My first day

At Amber Hill

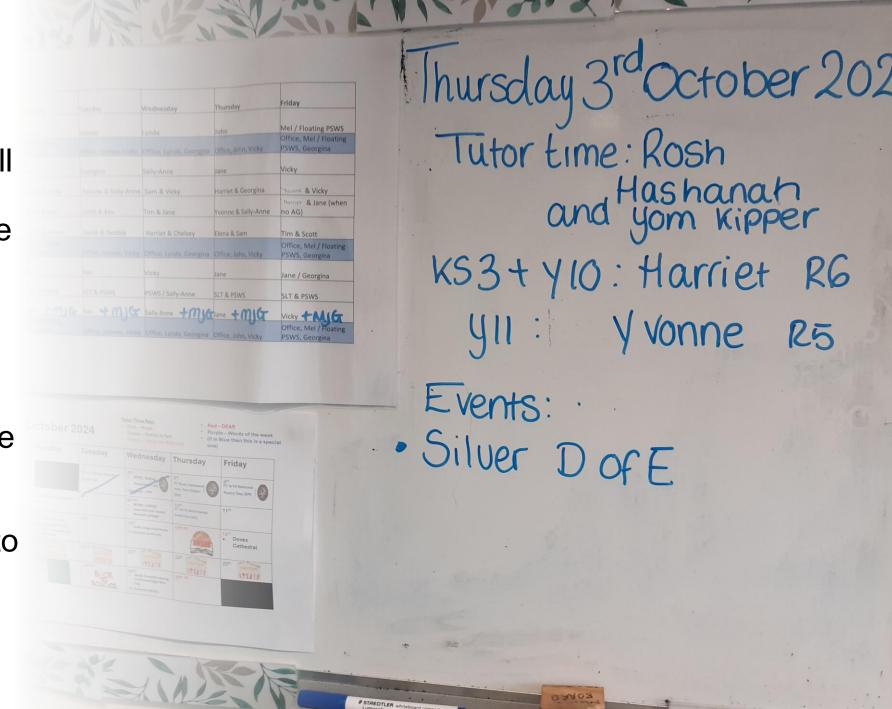


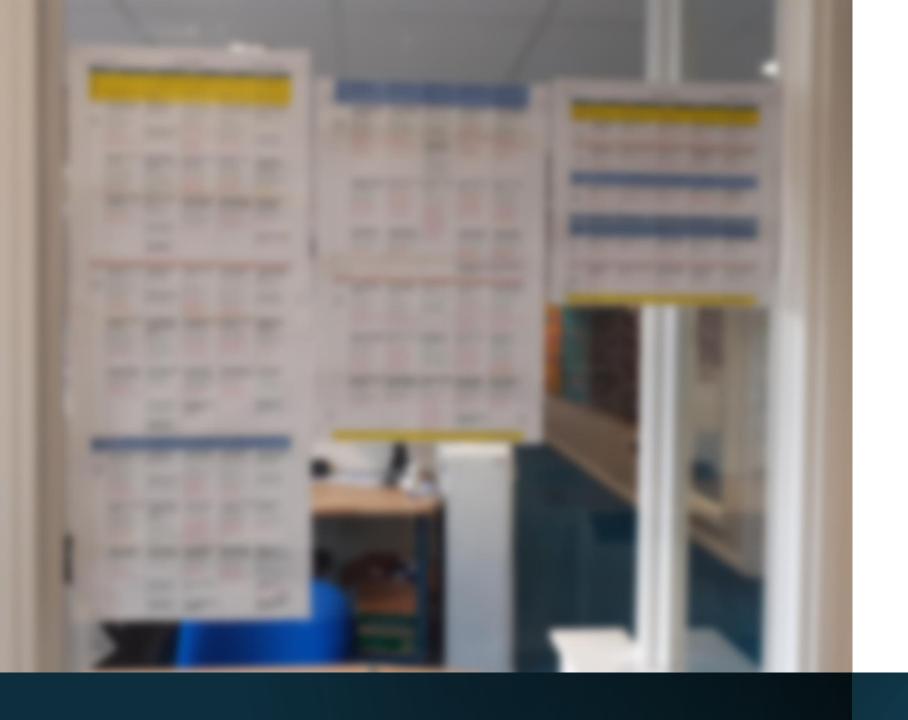
• Hello I'm Sharon and I'm going to talk to you about your first day at Amber Hill. It's normal to be a little nervous on your first day but I'm going to talk to you about my day to help you.

 I am really excited to start at Amber Hill because I get to wear my own clothes to feel comfortable while I learn. I know that if I need to go to the toilet or get a glass of water during a lesson, I can just ask my teacher. If I am struggling and need time to talk, I can find a PSWS.



 On arriving to base I will check the changes board to see if there are any changes to the normal school day coming up. Here is where I will also find a visual calendar where I can see what events are coming up this month, this is also available online for when I want to check from home.





 I can also check the timetable by the entrance to see what lessons I will have today.



• If I arrive before 8:55 am, I will be able to sit in the student area. In the student area I can catch up with friends, use my phone, read a book or do any activity that helps me.





• If I don't want to sit in the student area, I can sit in the form time room ready for form time or even go outside if the weather is nice.

 8:55 is when form time starts each day. Form time is also a time for the teachers to let me know of any changes or reminder of upcoming events.

08:55-09:15 - Tutor time

09:15-10:15- Lesson 1

10:15-11:15- Lesson 2

11:15-11:35- Break

11:35-12:35 - Lesson 3

12:35-13:35 - Lunch

1:15-2:15 - Lesson 4

2:15-3:15 - Lesson 5

9:15 is the start of lesson 1. My lessons at Amber Hill are an hour long. In the morning, I have 2 lessons before break.
Lesson 2 starts at 10:15. Then it's time for break at 11:15.

08:55-09:15 - Tutor time

09:15-10:15- Lesson 1

10:15-11:15- Lesson 2

11:15-11:35- Break

11:35-12:35 - Lesson 3

12:35-13:35 - Lunch

1:15-2:15 - Lesson 4

2:15-3:15 - Lesson 5



 Break lasts from 11:15 to 11:35. During break, I can do the same things I could do before morning form time. If I need a quiet space, I know I can ask a member of staff to assist in helping me find one. I could go into a classroom I like, or the den if I want a smaller space.

 Lesson 3 starts and 11:35 and ends at 12:35. I like lesson 3 as it's the only lesson between break and lunch time. 08:55-09:15 - Tutor time

09:15-10:15- Lesson 1

10:15-11:15- Lesson 2

11:15-11:35- Break

11:35-12:35 - Lesson 3

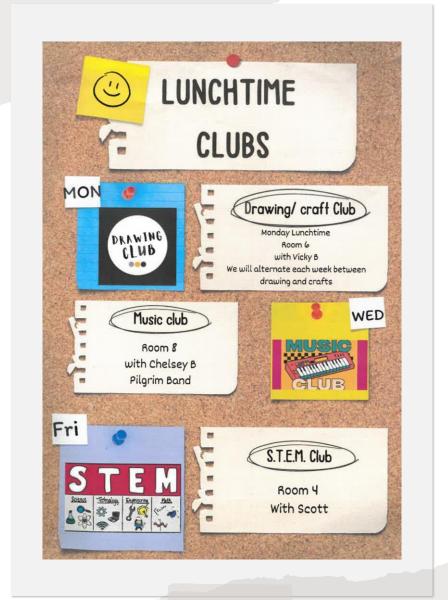
12:35-13:35 - Lunch

1:15-2:15 - Lesson 4

2:15-3:15 - Lesson 5



 During lunch, I can do the same as I did at break and before form time by sitting in a place I like or doing my usual calming things as I eat my lunch. I can also take part in a lunch time club.



• Lesson 4 begins at 1.15pm and there are only two lessons after lunch. Each only lasting one hour.

Lesson 5 is at 2:15pm.

08:55-09:15 - Tutor time

09:15-10:15- Lesson 1

10:15-11:15- Lesson 2

11:15-11:35- Break

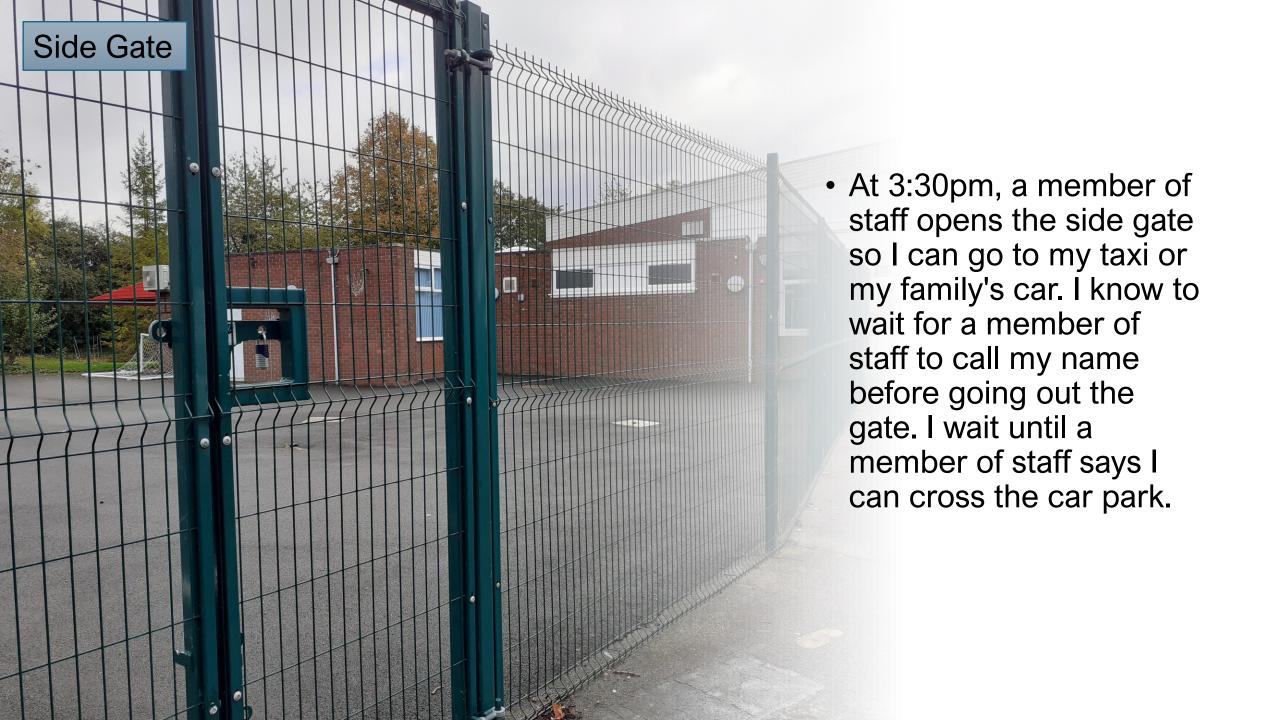
11:35-12:35 - Lesson 3

12:35-13:35 - Lunch

1:15-2:15 - Lesson 4

2:15-3:15 - Lesson 5

• Lesson 5 ends at 3:15pm and so there's 15 minutes left before taxi time at 3:30pm. I can sit in the student area, or the library or choose to wait in a classroom I like. I could catch up with my friends or chat to a member of staff I get along with.



This is how my days at Pilgrim school usually go. I really like it here.
Everyone is so supportive and I look forward to coming to school and learning more