

Appendix C3: Independence Ladder Senior School 2022/23

How close are you to reaching your independence goals?

Uniform and Sport Kit	I always come to school wearing the correct uniform and sports kit. I always remember to wear my blazer to assembly and important school events. I can clean and polish my shoes. I pack my sports kit myself and check that I have brought the items I need. I can use a checklist to help remind myself of the correct clothes and equipment. After changing, I put my clothes neatly into the bag.
Bag	I make sure I am carrying what I need for the day ahead. I unload unnecessary items so that my bag is not too heavy. I carry my own bag and sports kit to and from school. I check my bag first thing in the morning to ensure I have everything I need to learn.
Equipment	I bring the correct equipment to all of my lessons. I check to see if my pens, highlighters and glue are running out before they do and replace them quickly. I take very good care of school equipment, such as the Chromebook, always remembering to return and plug it in at the end of the day. I have my reading book with me every day.
Locker	My locker is neat and tidy. I get rid of old papers and litter regularly. I have timetables stuck up inside so that I can keep track of my lessons and homework. I go to the locker in the morning and afternoon to change my books. I can check room timetables carefully to see if they are free to enter to get to my locker.
Homework and study skills	I have my planner on my table during every lesson. If I have forgotten my planner, I will inform my tutor in the morning. I use my diary to plan my week, carefully recording homework and other 'to-dos.' If I have missed a lesson or homework, I am sure to catch up. I use recommended methods of revision (such as 'look, cover, write, repeat') to recap my learning from the week. If I am unsure about something, I take responsibility to try and find out about it by looking for more information, e.g. a textbook. I ensure that I keep on top of my prep work and I inform my teacher if I feel overwhelmed.
Break and lunch	I make sensible, healthy choices for lunch. I am grateful and don't waste food. I remember my table manners. I take responsibility for helping to clean and tidy the table I was eating at. I always play nicely with others at break times. I take the initiative to organise and play games e.g. board games, with others. If I have permission to go out for lunch, I will represent the school well and return to school at the set time, ready to learn.
Trips	When out of school, I will be a proud ambassador for KS. I will be polite and respectful to members of the public and ensure the safety of my peers.

Mindfulness	I understand that my mental health is important. If I feel overwhelmed or under pressure, I ask for help. I help my peers when they are struggling and I understand that everyone is on their own mental health journey. I will take time for myself when needed and take advantage of the great mindfulness sessions run at school such as yoga.
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Independence Habits

To be able to reach these goals, do you have these good habits and attitudes? Can I...

1. Plan & prioritise – I can make decisions about what is more or less important at a certain time and can list the steps of how to complete a task.
2. Organise – create routines to keep track of things.
3. Manage time – allocate enough time to tasks and work within time limits/ meet deadlines.
4. Flexible – in the face of obstacles, I can think of other ways to achieve my goal
5. Persistent – have a goal and stick to it
6. Reflect – be able to look back on an event and learn something from it
7. Control – I can think before I act and resist the urge to act impulsively.
8. Calm – I have strategies for helping when emotions overtake me
9. Attention – I can stay focused on the task even if it is boring or I am tired
10. Go-getting – I have a positive attitude and start tasks without delay