
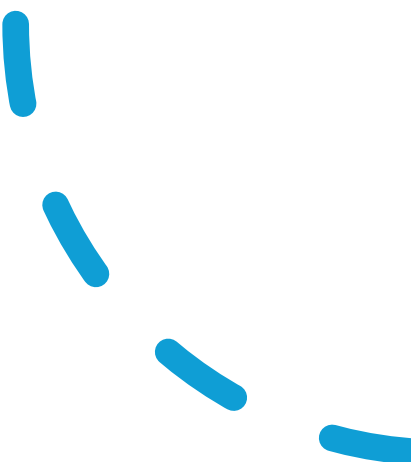




My first day

At Pilgrim Lincoln base

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- Hello I'm Steve, and I'm going to talk to you about your first day at Pilgrim Lincoln. It's normal to be a little nervous on your first day but I'm going to talk to you about my day to help you.
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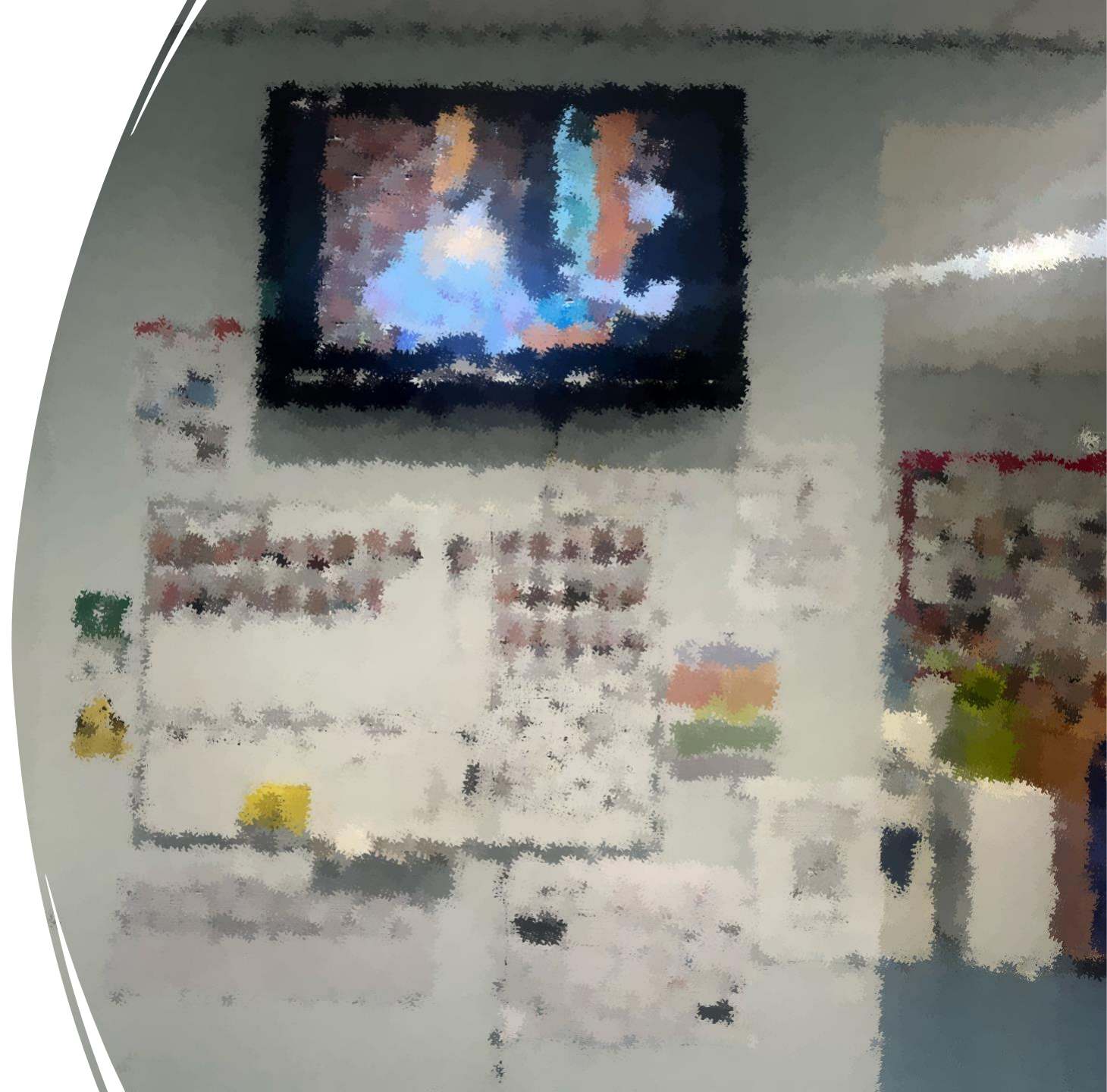
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- I am really excited to start at Pilgrim Lincoln as I get to wear my own clothes to feel comfortable while I learn.



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- On arrival at Pilgrim Lincoln I will be met at the door by a member of support staff or PSWS team who will let me into school and check in and ask how I am feeling.

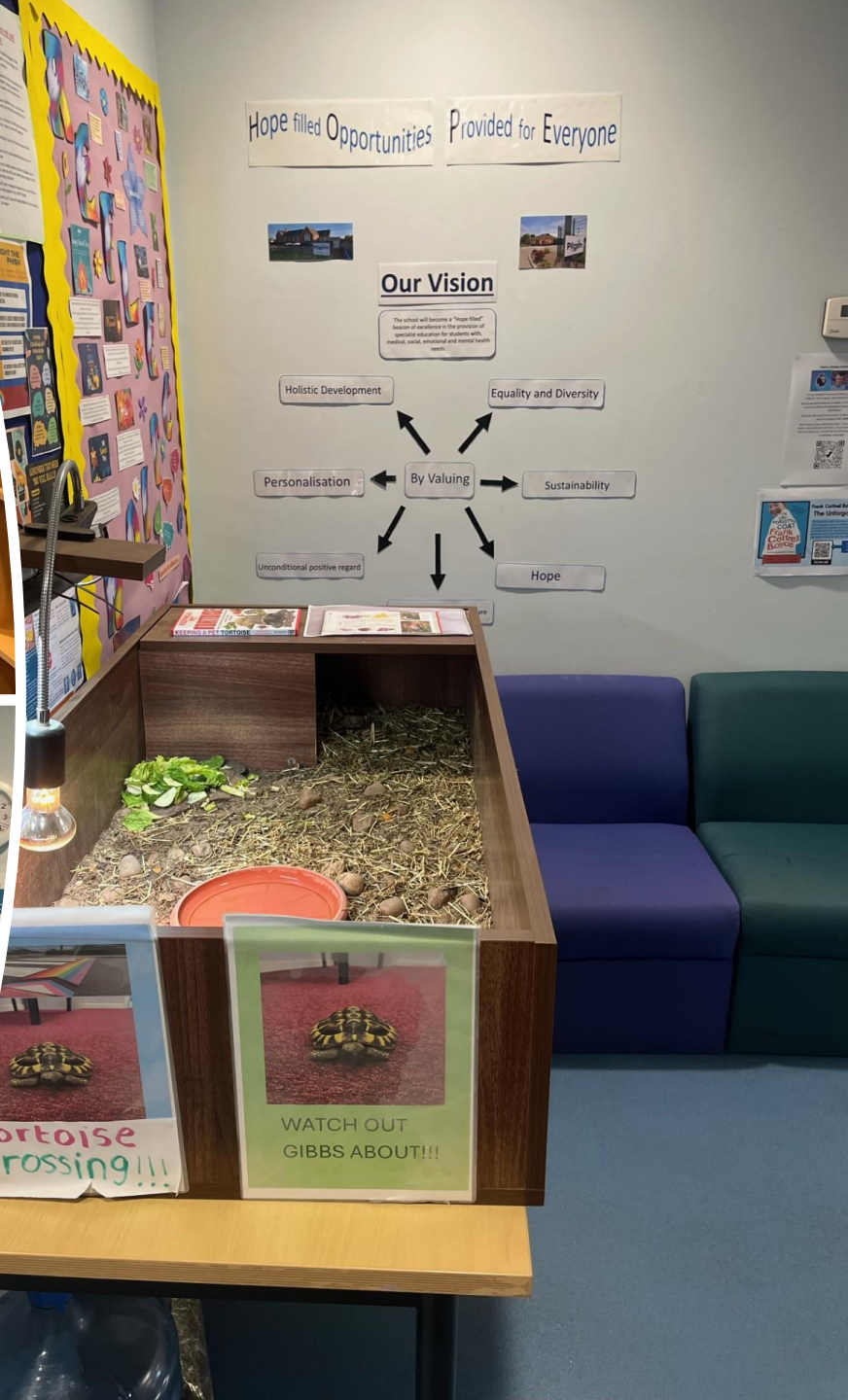


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- When I enter into the school I can check the board to see which members of staff are present onsite today

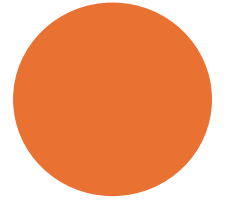


- When I get to base if I arrive before 8:55 I will be able to sit in the student area. In the student area I can catch up with friends, use my phone, read a book or do any activity that helps me.

- I can also spend time with the school tortoise called Gibbs!



- On arriving to base I will check the changes board see if there are any changes to the normal school day coming up.
- Here is where I will also find a visual calendar where I can see what events are coming up this month, this is also available online for when I want to check from home.



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- I can also check the timetable on the wall outside the art classroom on the cabinet, for what lessons I will have today.



- If I don't want to sit in the student area, I can sit in a classroom ready for form time or even go outside if the weather is nice.
- Lincoln base has 3 classrooms, Main classroom, Art classroom and Food room. We also have the cube in the garden.



08:55-09:15 - Tutor time

09:15-10:15- Lesson 1

10:15-11:15- Lesson 2

11:15-11:35- Break

11:35-12:35 - Lesson 3

12:35-13:35 - Lunch

1:15-2:15 - Lesson 4

2:15-3:15 - Lesson 5

3:15-3:30 - Tutor Time

- **8:55 is when form time starts each day.** Form time is also a time for the teachers to let me know of any changes or reminder of upcoming events.

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- **9:15** is the start of **lesson 1**. My lessons at Lincoln Base are an hour long. In the morning, I have 2 lessons before break. **Lesson 2** starts at **10:15**. Then it's time for **break** at **11:15**.

- Break lasts from 11:15-11:35.
- During break I can do the same activities as I could before morning form time.
- If I need a quiet space, I know I can ask a member of staff to assist in helping me find one.
- We have a small room located near the PSWS room which has activities available for students to use.



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3:15-3:30 - Tutor Time

- Lesson 3 starts and ends at 11:35 and ends at 12:35. I like lesson 3 as it's the only lesson between break and lunch time.

- During lunch I can like I did at break and before form time do my usual calming things as I eat my lunch. I can also take part in a lunch time club.
- There are activities in the garden such as growing vegetables, football goals and giant connect four.



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2:15-3:15 - Lesson 5

3:15-3:30 - Tutor Time

- Lesson 4 begins at 1:15pm and there are only two lessons after lunch. Each only lasting one hour. Lesson 5 is at 2:15pm.



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- At the end of the day I do end of day form time where we fill in our reflection books. I can find this tricky sometimes but I try my best to answer the question. The more I practice my reflection skills the easier I am finding them to be.



- Once our end of day books are complete we get time to wind down after the day and catch up with friends or find a staff member for time to talk before going home at 15:30.
- A member of staff will let you know when your transport has arrived and walk you out to your taxi or car in the carpark.



- This is how my days at pilgrim school usual go and I really like it here. If I need to go to the toilet or get a glass of water I can just ask my teacher. If I am struggling and need time to talk I can find a PSWS. Everyone is so supportive and I look forward to coming to school and learning more

