



## Pathway 1

### Extended Learning for Gaining Independence. Parents/Carers Support 2020

All pupils in Pathway 1 are working on developing greater independence. In KS3, pupils work on developing social skills, self-help and communication. KS4 pupils continue this, as well as focusing on making food/drinks and being able to enjoy social time with peers. The KS5 curriculum is heavily life skill based, including self-help, cleaning, managing a room/house, trips out in the community, accessing local facilities and travelling safely.

Independence means different things for different pupils, as everyone is on their own journey. We believe that the earlier pupils are encouraged and supported to be independent, the easier it is. Each pupil will have their own starting point and own aims in life. This booklet is to support parents and carers in preparing young people for life beyond Meadow.

The aim is for the pupils to learn aspects of independence when they are young, so that they will then be able to help themselves more effectively later in life, allowing them a greater sense of self-esteem which will contribute to a better quality of life.

The booklet will outline possible activities to help your child at home with gaining the skills and qualities which will help in their life.

Please use the booklet for ideas and let your child's form tutor know if they have done something really well at home so we can praise and reward at school. ***Form tutors will also set 'Life Skill Challenges' which will be life skill based homework/extended learning.***



*Things to bear in mind...*

- *The ideas in this booklet are a starting point and are to give ideas,*
- *Please ensure your child feels needed and important when helping at home,*
- *Everyone can learn responsibility,*
- *That everyone can learn aspects of independence.*

To encourage young people to help out at home you can support them by building routines into the day, having charts and rewards in place, it is also important to be positive about trying out new things, and maintaining contact with school.



## **KS3 - Years 7,8,9**

### **Suggestions of what to be working on at home**

Pairing socks together when washed and dry	Tidying up after self
Independently toileting	Laying table for a meal
Showering and bathing independently	Spreading toppings on toast
Following sequence of getting ready for school in the morning by self	Making own toast
Practise threading and tying knots (with aims to do own laces)	Making and pouring own cold and hot drinks
Dressing independently	Helping to make packed lunch and tidying away when finished
Washing dishes	Making and pouring own cold and hot drinks
Drying dishes	Helping to make packed lunch and tidying away when finished
Putting away dishes	



## **KS4 Years 10 and 11**

### **Suggestions of what to be working on at home**

Making own bed in morning
Tying own shoe laces
Replace toilet paper roll if finished
Washing own hair
Sweeping/mopping floor
Dusting
Hoovering room
Placing own and others items in dishwasher
Taking out rubbish/recycling
Feeding family pet
Simple cooking with a focus on placing items in oven using mitts
Making own packed lunch
Use the kitchen sink with confidence to wash fruits, veggies, plates, cups



## **KS5 Years 12, 13 and 14**

### **Suggestions of what to be working on at home**

Changing duvet covers and pillow case
Using washing machine to wash clothes
Hanging up clothes to dry
Putting away clothes into drawers/folding clothes
Cleaning the bathroom—using toilet brush and cleaning products safely
Self-care skills for grooming, health and wellbeing
Using a microwave safely
Preparing simple meals e.g. cereal, sandwich, beans on toast, scrambled egg
Making breakfast for family
Going to a local shop with a short list to buy household item

