



Personal Development at Newbridge School

Pastoral & Therapeutic Support at Newbridge Learning Community

Health & Wellbeing at Newbridge Learning Community - Mindfulness



Mindfulness at Newbridge Learning Community

At Newbridge Learning Community, we know that a child's wellbeing is just as important as academic success. That's why mindfulness is used to help students feel calm, confident and ready to thrive.

Through simple, mindfulness exercises, students learn to pause, focus, be aware of the sensations in their bodies and manage their emotions. This means they are better able to handle stress — whether it's the pressure of exams, friendship challenges, or the ups and downs of everyday school life.

Mindfulness also helps children:

- **Stay calm and focused** - improving concentration in class and supporting learning.
- **Understand and manage emotions** - responding thoughtfully instead of reacting impulsively.
- **Develop empathy and stronger relationships** - fostering kindness and positive connections with peers and staff.
- **Build resilience** - equipping them with tools to cope with challenges, setbacks, and change.
- **Feel grounded and connected to their emotions.**

By embedding mindfulness across focus events and pastoral support, we create a calmer, more supportive school environment. The impact is clear: students feel happier, more confident, and better equipped for both school and life beyond the classroom.

At Newbridge, mindfulness isn't just an activity — it's a foundation for success, wellbeing and personal growth.

