



**Working hours - under 16s**

<b>School days</b>	Less than 2 hours per day. Not earlier than 7am or later than 7pm. Not during school times.
<b>Saturdays</b>	Up to 5 hours.
<b>Sundays</b>	Up to 2 hours.
<b>Term time</b>	Maximum 12 hours per week.
<b>School holidays</b>	Up to a maximum of 25 hours a week, maximum 5 hours a day

**Budgeting**

Teenagers can manage money by setting a budget, tracking income and expenses, and saving for goals. Use a savings account or jar for future needs. Avoid impulse buying by making a list before shopping. Limit spending on non-essentials, and try to save a portion of any money earned.

**Jobs for young people**

Teenagers often work, for example as babysitters, dog walker, or in a cafe or restaurant. It is important that paid work does not negatively impact on school work, especially during GCSEs. Some young people volunteer to build experience of working.

**How to learn more about careers**

It's important to find out more about careers you might be interested in, especially when choosing GCSE options. You can look at unifrog (if you haven't logged in yet, you will soon), speak to family and relatives, or look up people who do your choice of career on social media. In school, you can speak to your form tutor to arrange a meeting with Miss Warnock, our careers advisor. You can also speak to subject teachers .



Trimurti	Role
<b>Brahma</b>	The creator (God creates everything)
<b>Vishnu</b>	The preserver (God supports everything in creation)
<b>Shiva</b>	The destroyer (God brings everything to an end)

Key Term	Definition
<b>Karma</b>	This comes from your actions. It can be good or bad, and will affect your rebirth
<b>Reincarnation</b>	After death the soul is reborn as a human, animal or plant
<b>Atman</b>	Hindu term for the soul

**Hindu Religious Beliefs**

Hinduism is a major religion from India, believing in many gods and goddesses, with Brahman as the ultimate God. Hindus follow the ideas of karma (actions) and samsara (reincarnation). They seek moksha, or freedom from the cycle of rebirth, through good deeds, meditation, and devotion to God.

**Hindu Religious Practices**

Hindu religious practices include prayer, meditation, and rituals at temples or at home. Many Hindus follow daily routines like offering food or lighting lamps to gods. Festivals like Diwali and Holi celebrate different gods and life events. Pilgrimages to holy places and practicing yoga are also important traditions. Hindus are vegetarian, believing that God exists in all creatures.