

**This is Me**

**Information about me for an Annual Review**

**The boxes will get bigger if you’re adding lots of information. That’s OK!   
If you need help to fill out the form or need some ideas, there’s some tips on pages four, five and six.**

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| **Your Name:**    **Your date of birth:**  **Today’s date:**  **The name of anyone who helped you with this (and who they are in relation to you, for example your mum):**  **What’s the best way to contact you? (by phone, email, letter etc?)**  **Are there any days of the week, or times of day, when you can’t talk or meet with someone?** |

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| **What are you good at?**  **What is important to you and makes life enjoyable?** |
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| **Why do you think you’re good at these things? What makes them so enjoyable?** |
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| **What do you find difficult?**  **What is important for you to be able to learn?** |
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| **Why do you think these things are difficult?** |
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| **Think about what makes life difficult.**  **What do you think would make things better?** |
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| **What would you like to achieve next?**  **What would you like to do when you’re older?** |
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| **Is there anything else you want to say?** |
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**How to fill in ‘This is Me’**

**What is ‘This is Me’?**

‘This is Me’ is a form for you to fill in which helps other people understand what you think and feel about school or college. You can ask someone you trust to help you think about what’s important and answer the questions.

**Why do I need to fill this in?**

Being involved in the decisions made about your future is important. Filling in the form can help you to tell others what you’re good at and what you need help with. You can write down your thoughts about school and college and what you would like to do in the future.

The information is sent to Rutland County Council as part of the Annual Review process. This will help them decide what will happen with your Education, Health and Care Plan. They will also ask your parents or carers about you, as well as the other people that support you.

**You can use other ways of recording your views, such as making a film, doing a drawing or writing things down on plain paper instead of using This is Me.**

**What do I need to say?**

The SEND team need to know:

* what you’re good at and the things that are important to you to make your life enjoyable
* the things you find difficult and things that are important for you to be able to learn
* your goals and what would you like to do in the future

**I’m not sure what to write**

There are some ideas on the next page to help you think about what to write.

**I need help filling this in**

You can ask an adult you know to help you (don’t forget to put their name at the top of the form) or you can contact SENDIASS Rutland at [www.sendiassrutland.org.uk](http://www.sendiassrutland.org.uk), email [info@sendiassrutland.org.uk](mailto:info@sendiassrutland.org.uk) or call on 0797 701 5674 for help.

**Top tips for filling in the form**

* Remember that there are no right or wrong answers. Everyone is different - the SEND team want to know about you and what you think.
* Your views and ideas might be different from your school’s or your parents’ and that’s OK.
* Chances are, you won’t have met the people at the Local Authority who will decide what will happen to your EHC Plan. So, ‘paint’ a clear picture of who you are, what you’re like and what your goals are.
* It’s helpful if you can say **why** you enjoy certain things or find certain things difficult. For example, you might say ‘I enjoy playing computer games’ and that’sgreat. But if you can say what makes it enjoyablefor you too, that’s even more helpful. So maybe it’s because you like spending time with your friends online, or maybe it’s because you like playing strategy games that make you think. The more you can say about it, the better!

**Here are some ideas to help you answer the questions in ‘This is Me’**

**What do you find difficult?**

**What is important for you to be able to learn?**

Think about what you may need help with, such as:

* remembering, planning or organising things
* understanding school work, taking exams or getting help with your learning
* getting around school or getting out and about
* relationships and friendships
* understanding rules, instructions or other people
* your health, taking care of yourself or staying safe
* family and social life
* hobbies and interests

**What are you good at?**

**What is important to you and makes life enjoyable?**

Think about things like

* your skills and the subjects you find interesting
* family life, friends and social life
* hobbies, leisure time and interests
* anything or anyone that helps you at school and that you couldn't do without
* your health, sports and exercise
* getting around, being independent and getting where you want to go
* what motivates you and what are you proud of in yourself
* what other people like and admire about you
* the things that make you happy

**What do you like to achieve next? What would you like to do when you are older?**

These are some ideas of things you may want to think about...

* If you want to go to college, what type of college would you like to go to?
* What subjects would you like to study?
* Would you like to go to work or volunteer? What sort of jobs or volunteering are you interested in?
* What do you need to learn before you can go to college or get a job?
* Where would you like to live? Who would you like to live with?