

## Survival Skills for School

When a new student arrives in your class, it is helpful if you are able to cover the following topics with them to ensure that they adapt to Canadian schools and culture. This list is not an exhaustive list, nor will everything on this list need to be covered with every student. (Suggested teacher instructions are in *bold italics*.)

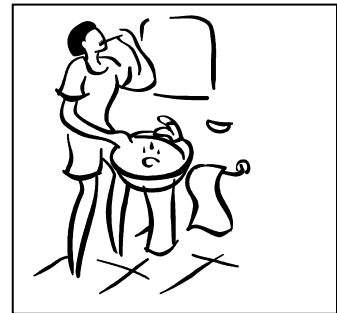
### PERSONAL CARE

*Provide a unit/ lesson on personal hygiene. The unit could include health and appearance aspects. Classroom visitors or fieldtrips could include dentist, doctor, nurse, etc.*

*Provide students with training in the use of personal grooming products and how they are used in western culture: washcloth, soap, shampoo, toothpaste, hairbrush, comb, nail clippers, toilet paper, tissue etc.*

#### Hygiene

- Brushing teeth
- Using soap
- Bathing regularly
- Washing hair
- Laundering clothing after wearing
- Cleaning and clipping nails
- Using Deodorant
- Maintaining personal cleanliness after using washroom
- Using a tissue



#### Grooming/ clothing

- Wearing clothes that fit
- Wearing appropriate clothing for the weather (socks/ mitts/ scarves etc.)
- Wearing appropriate clothing for school
- Washing and ironing clothing
- Tying shoes
- Shopping for reasonably priced clothing

### USE OF THE WASHROOMS

*Teacher demonstrates proper use of toilet/ sink/ soap dispenser/ paper towel dispenser*

- **Toilet paper (1 ply vs 2 ply)**
- **How to flush the toilet (button/ know to pull/ lever)**
- **How to get soap out of the dispenser**
- **How to get paper out of the dispenser**
- Following washroom rules
- Asking teacher for permission to visit washroom
- Using appropriate behaviour in the washroom
- Returning to the classroom promptly

## BEHAVIOUR IN AND AROUND THE SCHOOL

- Walking in the hallway
- Behaving in a library
- Greeting students in the hallways
- Greeting adults in the hallways
- Walking, not running
- Closing doors respectfully
- Understanding what it means when slamming a door
- Understanding bells
- Listening to Announcements
- Behaviour in assemblies
- Using hall passes
- Wearing identification
- Following school's guidelines for Ipods/ear buds/ cell phones
- Wearing/Not wearing hats
- Using a lock/ locker
- Following guidelines for computer/network use
- Following Emergency procedures: first aid/ Fire Alarms/ Wall Alarms/ Lockdowns



## CLASSROOM RULES/ EXPECTATIONS

### *Teacher demonstrates organizing behaviours*

- **Materials in a desk/ backpack – what do you need for school/ responsibility for materials**
  - **How to set up a duotang/ binder**
  - **Use of dividers**
  - **Name and date on a page**
  - **Use of the paper (writing left to right)**
  - **Writing on the lines**
  - **How to prioritize tasks (due date/ grades/ length)**
- 
- Working on task
  - Working quietly
  - Requesting assistance when needed
  - Remaining in your seat
  - Finishing tasks
  - Meeting task expectations
  - Handing in completed work
  - Following daily routines
  - Using a planner/ agenda/ calendar
  - Managing waste paper
  - Using free time productively (e.g. learning center)



## **SOCIAL SITUATIONS**

*Teacher chooses a peer model for the student to have as a buddy*

- Communicating happiness, anger, frustration, displeasure
- Expressing feelings in socially acceptable ways
- Asking for assistance
- Getting someone's attention
- Taking turns
- Apologizing
- Agreeing/disagreeing
- Making friends

## **Listening and following direction**

*Teacher structures instructions from one instruction up to a chain of three*

- Requesting clarification
- Recognizing numbers, times
- Identifying words and signals for school routines and shifts in routine
- Listening appropriately to directions
  - Making eye contact
  - repeating back

## **Transportation**

- Taking a bus/ Boarding the bus
- Waiting for a bus
- Behaving properly on a bus
- understanding bus schedules and stops

