




















Cannonvale Learning & Lifestyle  
Customer Copy

Program: October 7 <sup>th</sup> to December 13 <sup>th</sup> 2019					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Session 1</b> 9:30-12:00	  Meal Preparation Breakfast & Lunch <ul style="list-style-type: none"> <li>- Safe food practices</li> <li>- Healthy eating</li> <li>- Budgeting + Money</li> <li>- Meal PrepLunch / Breakfast</li> <li>- Hygiene</li> </ul>	 Sailability (Full Day)	  Communication Skills  Volunteering in  the community	  Gardening Connecting with Nature   Healthy Mind Relationships	 Adventure & Recreation Includes activities such as: <ul style="list-style-type: none"> <li>- Swimming Lessons</li> <li>- Yoga</li> <li>- Bush Walks</li> <li>- Dance Sessions</li> <li>- Craft Activities</li> </ul>
10:30am	<b>Morning Tea</b>	<b>Morning Tea</b>	<b>Morning Tea</b>	<b>Morning Tea</b>	<b>Morning Tea</b>
	Session Continues	Session Continues	Session Continues	Session Continues	Session Continues
Lunch 12pm-1pm	Lunch	Lunch	Lunch	Lunch	Lunch
<b>Session 2</b> 1:00 – 2:45	  Meal Preparation Breakfast & Lunch <ul style="list-style-type: none"> <li>- Safe food practices</li> <li>- Healthy eating</li> <li>- Budgeting</li> </ul>	 Sailability (continued)   <i>Every Second week</i> <ul style="list-style-type: none"> <li>- iPad Basics</li> <li>- iPad 1 &amp; 2</li> <li>- 3D Printing</li> <li>- iPad Photography</li> </ul>	  Communication Skills <ul style="list-style-type: none"> <li>- Working effectively with others</li> <li>- Safety &amp; Orientation</li> </ul>	  Gardening Connecting with Nature	 Adventure & Recreation Includes activities such as: <ul style="list-style-type: none"> <li>- Swimming Lessons</li> <li>- Yoga</li> <li>- Bush Walks</li> <li>- Dance Sessions</li> <li>- Craft Activities</li> </ul>
2:45 - 3:00	<b>Drop off / Pick Up</b>	<b>Drop off / Pick Up</b>	<b>Drop off / Pick Up</b>	<b>Drop off / Pick Up</b>	<b>Drop off / Pick Up</b>

Please refer to the icon legends on the following page

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**Foundation Skills** supports skill development in literacy and numeracy, with a focus on scaffolding learning from base line concepts to increasingly complex written, reading, viewing, listening and comprehension tasks. Foundation Skills also seeks to develop numeracy and mathematical skills in concepts including number, measurement, geometry, probability and statistics.



**Life Skills** focuses on day to day tasks, such as cooking and domestic skills, hygiene, organisational skills, budgeting, home maintenance, public transport and public safety and interactive tasks such as banking and social activities.



Utilising local connections and support, **Community Engagement** supports people to attend and interact with local people, areas and events. It also means that those interactions can also occur at a local Endeavour site.



**Information, Communication and Technology** utilises current materials, components, tools, equipment and techniques to design, make and record solutions. It draws on traditional and new types of technology, including computers, tablets, smart phones, virtual technologies, robotics, coding, digital photography, video and music to support people to describe, draw and model ideas and create content.



**Healthy Body / Healthy Mind** focuses on being active, making healthy choices and being responsive to a person's mental and physical wellbeing. It supports people to take care of themselves and their family and friends, and directs people to make right choices when it comes to a person's health and lifestyle activities.



**Getting out - or staying in - having fun**, making connections and simply doing what makes you happy is what Leisure, Adventure and Recreation is all about. Leisure, Adventure and Recreation focuses on connecting with friends, doing fun things at home, at a centre or in the community, or simply taking time to relax and unwind.



**Employment** focuses on developing skills needed for work. Whether it's work experience, volunteer or paid employment, people will undertake both theory and practical applications in order to learn those skills required to know what type of work a person is interested in, search for work, apply for and undertake interviews, explore ideas appropriate dress and language and behavior when in the workplace.



**Passion Projects** is all about doing what you're passionate about! It could be skill development, or launching your own online business, or simply exploring a creative outlet. If it makes you smile; if you lose track of time doing it, then this is what passion projects is all about.



The importance of **nature** – whether it's the bush or ocean, growing flowers or vegies or even collecting eggs from hens in the backyard, means that people are able to touch, taste, smell, hear and see those things which make up the world. It might mean conducting experiments to see how things work, or taking time out to literally smell the roses.



This **support** allows the person to identify specific types of supports required, and, if available, provide those supports on an individual basis. This might mean extra focus on Foundation Skills, or Community Engagement, or an area that isn't captured in a person's Pathway profile