Year 10

Timetable

Suspension 2022

July 6th - 8th

What am I doing?

Going on a trip?

Y → Have a nice time ☺

N ↓

Done work experience?

Y →

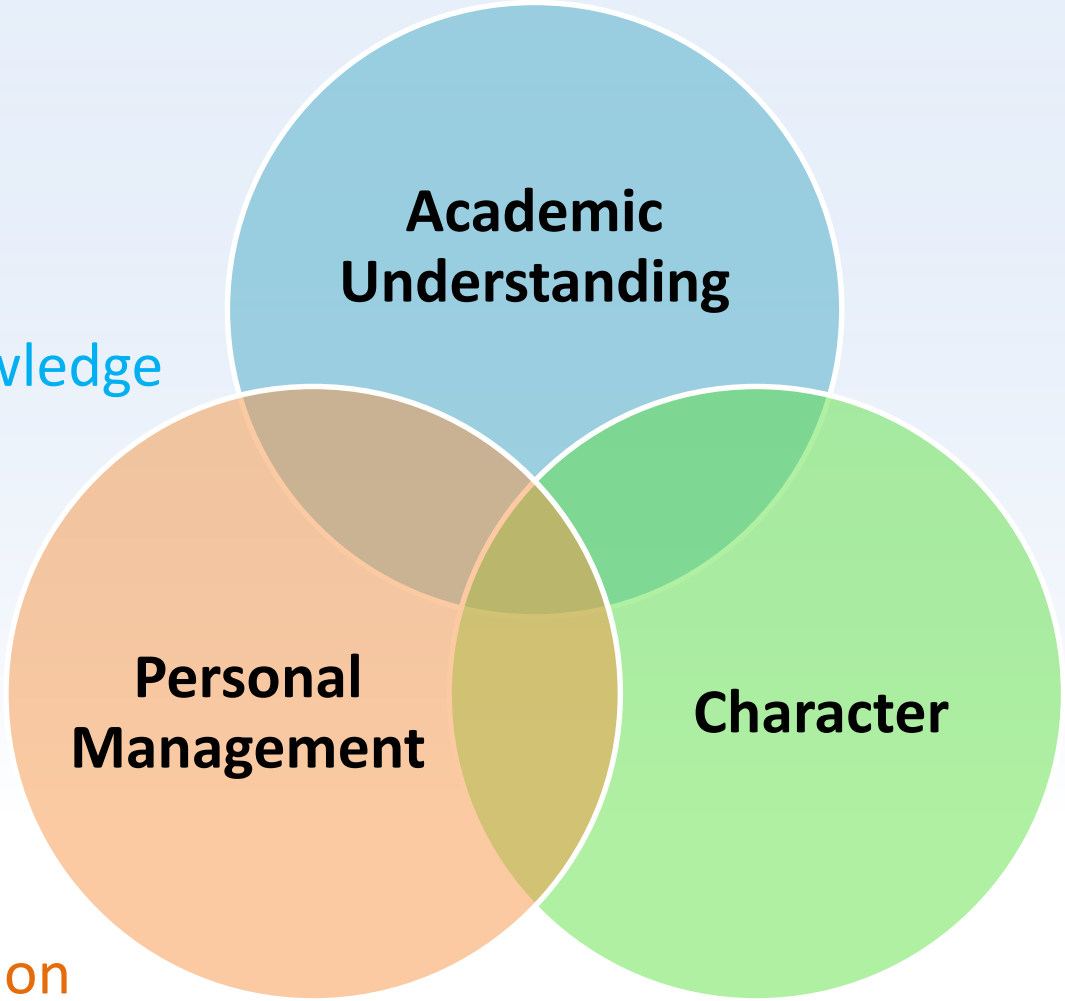
10 | 2 | 11

Transition into Year 11

N ↓

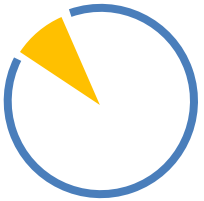
Skills Needed For Employment

- Numeracy
- Literacy
- ICT skills
- Subject knowledge



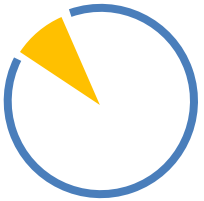
- Curiosity
- Initiative
- Resilience
- Leadership

- Social skills
- Organisation
- Communication
- Prioritisation



Background

- 97% of primary school children in the UK are taken to school by parents
- Nationally, the distance that UK children and teenagers are allowed to be away from home without supervision has shrunk by 90% since 1970
- Yet, Gloucestershire crime levels have been on a steady decline for the last 10 years, and the Forest of Dean occupies half of the top 10 slots in the county's **safest** areas to live.

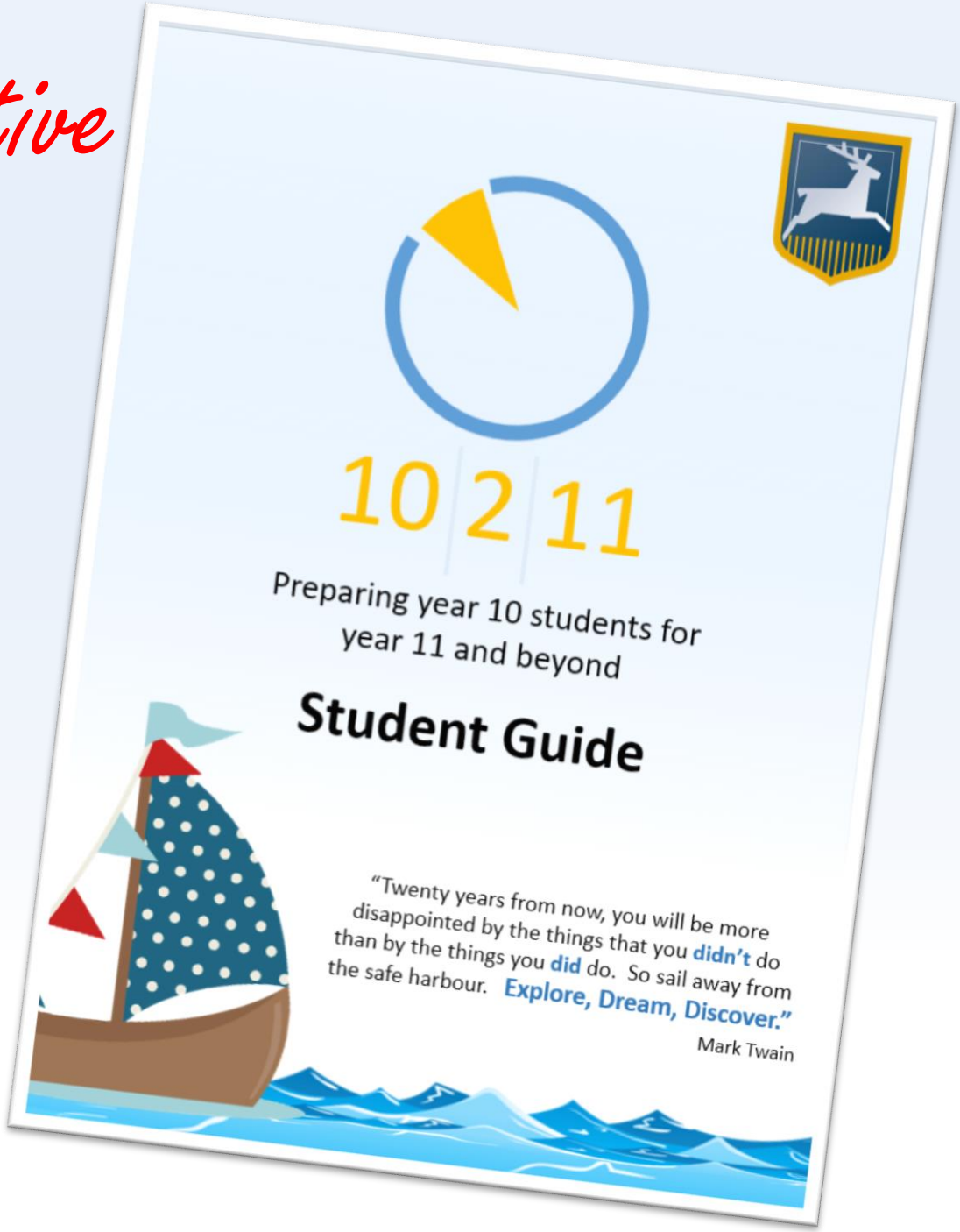


10 2 11

What it is

- A set of life skill challenges for year 10s to develop:
  - *Independence*
  - *Confidence*
  - *Resilience*
  - *Prioritisation*
  - *Practical skills*
  - *Financial awareness*
- Out of the classroom
- Will need parental support & input
- Some solo challenges, some group challenges

The Initiative



10 2 11

Preparing year 10 students for year 11 and beyond

Student Guide

"Twenty years from now, you will be more disappointed by the things that you **didn't** do than by the things you **did** do. So sail away from the safe harbour. **Explore, Dream, Discover."**

Mark Twain

The Challenges

1. Communication

Phone at least one university (which offers a course you may one day have an interest in) and ask for a prospectus to be sent to you in the post. Alternatively, **phone** the National Apprenticeship Helpline (0800 015 0400) and ask for advice on where to start looking for jobs/placements next year.

- Use the internet (sites like www.university.which.co.uk/courses) or the library to find universities that offer the right courses).

The Challenges

2. Financial Awareness and budgeting

Use a contactless card (with parental supervision if it's not yours), research opening a bank account, and prepare a realistic financial budget for living alone.

- Look online at www.reed.co.uk/average-salary to find an average salary for the career you're interested in. Don't forget to multiply the annual salary by 0.7 (to account for taxes lost each month) and then divide it by 12 to get a monthly income. Finally, multiply that monthly amount by 0.6 as you'll be earning less at the start of your career.
- Use the internet or ask Mum/Dad/Carers about the cost of rent (in the area you want to live) and bills to complete the budget. If you plan to drive, don't forget any loan, insurance and fuel.
- Remember things like clothes, toiletries, broadband/mobile and TV license. What about holidays? What about haircuts and also Netflix!

The Challenges

2. Financial Awareness and budgeting

Monthly Budget

Monthly Outgoings	Amount
Rent	£
Food	£
Transport	£
Electricity/Gas	£
Water	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
Total Outgoings	£

Monthly Income	Amount
Salary	£
	£
	£
	£
Total Income	£

Balance (Amount left)	Amount
Total Income - Total Spend	£

The Challenges

3. Creativity

Spend at least 2 hours reading a book, watch a thoughtful movie that you've not seen before, and take a 'reflective' photo of yourself (not a selfie pout).

- Find a book (ideally fiction) that you will enjoy and pick a time and place where you can be alone (whether in silence or with quiet music). You may want to read a chapter a day.
- Choose a movie that you've not watched before. Parents can give suggestions, but make sure the rating is appropriate!

The Challenges

4. Responsibility

Do at least 1 hour of volunteering. Pick up litter, serve in a charity shop etc. Do at least one random act of kindness - offer to carry shopping for someone, allow a person in a queue with only a small item to go in front of you, or offer to walk a neighbour's dog.

- Make sure you don’t approach complete strangers – explain the school project and offer to help someone you know.
- Speak to other volunteers – why do they do what they do?

The Challenges

5. Independence skills

Plan and cook a hot meal for your whole family. It must be a balanced meal requiring either the oven or hob (or both) and **not** a meal like pizza!
It should contain a balance of vegetables, carbohydrates and protein.

Here are some ideas (but don't do the pizza!)
https://www.bbcgoodfood.com/howto/guide/recipes-teenagers

- Talk to a parent/carer about cooking and meal considerations.
- How can you plan for household meals?
- How much money does a meal cost (per portion)?
- Will you have leftovers, and can they be used safely next day?
- What about packaging – is it full of plastic, and how can you shop responsibly and sustainably in future?
- What sauces can really zing up basic food?
- Don't forget the washing up!

The Challenges

6. Planning & Organisation

Use online tools to plan a fictional weekend in Disneyland Paris. Research transport, hotel options and don't forget the cost of tickets and food.

- Use the internet to find everything you need – road distances, speeds, arrival times and costs. Be thorough.

Disneyland Paris Weekend

Item	Costs	Details/Times
	£	
	£	
	£	
	£	
	£	
	£	
	£	
	£	

The Challenges

7. Risk

Try at least one food **and** one activity that you've not tried before.

- Speak to your parent(s) about foods that they've tried that you haven't yet (even if they didn't like it).
- Try the 'world foods' section of the supermarket for new foods, or think about other cultures and what they would eat.
- You could try a new sport, or join a hobby group. What about something to improve your fitness? Swimming? Cricket? Art?

The Challenges

8. Public transport

Use public transport to meet up in town with friends. If possible, meet in Gloucester by bus then catch a **train** together to Cheltenham.

- Find out about local bus routes & times in order to get to Gloucester. Arrange to meet up with friends at a convenient time.
- Find out about costs and times for trains to Cheltenham and back.
- Make sure you know return journey times!

The Challenges

9. Domestic Skills

Put on a load of washing in the washing machine **and** iron a shirt (or two). Tidy and hoover a room, and clean a bathroom.

- You'll need to ask a responsible adult to help probably with these challenges, as it's unlikely that you have done all of these before.
- Take care with hot appliances.
- You may need to plan to go shopping with parent(s) to buy what you need in advance.
- Remember to ask what can be washed with what!

+ Extra challenges (if parents/carers allow)

If you really want to stretch yourself, how about trying these practical tasks as well (with appropriate supervision)?

- Mow the lawn
- Paint a wall
- Put up a tent
- Use a drill, hammer or saw

The Challenges

10. Socialising

In groups, how much fun can you have with £5 each? The group must agree how to spend it to maximise the fun level! You could combine this with challenge 8 (public transport) to go around town together.

- Make sure the team listens to everyone's opinion and comes to a decision about what to do together with the money.
- Take some pictures and share with us what you got up to!

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Y → Have a nice time ☺

N ↓

Done work experience?

Y →

10 | 2 | 11

Transition into Year 11

N ↓

Summary

- Unless on a trip, everyone in school Monday & Tuesday in uniform as normal
- IF you have organised your work experience and are taking part in 10 to 11 challenge:
  - You will take away today a flyer with the challenges
  - You need parents' permission to be off school for 3 days next week – take home and return a signed permission slip to reception
  - Speak to your parents – point them to the school website where a video will be uploaded (later today)
  - You can only do what your parents permit/approve – as they are responsible for you whilst off site.
- IF you are doing virtual career project instead, no need for forms or flyers, just turn up (in casual clothes) from Wednesday to Friday. Mrs Rich will be in touch about rooms.