

**Transitions
Shepaug Valley School
2025-2026**

Teacher: Mrs. Berns

Transitions class focuses on life skills that are necessary to be successful within the community and life at home. The areas we cover differ per each student and not all areas listed below will be covered with your child. Each student has goals and objectives on their IEPs related to these areas.

Areas Covered:

- **Self Advocacy Skills**
 - Understanding IEPs and accommodations
- **Safety**
 - Emergency situations - when to call 911 and when not to call 911. Role play 911 convo
 - Reading community signs
- **Personal Information** - knowing how to write and say your personal information
- **Kitchen & Cooking Skills**
 - Cooking/making lunch - following a recipe and measuring ingredients
 - Food Storage
 - Nutrition
 - Reading food labels and understanding their meaning: carbs, calories, protein, sugar
 - Identifying kitchen utensils and appliances and their use
 - Setting the table
- **Other Household Tasks**
 - Laundry, cleaning, washing the dishes
- **Health & Hygiene**
- **Life Skills Math** - counting coins/bills, paying with the next highest amount, paying a restaurant bill, splitting the bill, calculating the tip, figuring out the sales price of items, budgeting
- **Menu/Restaurant** - how to choose food items from a menu that fit in a certain budget, how to order food
- **Grocery Shopping**- taking inventory and writing out grocery lists, locating food items, choosing items that fit a budget, choosing the better deal, paying for groceries, counting change
- **Pre Employment Skills:** Career readiness
 - How to apply for a job, researching jobs, filling out job applications, answering interview questions, understanding job vocabulary, filling out mock timesheets, soft skills, skills needed for employment

Community Trips

We will be going to Big Y once per month and to a restaurant at least once per quarter. To help prepare for these outings, students will practice community skills in the classroom through role play, video modeling, hands-on activities and independent activities/worksheets. All of these activities are focused around gaining independence.

Grading

The students will be graded based on participation. They can earn up to 5 points per day and earn either 20 or 25 points per week.

Contact

The best way to reach me is via email at bernss@region-12.org. Please get in touch as soon as possible with any questions or concerns.