



## Personal Development at Newbridge School



### Pastoral & Therapeutic Support at Newbridge Learning Community

#### Healthy Friendships & Social Skills

At Newbridge Learning Community, we actively support pupils in developing healthy friendships, positive communication, and strong social skills. Building positive relationships is a key part of personal development and long-term wellbeing.



Our approach includes:

- Social Stories - Helping pupils understand different social situations and appropriate responses.
- Role Play Activities - Practising real-life scenarios to build confidence in communication and conflict resolution.
- Friendship Skills Groups - Small group sessions focused on respect, empathy, listening skills, and cooperation.
- Peer Mentoring - Opportunities for pupils to support one another, strengthening leadership and trust.
- Practising Positive Interactions - Structured activities that encourage kindness, teamwork, and constructive problem-solving.

Through these programmes, pupils learn how to build and maintain healthy relationships, manage disagreements positively, and develop the social confidence needed for school, work, and life beyond education.

