



THE
HAMILTON
AND ALEXANDRA COLLEGE
CONFIDENT FUTURES

LIFESKILLS PROGRAM

Year 7 and 8 boarders

The Lifeskills program is designed for our youngest boarders, led by our caring House Mothers. They guide the young students through the program which graduates them into boarding life.

Week commencing

Topic:

**Tuesday
30 January**

**Boarding House
Lifeskill
ORAH**

boarding house routines including refectory and meal times, walking to school, bag trailer, electronics away, bed times.
lifeskills program introduction, cabin and prep routine
setting it up, how to use it , expectations around using it, street leave, weekend leave

**Sunday
4 February**

**Lifeskill
- Laundry**

Lifeskills session in the laundry, how to use the washing machines and dryers, folding , ironing and treating stains.

**Sunday
11 February**

**Lifeskill
- Study**

Use and expectation of record books
Making study schedules
Using whiteboards

**Sunday
18 February**

**Lifeskill
- living with others**

Practicing and talking about / expectations
Making beds, tidying of rooms, how to leave it each morning, high standards
Common rooms – keeping it tidy , cleaning up after yourself, respect of property
Dishes roster for the refectory

**Sunday
25 February**

**Lifeskill
- cooking**

Cooking a slice, preparing the list of ingredients required, following a method
Invite our gappies Izzy and Max to supper and serve the slice

**Sunday
3 March**

**Lifeskill
- Service**

Talk about fundraising or service activities for this year, share some ideas, get students to decide what they would like to do , plan for the year and what to do this term.

**Monday
11 March**

**Lifeskill
- Emergency**

Emergency services app
– ensure it is on phones and students know how to use it
What kind of questions would you be asked if you needed to call ambulance, police, fire?

**Sunday
17 March**

**Lifeskill
- Mending**

Lets all learn / practice sewing buttons on and hemming (using hemming tape), shirts and pants

**Sunday
24 March**

**Lifeskill
- Financial literacy,
fundraising & service**

Run a fundraiser, work out the cost of the activity, how much to charge how much profit will we make
Donate or save for a service activity later in the year

LIVE. LEARN. LEAD.