



10 | 2 | 11

Preparing year 10 students for  
year 11 and beyond

# Student Guide



“Twenty years from now, you will be more disappointed by the things that you **didn't** do than by the things you **did** do. So sail away from the safe harbour. **Explore, Dream, Discover.**”

Mark Twain

# The Challenge Ahead

Year 10s – over the next few years, things are about to change. Not only are you entering year 11 shortly (the most intense and important year of your school lives so far) but during the next 12 months you will need to develop many skills so you are ready for sixth form/college, employment and beyond.

During year 11 you will need to think about the type of life you want to build for yourself. That means that you will need to develop courage, independence and responsibility – even more than you have already. You'll need to be confident with communication, confident to look after yourself with domestic skills like cooking and cleaning, and confident with money in order to cope with what's ahead.

*“The thing you want to do, but you're scared to do, is what you must do”.*

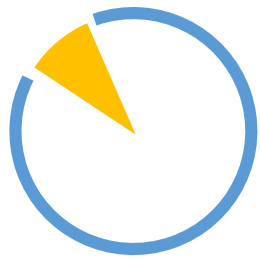
Steven Bartlett, Founder of Social Chain, Content Creator, youngest Dragon ever on Dragon's Den



School sometimes feels like it focuses only on exams and results, but we've developed a transition challenge to help you develop confidence and skills beyond just academic grades. It's called 10 | 2 | 11 and you're being invited to embrace the process of becoming more independent ready for life. Ready for apprenticeships, ready for sixth form/college and ready for university if that's where you're heading.

For students who have completed (or arranged) work experience outside of timetable suspension week, you will have **three days at home** during which we'd like you to try a number of challenges.

For those who have **not** arranged work experience, you will need to be in school as usual (in uniform). You will be undertaking three days of careers related learning with Mrs Rich and will have to try these challenges in your own time during the summer ahead.



# 10 | 2 | 11

## Learning life skills

Have you cooked a full meal yet? Caught a train on your own? Used an iron? Thought about a bank account? What about budgeted for leaving home or spoken to a company on a phone?

Some students will have experienced these because your parents/carers have started exposing you to these challenges, but for others they may not fully trust you in these areas just yet. Well, here's your chance to show them that you can be trusted, and need to take risks to become independent.



By working alongside the Department For Education, the Education Endowment Foundation, STEM Network and charities like Young Minds, we have identified a list of key skills necessary for your year 11 and beyond.

- **Communication skills**
- **Financial awareness**
- **Creativity**
- **Responsibility**
- **Taking Risks**
- **Planning and organisation**
- **Social skills**
- **Time management**
- **Hygiene**
- **Domestic skills**

So to get you ready for next year, all students will be given a list of **challenges** to complete before they start year 11 in September. They have been designed to be achievable, practical and fun, and most will have 3 days off school in order to achieve them. Some challenges are to be done alone, whilst others require group work. Some will be at home, and some are definitely outdoors. For some you will need help and advice from your parents/carers and they will sign off each task so that they know what you are working on next.

# Your Challenges

## 1. Communication

**Phone** at least one university (which offers a course you may one day have an interest in) and ask for a prospectus to be sent to you in the post. Alternatively, **phone** the National Apprenticeship Helpline (0800 015 0400) and ask for advice on where to start looking for jobs/placements next year.



- Use the internet (sites like [www.university.which.co.uk/courses](http://www.university.which.co.uk/courses)) or the library to find universities that offer the right courses).

What I learned/felt

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## 2. Financial Awareness and budgeting

Use a contactless card (with parental supervision if it's not your), research opening a bank account, and prepare a realistic financial budget for living alone.



- Look online at [www.reed.co.uk/average-salary](http://www.reed.co.uk/average-salary) to find an average salary for the career you're interested in. Don't forget to multiply the annual salary by 0.7 (to account for taxes lost each month) and then divide it by 12 to get a monthly income. Finally, multiply that monthly amount by 0.6 as you'll be earning less at the start of your career.
- Use the internet or ask Mum/Dad/Carers about the cost of rent (in the area you want to live) and bills to complete the budget. If you plan to drive, don't forget any loan, insurance and fuel.
- Remember things like clothes, toiletries, broadband/mobile and TV license. What about holidays? What about haircuts and also Netflix!

# Monthly Budget

Monthly Outgoings	Amount
Rent	£
Food	£
Transport	£
Electricity/Gas	£
Water	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
	£
<b>Total Outgoings</b>	£

Monthly Income	Amount
Salary	£
	£
	£
	£
<b>Total Income</b>	£

Balance (Amount left)	Amount
<b>Total Income - Total Spend</b>	£



What I learned/felt

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### 3. Creativity

Spend at least 2 hours reading a book, watch a thoughtful movie that you've not seen before, and take a 'reflective' photo of yourself (not a selfie pout).



- Find a book (ideally fiction) that you will enjoy and pick a time and place where you can be alone (whether in silence or with quiet music). You may want to read a chapter a day.
- Choose a movie that you've not watched before. Parents can give suggestions, but make sure the rating is appropriate!



What I learned/felt

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### 4. Responsibility

Do at least 1 hour of volunteering. Pick up litter, serve in a charity shop etc. Do at least one random act of kindness - offer to carry shopping for someone, allow a person in a queue with only a small item to go in front of you, or offer to walk a neighbour's dog.



- Make sure you don't approach complete strangers – explain the school project and offer to help someone you know.
- Speak to other volunteers – why do they do what they do?



What I learned/felt

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# 5. Independence skills

Plan and cook a hot meal for your whole family. It must be a balanced meal requiring either the oven or hob (or both) and **not** a meal like pizza! It should contain a balance of vegetables, carbohydrates and protein.

Here are some ideas (but don't do the pizza!)

<https://www.bbcgoodfood.com/howto/guide/recipes-teenagers>



- Talk to a parent/carer about cooking and meal considerations.
- How can you plan for household meals?
- How much money does a meal cost (per portion)?
- If I go to university, what can I cook cheaply?
- Will you have leftovers, and can they be used safely next day?
- What about packaging – is it full of plastic, and how can you shop responsibly and sustainably in future?
- What sauces can really zing up basic food?
- Don't forget the washing up!



What I learned/felt

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# 6. Planning & Organisation

Use online tools to plan a fictional weekend in Disneyland Paris. Research transport, hotel options and don't forget the cost of tickets and food.



- Use the internet to find everything you need – road distances, speeds, arrival times and costs. Be thorough.

## Disneyland Paris Weekend

Item	Costs	Details/Times
	£	
	£	
	£	
	£	
	£	
	£	
	£	
	£	
	£	
	£	
	£	
Total Cost	£	



What I learned/felt

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## 7. Risk

Try at least one food **and** one activity that you've not tried before.



- Speak to your parent(s) about foods that they've tried that you haven't yet (even if they didn't like it).
- Try the 'world foods' section of the supermarket for new foods, or think about other cultures and what they would eat.
- You could try a new sport, or join a hobby group. What about something to improve your fitness? Swimming? Cricket? Art?

What I learned/felt

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## 8. Public transport

Use public transport to meet up in town with friends. If possible, meet in Gloucester by bus then catch a **train** together to Cheltenham.



- Find out about local bus routes & times in order to get to Gloucester. Arrange to meet up with friends at a convenient time.
- Find out about costs and times for trains to Cheltenham and back.
- Make sure you know return journey times!

What I learned/felt

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## 9. Domestic Skills

Put on a load of washing in the washing machine **and** iron a shirt (or two). Tidy and Hoover a room, and clean a bathroom.



- You'll need to ask a responsible adult to help probably with these challenges, as it's unlikely that you have done all of these before.
- Take care with hot appliances.
- You may need to plan to go shopping with parent(s) to buy what you need in advance.
- Remember to ask what can be washed with what!



What I learned/felt

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### + Extra challenges (if parents/carers allow)

If you really want to stretch yourself, how about trying these practical tasks as well (with appropriate supervision)?

- Mow the lawn
- Put up a tent
- Paint a wall
- Use a drill, hammer or saw

# 10. Socialising/fun

In groups, how much fun can you have with £10 each? The group must agree how to spend it to maximise the fun level

You could combine this with challenge 8 (public transport) to go around town together.



- Make sure the team listens to everyone's opinion and comes to a decision about what to do together with the money.
- Take some pictures and share with us what you got up to!



What I learned/felt

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# What next?



Your parents **must** give their permission via email to Mrs Rich: [j.rich@denemagna.gloucs.sch.uk](mailto:j.rich@denemagna.gloucs.sch.uk) for you to take part in this challenge and be at home for a few days during timetable suspension week.

Check out the careers pages on the school website to help you start to think about your next steps: [Careers Years 7 to 13 - Dene Magna School](#)

Follow Dene Magna Careers on Facebook.

Always read your Careers Classroom emails.

Make sure you take some pictures, and fill in the reflection areas of this flyer to make the most of your few days.

Have fun!

For more information, speak to or contact:  
Mrs Rich ([j.rich@denemagna.co.uk](mailto:j.rich@denemagna.co.uk))

