

## Post-16 Homework Ideas – Autumn Term 2023

Welcome back to another year filled with lots to look forward to! Here is some information about what is to come over the next term and ways you can support at home.

This year we are continuing with ASDAN LifeSkills Challenges as an alternative to our Functional Skills programmes for maths and English. This will give all of our young people the opportunity to develop their maths and English skills in a practical, real life context that will support them into adulthood.

### **English**

Joe's group will be exploring the local community and putting our communication and listening skills to the test. We will be going to different places in Balderton and Newark, identifying key places, where to find certain amenities and how to read things such as signs, shopping lists and prices. This is key to developing our independent living. We will also be having a focus on reading, developing our comprehension skills and identifying key information from a text. Reading regularly at home and asking questions about what has been read will be really beneficial.

Kelly's group will be working towards the Functional Skills assessments. We will be focusing on asking questions, playing different games and taking part in real life scenarios, such as making appointments and ordering food. We will be reading and understanding more complex sentences and practising our alphabetical knowledge to develop our dictionary skills. In writing, we will be practising our use of punctuation and developing our skills to write longer, more interesting sentences and paragraphs. Please find any opportunity to read information and to discuss what has been found out.

### **Maths**

Joe's group are looking at number, where we will be concentrating on number recognition, addition and subtraction relating to everyday life and independent living. We will also be looking at identifying coins and paying for things, so any opportunities to do this outside of school will be great! In addition to this, we will be working on measure, linking this to real life contexts such as cooking and making drinks.

In Functional maths, we will be learning about using calendars and time. As well as practising the basics, this will be done through real life contexts, such as using calendars to book holidays, reading timetables. We will also be developing our number skills through using a variety of calculations, including calculating money and change and putting this in a real life context. We will also be developing our skills in reading data, such as lists and charts.

### **Relationships and Sex Education**

This term we are focusing on our physical health and leading a healthy lifestyle. We will look at how we catch different illnesses, how to prevent them and how to treat them. We will also be learning about drugs, both legal and illegal, and what these do to our bodies. We will be especially looking at energy drinks and vaping which are two issues quite prevalent with our young person and would appreciate your support by having discussions with your child around these and how they can affect their healthy lifestyles.

## **Careers**

In Careers we will be thinking about our personal strengths and skills. We will then use this knowledge to plan what jobs or opportunities we would be interested in for the future.

## **ASDAN PSD**

The PSD challenges we will be completing this term are Healthy Living and Understanding Rights and Responsibilities. In Healthy Living we will be recognising what is healthy and unhealthy about our lifestyles and think about ways these can be improved. This culminates with the students setting themselves a target to work on for 3 weeks. We will let you know if this is something that crosses over to home, like making sure they brush their teeth. We will also be looking at personal hygiene, using healthcare facilities and keeping our spaces clean and germ free. In Rights and Responsibilities we will be looking at the rights they have as young adults and the responsibilities they have to themselves and others.

## **Vocational**

Vocational is on a Wednesday morning and a Friday afternoon. For Fridays, each student has had the opportunity to pick the Arts subject they will be interested in doing up until Christmas, when the options will be given again for new groups in January. On a Wednesday P16 are going to work alongside the Park Ranger at Sconce or working on projects in the DT room with Craig. These groups are alternated every half term.

## **Life Skills**

Life skills remain a crucial focus of the work in Post 16. We will carry on with our Team Enterprise programme, planning and cooking staff lunches and supporting students to keep a record of their profits which they can spend in a way of their choosing at the end of the year. At Reach Community Garden, we will take part in a range of projects to improve the environment. Life Skills is also embedded into the Post 16 curriculum and there will be plenty of opportunities to experience these throughout the week.

## **Work Experience**

Some students will have the opportunity to take part in internal or external work experience set up by our Work Experience Teaching Assistant, Suz. The students will also have an interview with Kate as Careers Leader and Lynn, our Ideas4Careers advisor, who will begin to support the students in exploring Post 18 options.

Thank you for your continued support.

*P16 Team*