



Example student timetable:

Time	Mon	Tue	Wed	Thur	Fri	Sat & Sun
7:00-9:00	Personal Development Health and Welfare					Personal Development Health and Welfare
9:00-11:00	Functional Skills	Vocational Training	Preparing for Adulthood	Preparing for Adulthood	Vocational Training	
11:00-13:00						
13:00-15:00						
15:00-22:00	Personal Development Health and Welfare					

What is Personal Development Health and Welfare?

Personal Development, Health & Welfare (PDHW) is a fun time for students to plan trips and activities, join clubs, and build independence. Students can socialise during this time, cook meals in the houses, do laundry, complete house tasks, and practise personal care routines.

Clubs include: football, swimming, drama, walking club, art, gym, disco, karaoke, cinema, dance club, Makaton choir and lots more. If there's a club or activity you'd love to see that doesn't exist yet, share your idea with the Student Council! If other students are interested too, we can help make your new club happen!





What is Vocational Training?

Vocational training takes place at Foxes Hotel, which is open to the public 7 days a week during term time. Students work in different areas - kitchen (food prep), front of house (bar and restaurant), housekeeping, and reception. Everyone has two shifts a week, and new students get to try all departments before choosing their preferred pathway.



What is Functional Skills?

Functional Skills helps you learn English, maths, and tech skills you can use in everyday life and work. You'll also gain confidence using technology and social media safely.

Through English Speaking Board (ESB) exams, you'll practise speaking clearly and expressing yourself, helping you communicate and succeed in all areas of life.



What is Preparing for Adulthood?

Preparing for Adulthood helps you build confidence and life skills to live as independently as possible. You'll learn to manage daily life, work towards employment, and create a future where you feel happy, connected, and valued.



All meals and drinks are provided in the student houses and you will be supported to cook for your house on a rota basis. An example of a weekly menu can be found below:

Weekly Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						