

Appendix C3: Independence Ladder Senior School 2024/25

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 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 and Travel to/from School	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.

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. Be flexible – in the face of obstacles, I can think of other ways to achieve my goal
5. Persist – 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. Remain calm – I have strategies for helping when emotions overtake me
9. Sustain attention – I can stay focused on the task even if it is boring or I am tired
10. Motivate – I have a positive attitude and start tasks without delay