

School Readiness Rubric: Student

This rubric is a self-assessment tool to identify where you are at and what your next steps might be in your return to school journey. Highlight or mark the description that describes you best in each area. You can leave any areas that are not relevant to your circumstances or situation.

Student Name:	School:	Date:
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A) Home	Step 1	Step 2	Step 3	Step 4	Step 5
Routines	I don't have an evening or morning routine.	I follow some parts of my home routine with a lot of support from my family.	I follow my home routine with some support from my family.	I mostly follow my home routine with little support from my family.	I follow my home routine independently.
Organisation	I am rarely prepared for school even with constant encouragement and reminders.	I am sometimes prepared for school with constant encouragement and reminders.	I am sometimes prepared for school with some encouragement and reminders.	I am mostly prepared for school with little encouragement and reminders.	I am almost always prepared for school and I don't need encouragement and reminders.
Sleep-wake cycle	I go to bed late and don't get up for school.	I go to bed late and get up late for school.	I go to bed late but still get up in time for school.	I mostly go to bed on time and mostly get up in time for school.	I regularly go to bed on time and get up on time for school.
Screen time	My screen time takes up more than 9 hours of my day.	My screen time takes up 7-8 hours of my day.	My screen time takes up 5-6 hours of my day.	My screen time takes up 3-4 hours of my day.	My screen time is usually less than 3 hours of my day.

B) School	Step 1	Step 2	Step 3	Step 4	Step 5
Uniform	I haven't tried on my school uniform recently.	I wear some items of my school uniform at home.	I wear my school uniform for some time whilst I am at home.	I wear my school uniform during school hours.	I wear my school uniform to school for the time I am there.
Entering the school grounds	I haven't tried getting to school recently.	I drive past the school.	I get out of the car and walk to the school gate.	I walk around the school grounds with support.	I walk around the school grounds independently.
Joining my class	I haven't been to school recently.	I spend time at school but I don't go to the classroom.	I join my class for less than half of the day.	I join my class for about half of the day.	I join my class for the whole day.
Break times	I haven't been at school for break times recently.	I go to an arranged place during break times (e.g. wellbeing space or library) either by myself or with a friend.	I sometimes spend breaktimes with a friend in the school grounds.	I mostly spend breaktimes with at least one friend in the school grounds.	I always spend breaktimes with at least one friend in the school grounds.
Contact with friends at school	I haven't had contact with any friends from school recently.	I have some contact with a friend from school outside of school.	I have some contact with several friends from school outside of school.	I spend some time with friends at school when I am there.	I can spend time with friends from school for the whole day.
Contact with staff at school	I haven't had contact with any staff from school recently.	I have some contact with a staff member from school.	I have regular contact with a staff member from school.	I spend some time with a staff member at school when I am there.	I can spend time with a staff member at school for the whole day.
Getting to school	I haven't been travelling to school recently.	Someone takes me to school all the time. I don't go to or from school independently.	Someone takes me to school most of the time. I occasionally go to or from school independently by walking or using public transport.	I get to OR from school independently some of the time by walking or using public transport.	I get to AND from school independently by walking or using public transport.
School work	I haven't done any school work recently.	I attempt school work at home once a week.	I attempt school work at home every day.	I do school work at school somewhere other than the classroom.	I do school work at school in the classroom.