

## Preparing for Life SEPLA Presentation

### Activity Notes

Question – what does your school do, or what could your school do, to support students to learn Life Skills?

#### **GARDENING IDEAS**

- Gardening
- “Green Gang” – school garden group
- Gardening and sell the produce
- Bunnings – garden program
- Recycling
- Ag farm – feeding animals etc
- Chickens
- Oz Harvest
- Community Garden
- School farm – collect eggs, fed chickens, clean out chicken coop
- Worm farm – & sell the worm wee
- Vegetable scraps, worm farm, compost

#### **FOOD TECH IDEAS**

- Class shop – selling fruit and lollies to staff
- Shopping for groceries
- Whole school shopping – collecting orders from classes
- Online grocery shopping
- Creating visual shopping lists
- Delivering groceries to classes around the school
- Cook lunches – for staff and students
- WOW program – Coles, gardening, fire station
- Coffee program – ordering, making the coffee, delivering to staff
- Smoothie Bar
- “tuck shop”
- Cook and sell morning treats
- In school Café
- Sausage sizzle day
- Snack trolley / drink trolley / fruit and veg trolley
- In School Op-shop

#### **HOME SKILLS**

- Life skills checklist
- Folding tea towels / washing etc
- Washing swimmers after using the pool

- Hanging clothes
- Ironing
- Setting the table
- Washing / wiping dishes
- Cleaning tables
- Loading unloading dishwasher in staffroom
- Bed making
  
- Personal Hygiene

## **WORK EXPERIENCE**

- Out of School work tasters
- In school work experience – with cleaner / general assistant
- Work experience outside of school
- In school practice for job interviews, resume writing, safety in the workplace, conflict resolution etc
- Travel programs and public transport
- ATM – banking
- Grocery Shopping
- Visiting the local shop to make small purchases
- Community access – parks, shops, bowling, flip out, etc etc
- Sailors with Disabilities / Sailability
- Barista training
- TAFE courses
- Return and Earn recycling
- Delivering the local newspaper
- Pamphlet delivery
- Local library visits
- PBL Social Skills and community programs – to teach and reinforce waiting, turn taking, following instructions, money, accessing community
- Art classes at local art gallery – working toward work experience in the gallery
- Local dog walking service

## **PARENT SUPPORT / TRANSITION SUPPORT**

- Parents visit post school options Service Providers
- Student visits to post school options providers in years 11/12
- Assist families to connect with NDIS
- Observations at school by Post School Options providers that parents have chosen – to observe the student in their current setting, as part of the transition process
- Transition time in term 4 for student to attend the service providers they are attending once they leave school

## **OFFICE TASKS**

- Office and administrative tasks / skills
- Filing into staff pigeon holes
- Raffle tickets – making booklets
- Handing out notes across the school
- In class jobs
- Recycling – paper, bottles, cans
- Paper shredding
- Pencil sharpening
- Stuffing envelopes
- Packing boxes
- Making sample bags

## **OTHER PROGRAMS**

- “Chances” work skills program – students make and sell products
- Card making – sell them
- Car washing / washing school buses
- Flag raising duties
- Setting up the hall for assemblies and packing away after
- Practical skills room
- Men’s Shed
- Bunnings Gardening classes – school garden
- Dance groups
- School of Rock – school band
- Sensory Art
- Lego/sand building
- Signing Choir
- Performance group

## **INTEGRATION**

- Integration at other schools
- Reverse integration – other schools join us