



Personal Development at Newbridge School

Pastoral & Therapeutic Support at Newbridge Learning Community

After School Enrichment Programmes - Hair and Beauty Group

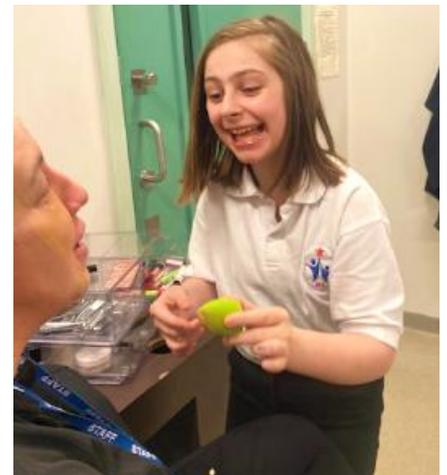


At Newbridge Learning Community, our Hair and Beauty Group provides a safe, supportive space where students with SEMH needs can build confidence, resilience, and social skills through engaging and creative activities.

This targeted pastoral intervention is designed to nurture well-being, strengthen peer relationships, and allow students to explore their interests in a relaxed, enjoyable environment.

Activities include:

- **Creative Arts & Crafts:** Jewellery making, arts, and crafts projects to encourage self-expression and creativity.
- **Hair & Beauty:** Practical sessions to develop grooming skills, confidence, and self-care routines.





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After School Enrichment Programmes - Cooking and Nutrition



Cooking, Wellbeing & Enrichment - At Newbridge Learning Community, enrichment activities support pupils' independence, confidence, and wellbeing.

Cooking & Baking = Our cooking and baking sessions develop practical life skills, teamwork, and healthy living awareness, while building independence through hands-on experiences.

Wellbeing & Relaxation - Wellbeing and relaxation activities, including spa days, PJ parties, and film club sessions, promote positive mental health, relaxation, and social connection in a safe and supportive environment.

Supporting Confidence and Growth - These opportunities help pupils feel confident, valued and ready to succeed both in and beyond school.

Impact for Students

- Builds confidence, self-esteem, and independence.
- Develops social and communication skills through collaboration and shared activities.
- Provides a calm, nurturing environment for personal growth and positive engagement.
- Supports SEMH students in managing stress, building friendships, and exploring new interests.



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After School Enrichment Programmes - After-School Football Training



Football Beyond the Game

At Newbridge Learning Community, football is about more than just playing. Our after-school sessions give pupils a chance to unwind, connect, and be part of something positive at the end of the school day.

A Safe and Supportive Space

In a safe environment, students build confidence, develop friendships, and experience success — sometimes in small steps, sometimes in big moments.

Encouragement, Teamwork, and Growth

We focus on encouragement, teamwork, and helping every young person feel valued. Whether a pupil is new to football or already loves the sport, everyone is welcomed and supported to grow at their own pace.

What Pupils Gain Through Football

Through football, our pupils develop:

- Confidence in themselves
- Trust in others
- Better emotional regulation
- A sense of belonging

Flourishing On and Off the Pitch

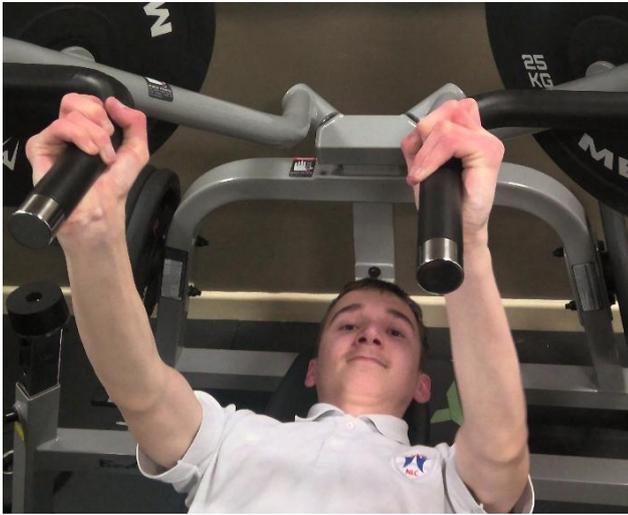
When young people feel safe and supported, they flourish — on the pitch and beyond it.



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After School Enrichment Programmes -Personal Training



Enrichment Programme - After School Personal Training

At Newbridge Learning Community, pupils get moving, have fun, and feel great! Our sessions boost confidence, body positivity, and mood in a friendly, supportive environment.

What Pupils Do

- Fun personal training tailored to individual goals
- Strength, fitness, and coordination challenges
- Team games and motivational activities
- Learn healthy habits while staying active

Why It Matters

Pupils leave feeling stronger, happier, and more confident, enjoying exercise, building friendships, and looking after their body and mind.