

Woodlawn Post 18


Class 15

Autumn Curriculum Newsletter



Asdan Realising Aspirations

This half term students will be focusing on three modules of the course and build up evidence to put in their portfolio. We will be looking at :

- **Rights and Responsibilities** They will look at the rights they have within school, the local community and the wider world and what responsibilities come with these rights. We will be following a practical timetable and will continue to build on the skills they have learnt previously.
- **Healthy lifestyles**  Students will look at everything involved in staying healthy and realise that its not just our diet and exercise that keeps us healthy doing things we enjoy and things that help us relax are all part of it. We will take part in numerous activities over the year but this term we will focus on yoga, Swimming, relaxation, mindfulness, reading and cooking.
- **Enterprise** This year we are hoping the café will be bigger and better than ever. We will work alongside group B to run B Stars Café. We have advertised and held interviews for students and now have a great team of 12 running the café. We have revamped the menu and hope you all can join us on a Friday morning between 9.30am—10.30 am.

Living independently

We will also continue with our living independent skills. Students will all be responsible for making their own lunch. They will plan a menu for the week, make a shopping list, visit a supermarket to buy everything they need before making it back at college. We are looking at a combination of hot and cold lunches as well as healthier choices.

We also have a very exciting opportunity this term to take part in a cooking work shop at the John Willie Sam's Centre. We will work alongside trained chefs who will teach us about food and kitchen safety and how to make certain recipes . We will also get the opportunity to help out in the café in the centre building on our work experience.

Community Travel

We will continue to develop our functional skills using public transport and visiting different cafes or restaurants, parks, museums and supermarkets. Students will be encouraged to purchase their own meals, use their bus passes or pay for their own fares. We will also build on our skills of appropriate behaviour whilst out in the community as well as finding out what is available for them to access out of school hours.

