

### Me and My Community

Students in Post 16 will be visiting the local community to use parks and the woods and to deliver leaflets to support the school's own charity.

We will be learning about charity and will be making our own contribution to raise money for a local hospice and Children in Need.

We will be exploring different religions during religious festivals such as Harvest and Christmas and we will learn about Judaism during a special focus week.

We will be all be visiting our local shops every week and learning what we can buy from different shops.

We will be learning gardening skills in the Dell, and this term there will be lots to do sweeping and clearing leaves.

### Me and My Relationships

This term we will be learning about getting on with others and learning about our emotions, how to let people know when something is wrong and what we can do to stay calm.

All students will be learning about making friends and building relationships with our peers and with other people.

### Me and My Future

This term is busy for Year 14 students as they start their final year at school and plan for their future. All students will be contributing to their Annual Reviews and celebrating their achievements. Some students will be visiting college one day each week, and others will be learning work activities such as café skills.

All students are part of our Young Enterprise project, making and delivering staff lunches or designing, making and selling items for Bonfire Night, Halloween and Christmas.

## Me and My Sport and Leisure

Students are taking part in regular physical activity throughout the week. During our PE lessons we are focussing on going into the community to explore physical activity outside of the school setting. For our outdoor activities, students are using the Fitness Gym and the Circuit and taking part in a range of activities designed to enhance their mobility, balance and coordination. Some pupils are taking part in a deep water swimming lesson at Astley Cooper School every Tuesday, and when the new school pool reopens, swimming will be available to all. 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.