

# Preparation for Adulthood

## A guide for parents

When your child is in Year 9, they start a phase called 'Preparation for Adulthood.'

It's an exciting time with lots of changes and new experiences so we like to work in partnership with parents to set aspirational targets that will increase independence and employability skills.

At the Year 9 EHCP review meeting we will discuss the four main themes of PfA and ensure we have new outcomes that are connected to these areas:

### **EMPLOYMENT**

### **INDEPENDENT LIVING**

### **COMMUNITY INCLUSION**

### **HEALTH**

Each of these key areas are addressed discretely in tutor PSD lessons as well as across the curriculum. We also ensure there are special events during the school year to really focus on preparation for adulthood.



### **EMPLOYMENT**

We strive to ensure that pupils have as many encounters with the world of work as possible during their time in school. It may be trips or visits, individual work experience, guest speakers, a live streamed meeting or a regular work placement for those in Post 16. Pupils need to be able to understand the main principles of being employable and identify their own unique skills. Pupils engage in specific careers learning through the Asdan PSD and employability qualifications. They learn to research information and ask questions of the world around them. We subscribe to the excellent careers programme, 'Job Explorer Database' which is an online database of information about jobs and the world of work. It has a quiz to help pupils make the connection between their likes and dislikes and potential jobs plus lots of short videos so they see people at work.

From Year 9 pupils benefit from an individual guidance interview with Mrs Dickinson, she is a qualified Careers Adviser and will write an individual transition plan which is updated at every EHCP review. The views and aspirations of pupils are at the heart of any decisions made.

In Key Stage Four we organise visits and speakers to help pupils decide on their next steps and ensure they are aware of all the options available to them. In October we have a Post 16 Options evening to coincide with the first parents evening so that pupils and parents can get information about local colleges, training providers, advice agencies and travel enablement.

Once pupils have decided on their next steps, we facilitate a structured and bespoke transition programme to ensure they feel confident about moving on.



## INDEPENDENT LIVING

It's never too early to start giving your child more responsibility at home so they understand all the jobs that need doing and how they can contribute. Our pupils are also given responsibility at school as often as possible. Being able to take care of your possessions, tidy up your things and take messages around school are all early independent living skills that we reinforce daily. They can also opt to become a Peer Mentor, member of the School Council or a Young Leader as an additional responsibility. Our PSD Programme teaches healthy living, safety at home and in the community, healthy relationships, managing money and using public transport. We work with the Gloucestershire Travel Enablement Team to teach independent travel skills and encourage pupils to apply for a concessionary bus pass. Pupils will learn the basics of planning a journey on public transport and get to practice their skills in the local community. All our pupils are at different stages in their independence but we help them get to the next step and celebrate success.



## COMMUNITY INCLUSION

Learning to spend time with peers outside of school time is another important aspect of preparing for adulthood. We encourage pupils to join clubs and take part in extracurricular opportunities so they can mix with peers and develop their interests. When we hear about opportunities for clubs or summer holiday activities we will publish it on Weduc.



## HEALTH

Pupils need to take more responsibility for maintaining good physical and emotional health and wellbeing as they get older. They may have a health condition that they need to learn to manage themselves or they may need to learn techniques to control stress or anxiety. The school has achieved 'Healthy Schools' status which is an award that promotes physical, social, emotional and mental health and helps equip pupils, staff and families with the skills and attitudes to make informed decisions about their health. We take a group to the Gloucestershire 'Big Health Check' every year which is a fantastic event that brings together lots of organisations that promote health and wellbeing. Your GP surgery should start inviting your child to an annual health check from the age of 14 so that they can gain confidence in going to their doctor and take a proactive approach to their health care.

## Useful information

[www.preparingforadulthood.org.uk](http://www.preparingforadulthood.org.uk)

<https://www.gloucestershire.gov.uk/education-and-learning/special-educational-needs-and-disability-send/preparing-for-adulthood/>

[https://www.glosgloucestershire.org.uk/kb5/glosgloucestershire/family\\_page?familychannel=2\\_2\\_4](https://www.glosgloucestershire.org.uk/kb5/glosgloucestershire/family_page?familychannel=2_2_4)

[https://www.worcestershire.gov.uk/info/20543/preparing\\_for\\_adulthood](https://www.worcestershire.gov.uk/info/20543/preparing_for_adulthood)

[www.sendiassglos.org.uk](http://www.sendiassglos.org.uk)

[www.hwsendiass.co.uk](http://www.hwsendiass.co.uk)