



The Westminster
School

Safe, Happy and Learning Together

www.thewestminsterschool.co.uk

2022/2023

Curriculum Overview

The Westminster School

my

Care and
Independence

Curriculum Intent

For our pupils to develop a wide range of skills and strategies in order for them to be independent in learning and life so they can be confident members of their community.

Our priorities are:

- To acquire skills for life in order to be as independent as possible.
- To develop skills that contribute to the world of work.
- To explore the ability to participate in social and leisure activities safely.
- To develop the skills and understanding to look after themselves, others and their surroundings (garden, home, pets, possessions, family members)
- To learn and embed essential self-care skills to ensure a dignified life and care for others. (medication, hygiene, physical needs, health)
- To work alongside parents, carers and outside agencies to create a personalised targets and learning for each individual

Curriculum Implementation

Key Components and Strands

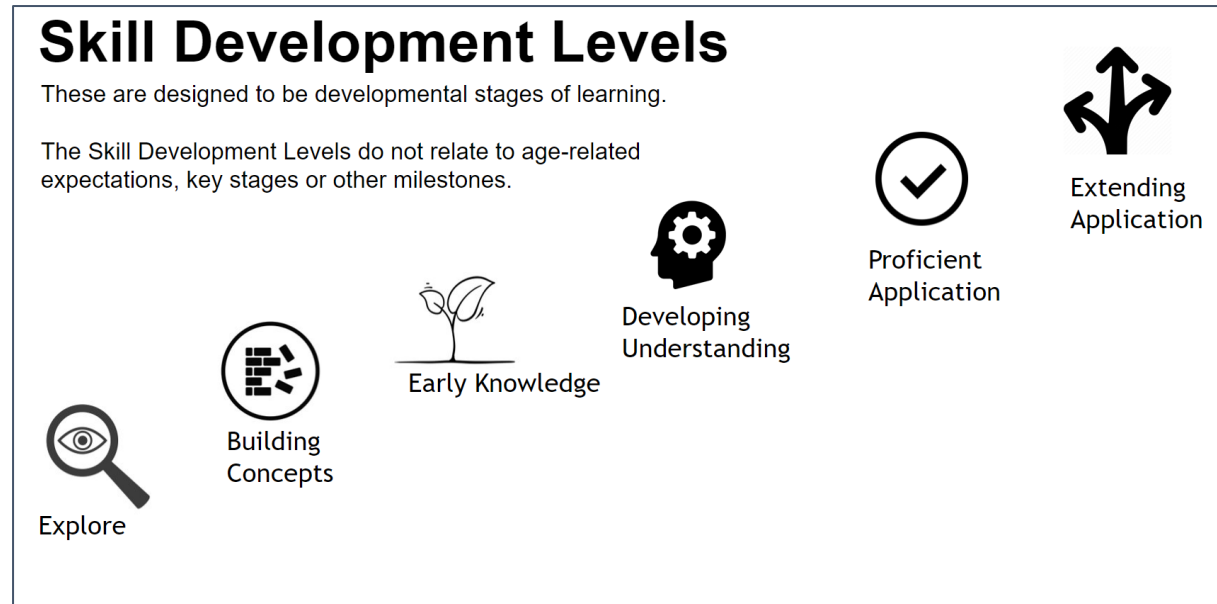
The curriculum at the Westminster School is made up of six Areas of Learning. Each Area of Learning has 2 or 3 key Components, which encompass a number of Strands. Each strand is then broken down into key priorities of learning which are then used to support the planning and delivery of high-quality teaching and learning.

The below table details the key components and strands for My Care and Independence:

Area of Learning	My Care and Independence		
Component	Making a Positive Contribution	Care	Skills for Life
Strand	<ul style="list-style-type: none">▪ Following Instructions▪ Personal organisation▪ Collaboration and Teamwork▪ Safety▪ Choice and decision making▪ Create and Innovate▪ Explore Possibilities	<ul style="list-style-type: none">▪ Looking after my body and others▪ Personal presentation▪ Safety▪ Medical needs	<ul style="list-style-type: none">▪ Maintaining a home▪ Purchasing for the home▪ Food, Nutrition and Diet

Skill Development Levels explained

Each Area of Learning and its key components have a Skill Development Grid. These grids are broken down into six distinct Skill Levels as detailed below.



Example Skill Development Grid – Making a Positive Contribution (Developing Understanding)

Skill development			
Following instructions	Personal organisation	Collaboration and Teamwork	Safety
<ol style="list-style-type: none"> Complete a range of jobs correctly in multiple environments Understand when a job/task needs completing 	<ol style="list-style-type: none"> Understand and work within a time constraint Wear appropriate clothing/ equipment based on the activity Explore new skills set Look after personal belongings 	<ol style="list-style-type: none"> Recognise roles within the group and their purpose Contribute to a group discussion or task Work with unfamiliar people to reach a common goal 	<ol style="list-style-type: none"> Identify risks in more than one environment Demonstrate an understanding of how to reduce the risk.
Choice and Decision Making	Create and Innovate	Explore Possibilities	
<ol style="list-style-type: none"> Make a decision based on information or evidence provided Take part in group decisions Respond appropriately if the group disagrees with your opinion. 	<ol style="list-style-type: none"> Improve a design or idea based on feedback Test an idea to see if it works Recognise an issue or problem with the way something is made or working. 	<ol style="list-style-type: none"> Identify how and where information about jobs can be found Understand what a keyworker is? Recognise key skills and qualities required for different roles 	

My Care and Independence links to other Areas of Learning

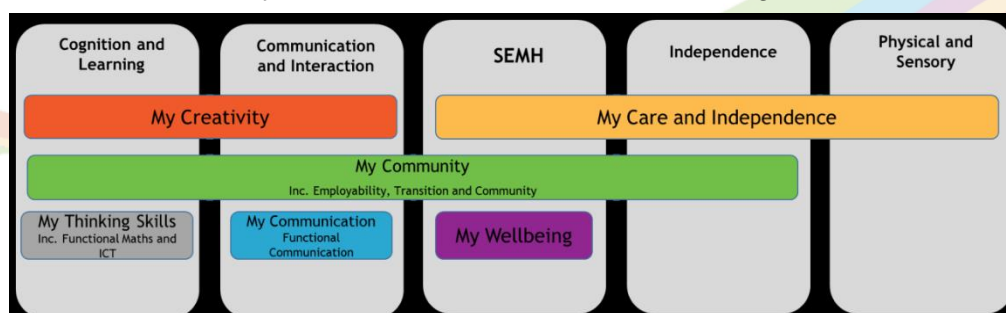
My Communication	<ul style="list-style-type: none"> • Being able to ask for items • Deciding on a preference for something • Requesting a bus tickets or call for a taxi • Communicating health issues to an adult • Reading health and safety signage • Understanding road signs and hazards • Following instructions and recipes
My Community	<ul style="list-style-type: none"> • Travel, experiencing different shops and areas • Local community access from home • Visiting health care providers, i.e. doctors, dentist, optician • Using pedestrian crossings safely • Using Google maps to find a route • Safety in the workplace
My Creativity	<ul style="list-style-type: none"> • Accessing local Arts • Being creative in relation to social Enterprise projects • Working in a team for social enterprise
My Thinking	<ul style="list-style-type: none"> • Time management - using a timetable and clock • Money management – understanding change and paying using card • Problem solving in the workplace • Personal Organisation • Making a shopping list
My Wellbeing	<ul style="list-style-type: none"> • Looking after your body, • Healthy eating and exercise • Hygiene routines – frequency of washing, shaving, changing clothes • Understanding medical needs • Periods and personal care

My Care and Independence links to EHCP Areas

It's important to ensure our curriculum makes direct links to current Educational Health and Care Plan (EHCP) areas. The broad areas of need, as detailed in the SEND Code of Practice, and operationalised through the EHCP are as follows:

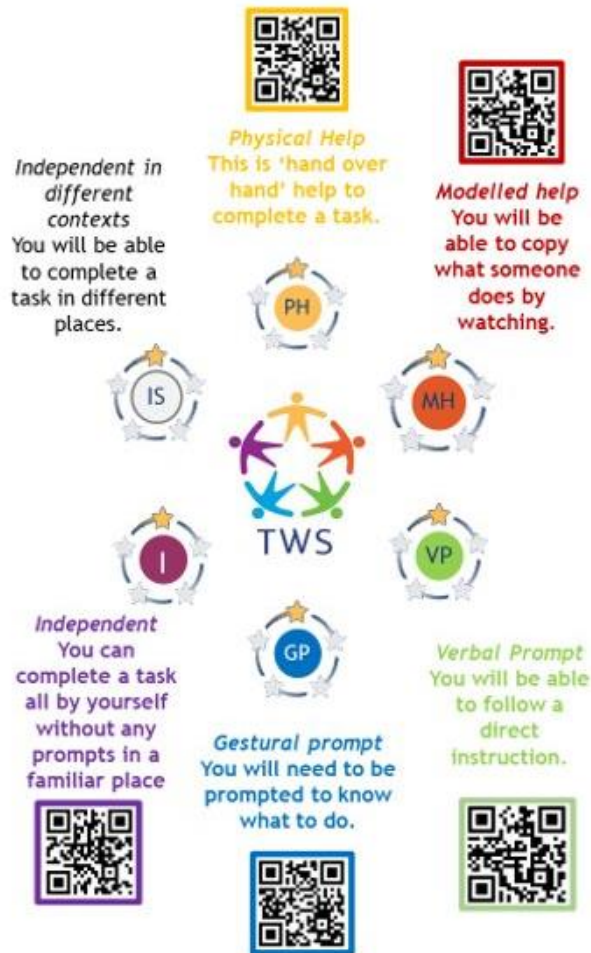
- Communication and interaction.
- Cognition and learning.
- Social, emotional and mental health (SEMH).
- Independence.
- Sensory and/or physical needs.

See below for links to key EHCP Areas for all Areas of Learning:



Towards Independence Hierarchy

At the Westminster School we attribute progress through judgments against a Towards Independence Hierarchy. The Hierarchy allows for staff in school to make judgments based on how independently pupil's work towards or achieve an activity or target. For more information on how we assess and feedback to pupils at The Westminster School please refer to our most recent Assessment and Feedback Policy.



Accreditations

All Areas of Learning in the Westminster School Curriculum provide opportunities for pupils to work towards accreditations. All accreditations are carefully considered for their appropriateness and suitability for each individual pupil.

The accreditation available to pupils as part of their My Care and Independence sessions include:

- Princes Trust Personal Development
- ASDAN Personal Development
- AQA Unit Award Scheme – Parenting
- Student First Aid

My Care and Independence contributions to SHaLT

Our values at The Westminster School are encompassed in our statement of Safe, Happy and Learning Together. Through this we seek to develop our values statement: Building foundations and providing opportunities to create confident, aspirational and independent members of our community.

The table below shows how My Care and Independence contributes to achieving our overall statement:

Safe	Food hygiene, home safety (using electricals, cooking) use of tools, travelling safely
Happy	Being able to be proud of themselves by learning new skills which help them to do things independently, (eg. being able to get a job, go to the shops themselves, to get dressed themselves, to use the toilet independently.)
Learning	Through opportunities and experiences surrounding life skills - cooking, laundry, self care, work experience,
Together	Residentials, leisure activities, parental engagement, classroom family, school family, work family.

Enrichment Opportunities

We pride ourselves on the enrichment opportunities we provide for pupils across all Areas of Learning. Enrichment opportunities within My Care and Independence include:



Connexions – provide additional Careers advice for pupils



Princes Trust



Travel Training

The Westminster School

In addition, we work with a number of local businesses to support pupils to access Work Experience, Apprenticeships and Employment. An example of some of these can be found below:

