

Welcome to Post-16

Your guide to Post-16 at Ancora House School, Castle Park



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Post-16 – Ancora House

At Ancora House School we hope to play a crucial role in supporting you to transition onto the next steps in your life, feeling confident to do so.

The Post-16 setting is designed for students aged 16 and above who require an alternative education setting. The focus of Post-16 is to provide tailored education and support, helping you to re-engage with learning, develop essential skills, and work towards achieving your personal, academic, and vocational goals.

We offer a safe, nurturing environment where you can overcome past educational setbacks and gain the confidence and qualifications needed to move forward in your future careers or further education.

Post-16 Staff

Amanda – Headteacher

Carli – Deputy Headteacher

Sam – Senior Teacher – Post-16 and PSHE

Kerry – SENDCo

Claire – Post 16 Teacher and Form Tutor

Colin – Maths Teacher and Form Tutor

Emily – Post 16 Teaching Assistant

Academic and Support Staff

Steph	Teacher of English	Rachael	Specialist SEND & Transitions Officer
Liza	Teacher of Science	Karen S	Transition Support Worker
Sarah	Teacher of English	Lucy	Senior Pastoral Lead
Mike	Teacher of Maths	Karen F	Teaching Assistant
Rachel	Teacher of Art	Tash	Teaching Assistant
Anna	Teacher of English	Katie	Teaching Assistant
Rob	Exams Officer	Sophie	Teaching Assistant
Christine	Admin	Wioleta	Admin

The School Day

At Ancora House School, the day runs from 10am to 3pm. Lessons are 40 minutes long and you will have a morning and afternoon break, as well as lunch! Don't worry too much about remembering the times, staff are always around to support you in attending lessons.

Tutor: 10:00-10:15 (15 mins)

P1 10:15-10:55 (40 mins)

Break: 10:55-11:10 (15 mins)

P2 11:10-11:50 (40 mins)

P3 11:50-12:30 (40 mins)

Lunch: 12:30-13:15 (45 mins)

Form 13:15-13:30 (15 mins)

P4 13:30-14:10 (40 mins)

Break: 14:10-14:20 (10 mins)

P5 14:20-15:00 (40 mins)

Courses on Offer

Due to the individualised nature of the timetable at Ancora, you can access a range of different subjects throughout the week. Your timetable will be constructed to best support your learning and address gaps in your knowledge.

Maths

English Language and/or Literature

Science

Art

PSHE, Life and Digital Skills

PE

Should you wish to study a particular subject, please let one of the staff know. We will always do what we can to support your education.

Life Skills Map for Post-16 – Ancora House

This life skills map is designed to guide our young people through the essential skills they need to navigate adulthood. These skills are categorized by key areas, such as **personal development, financial literacy, health and well-being, communication, and workplace readiness**. These skills are taught through a series of lessons such as, **PSHE, Life Skills, Wellbeing and Digital Functional Skills**. The aim of these lessons is to empower teens to build confidence, independence, and a strong foundation for their future.

1. Personal Development

Have a go at rating how you feel about these topics. Use the RAG system (**Red, Amber, Green**) to reflect on where you are currently

Self-Reflection & Emotional Intelligence	RAG
Understand and manage your emotions, develop empathy and recognize emotions in others, practice self-awareness and mindfulness	

Goal Setting	RAG
Learn how to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals, break larger goals into smaller, actionable steps, track and review progress regularly	

Time Management	RAG
Prioritize tasks and manage deadlines, use planners, apps, or to-do lists to stay organized, learn how to avoid procrastination	

Resilience & Adaptability	RAG
Cultivate a growth mindset, learn from failures and setbacks, build strategies for stress management	

2. Financial Literacy

Basic Budgeting	RAG
Create and manage a personal budget, understand and track income, expenses, savings, and investments	

Banking and Managing Accounts	RAG
Understand how to open and manage a checking/savings account, learn about interest rates, overdrafts, and fees and use online and mobile banking tools	

Credit & Debt Management	RAG
Understand credit scores and reports, learn about loans, interest rates, and debt repayment, make informed decisions about credit cards and borrowing	

3. Health & Well-Being

Physical Health & Nutrition	RAG
Understand the basics of balanced nutrition, learn about the importance of exercise and physical activity, develop a routine for maintaining a healthy lifestyle	

Mental Health	RAG
Recognize the signs of stress, anxiety, and depression, learn coping mechanisms and relaxation techniques, develop strategies for maintaining mental well-being	

Self-Care & Hygiene	RAG
Develop good personal hygiene habits, learn about sleep hygiene and the importance of rest, understand the impact of substances (alcohol, tobacco, drugs) on health	

Healthy Relationships	RAG
Understand boundaries and respect in relationships, recognize toxic behaviours (e.g., gaslighting, manipulation) and how to handle them, learn how to communicate effectively with family, friends, and romantic partners	

4. Communication & Social Skills

Effective Communication & Conflict Resolution	RAG
Understand non-verbal communication (body language, facial expressions), learn techniques for resolving conflicts peacefully, practice negotiation and compromise, understand how to apologize and forgive	

5. Workplace Readiness

CV Writing & Job Search	RAG
Create a professional resume and cover letter, learn how to search for jobs and internships, understand how to use job search websites (LinkedIn, Indeed, etc.)	

Interviewing Skills	RAG
Practice answering common interview questions, learn how to dress and present yourself professionally, understand body language in an interview setting	

Teamwork & Leadership	RAG
Work effectively in teams, develop leadership skills (delegating tasks, motivating others), learn how to give and receive constructive feedback	

Problem-Solving & Critical Thinking	RAG
Understand how to break down problems and find solutions, practice decision-making skills, learn how to approach challenges with a logical mindset	

6. Practical Life Skills

Basic Cooking & Nutrition	RAG
learn how to prepare simple, healthy meals, understand food safety, including how to store and handle food, learn how to plan meals and manage grocery shopping	

Transportation & Travel	RAG
Understand how to use public transportation and read schedules, learn how to drive safely (for those of driving age), understand how to plan and navigate trips (using maps, booking travel)	

7. Digital Literacy

Social Media & Digital Presence	RAG
Understand how to maintain a positive digital footprint, learn privacy settings and how to protect your online identity, understand the impact of cyberbullying and online harassment	

Basic Tech Skills	RAG
Master commonly used software (Word, Excel, Google Docs), understand how to use the internet for research and learning, learn basic troubleshooting for tech devices (smartphones, computers)	

Online Safety & Security	RAG
Learn how to protect against scams and phishing attacks, understand how to create strong passwords and manage them, use two-factor authentication for enhanced security	

8. British Values

Understanding Voting & Civic Engagement	RAG
Learn how voting works and why it's important, understand the role of local, state, and national governments, participate in community service or activism	

Environmental Awareness	RAG
Understand the impact of personal actions on the environment, learn how to reduce waste, conserve water, and recycle, get involved in sustainability initiatives	

Cultural Awareness & Diversity	RAG
Learn about different cultures, traditions, and perspectives, develop an understanding of social justice issues, cultivate an appreciation for diversity and inclusion	

Opportunities for Development

Whether it's work experience, apprenticeships, further education pathways, or career advice, you may want to know about opportunities that will help you grow and plan for your future. Everyone's journey at Ancora is different and we have a huge number of resources to support you making decisions for your next steps. This might not be something you want to think about right away, and that's ok! We can focus on smaller steps towards your future goals, using SMART goals.



Term	Specific	Measurable	Achievable	Relevant	Time-Bound
Autumn (Example)	Improve English language grade	From 3 to 4	Use suggested revision techniques to practice	Helps me get into chosen course in college	By November resits
Spring					
Summer					

Frequently Asked Questions

- 1. Do we get breaks? If so, how many, and how long for?**

Yes! There's a morning and an afternoon break, as well as a 45-minute lunch. See the timetable on page 3 for times of the day.
- 2. Can we leave site on our own? How long for?**

In Post-16, you are allowed to leave site providing permission has been granted in your home school agreement documents and it is deemed safe for you to do so. We like students to feel confident to take a walk in the park, or pop into Frodsham for lunch. If you feel you need some support with this when you first arrive, staff will be happy to show you round.
- 3. Where is the Post-16 room/area?**

Post-16 is located on the first floor in Castle Park and we currently have three rooms (Room 4, 5 and 6). These are set up as learning spaces, but Room 5 has more of a common room feel for you to sit and relax/socialise.
- 4. How many other students are in the Post-16 classes?**

The class sizes can vary, but there shouldn't be more than 5 or 6 students in your lessons. We keep class sizes small to give you all the support you will need.
- 5. Do we go on day trips out?**

Yes, we like to take Post-16 students out as much as we can. This might be a walk in the park, library, a trip into Frodsham, or even a trip to the likes of Chester or the Zoo!
- 6. Do we get homework?**

No, you shouldn't really feel you need to take work home with you. Some students do like to have the extra work, and if you are sitting exams, teachers may offer you additional work to complete, especially if deadlines are approaching. This will be carefully discussed with you and all staff are happy to make reasonable adjustments where necessary.
- 7. Do students have dedicated seats or can we sit anywhere?**

Whilst we hope students can feel comfortable to sit where they like in the Post-16 space, it is understandable that some may feel most comfortable returning to the same spot each day. This isn't anything currently set in stone, and it is forever evolving. Staff are always on hand to help you settle into Post-16 when you arrive and we have plenty of places to sit.
- 8. Will someone show or tour us round the Post-16 area before we start?**

As part of your transition into Post-16, you will be given a tour of the whole school.
- 9. What can we wear to Ancora?**

As part of your home school agreement, you will be provided with an appropriate dress code. We expect students to arrive for school dressed appropriately. Strappy tops, crop-tops and short skirts/shorts are some of the clothing items we ask not to be worn to school. If you're ever unsure, please just ask!
- 10. Will we make friends in Post-16?**

We hope so! Students are encouraged to spend time with each other to socialise. This may feel daunting to start with, but you will soon settle and feel comfortable to join in some of the board games and trivia quizzes in the morning.
- 11. What is the age range of students in Post-16?**

Post-16 ages range primarily from 16 to 18
- 12. Where are the facilities and where can I go for medical help?**

We have toilets located just by Room 6; staff will show you where they are.
A number of our staff are trained in First Aid. Whoever you approach will be able to appropriately support you. We also have a range of feminine products should you find yourself short!