



Personal Development at Newbridge School

Pastoral & Therapeutic Support at Newbridge Learning Community

Health & Wellbeing at Newbridge Learning Community - Nurture

At Newbridge Learning Community, wellbeing comes first. We know children thrive when they feel safe, understood and supported — emotionally as well as academically.

That's why we offer a wide range of therapeutic and personalised interventions designed to nurture confidence, resilience and belonging.

Nurture with Cath



Led by Cath Bessell, our Emotional Health & Wellbeing Coordinator, Nurture provides a calm, inclusive space where pupils feel valued and heard.



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What Nurture Offers:

- Friendship building across year groups
- Conflict resolution and anger management strategies
- Creative activities to encourage expression and teamwork
- Nurture Lunch – a quieter, homely dining experience
- Play-based and structured social learning
- Targeted emotional interventions
- Zones of Regulation support
- Celebration of neurodiverse strengths, including Autism, ADHD and dyslexia

Rooted in Community

Nurture reflects our core value of **Community**, helping pupils:

- Build positive relationships
- Feel a genuine sense of belonging
- Develop listening and teamwork skills
- Celebrate individuality and inclusion

In a nurturing space, children grow socially, emotionally and confidently – ready to engage in learning and life.

