

Purpose:

Preparing for Adulthood Independent Living is essential for fostering autonomy, resilience, and personal fulfilment, enabling individuals to lead productive and satisfying lives. Students are taught the following key steps that can help to prepare for Independent Living:

- Self-Sufficiency
- Responsibility
- Decision Making
- Adaptability
- Personal Growth
- Building Confidence
- Community Integration
- Long-term Stability

Assessment:

In an educational setting, preparation for adulthood independent living can be assessed through various methods. As a school we assess students using our life skills curriculum (Skillsbuilder). We also offer Work Experience to provide opportunities for students to gain real-world exposure and apply the skills they've learned in a professional setting. Assessment in these programs may involve performance evaluations from supervisors, self-assessments, and reflective essays on their experiences.

Transition Planning plays a crucial role in preparing for independent living. This process involves collaboration between educators, students, families, and community agencies to identify goals, assess strengths and needs, and develop individualized plans for post-secondary education, employment, and independent living. Assessment in this context involves monitoring progress towards transition goals, evaluating the effectiveness of support services, and adjusting plans as needed to ensure successful outcomes.

Cross curriculum:

Mathematics: Budgeting and financial literacy can be taught through math lessons, where students learn about income, expenses, savings, and budget management. Real-life problem-solving scenarios involving calculations related to expenses, savings goals, and investments can be integrated into math curriculum.

English: Reading and writing activities can focus on practical skills such as understanding rental agreements, writing resumes and cover letters, and communicating effectively in professional settings. Debates and discussions can explore topics related to personal finance, career planning, and civic responsibilities.

Science: Science lessons can incorporate practical skills such as cooking and nutrition, understanding energy consumption and environmental impact, and basic first aid. Topics such as health and wellness, sustainability, and environmental conservation can be integrated into the science curriculum to promote responsible living.

PSHE: PSHE classes provide opportunities to learn about civic engagement, community resources, and social issues that impact independent living. Topics such as government services, social welfare programs, housing policies, and labour rights can be explored to help students understand their rights and responsibilities as citizens.

Physical Education: Physical education classes can promote healthy lifestyle choices and personal fitness, which are essential for independent living. Lessons on stress management, relaxation techniques, and coping strategies can help students develop resilience and emotional well-being.

ICT: ICT classes can teach practical skills such as online banking, digital privacy and security, using productivity tools for organization, and accessing resources for personal and professional development. Students can learn to navigate digital platforms for job searching, networking, and accessing educational resources.

Key Stage or stage breakdown:

Key Stage 1: (Ages 5-7)

Mathematics: Introduce basic concepts of money and simple budgeting through activities like counting coins, making simple purchases, and understanding the value of money. **English:** Foster communication skills through activities such as storytelling, role-playing, and basic letter writing. **Science:** Explore basic concepts of health and hygiene, including personal care routines and healthy eating habits. **PSHE:** Introduce the concept of communities and the roles of individuals within them, emphasizing cooperation, sharing, and helping others.

Key Stage 2: (Ages 7-11)

Mathematics: Build on money management skills with activities such as creating budgets for simple projects or events and understanding the concepts of income and expenses. **English:** Develop literacy skills through activities such as reading informational texts about different careers and writing simple resumes or job application letters. **Science:** Expand on health and wellness topics, including the importance of exercise, nutrition, and personal safety. **PSHE:** Explore local community resources and services, including libraries, community centres, and emergency services, and discuss their roles in supporting individuals and families.

Key Stage 3 (Ages 11-14):

Mathematics: Deepen understanding of financial literacy with activities such as calculating percentages, understanding interest rates, and exploring concepts of borrowing and saving. **English:** Enhance communication skills through activities such as conducting interviews, presenting information orally, and writing persuasive essays on topics related to personal finance or career planning. **Science:** Explore topics such as puberty, reproductive health, and substance abuse prevention, emphasizing the importance of informed decision-making and responsible behaviour. **PSHE:** Investigate global issues such as poverty, inequality, and environmental sustainability, encouraging students to consider their roles as responsible global citizens.

Key Stage 4/5 (Ages 14-18):

Mathematics: Apply financial literacy skills to real-world scenarios, such as creating personal budgets, comparing financial products, and understanding the implications of debt. **English:** Develop employability skills through activities such as writing formal letters, crafting persuasive arguments, and preparing for job interviews. **Science:** Address topics such as mental health, sexual health, and substance abuse in greater depth, providing students with the knowledge and resources to make informed choices. **PSHE:** Explore concepts of democracy, human rights, and social justice, encouraging critical thinking and civic engagement.