



Personal Development at Newbridge School



Careers, Employability and Key Skills



PSHE at Newbridge - Building Skills for Life

At Newbridge Learning Community, our PSHE programme equips pupils with the knowledge, skills, and confidence to navigate life both in and beyond school. From transition support in Year 7 to preparing for post-16 choices in Year 11, pupils develop practical life skills, financial awareness, legal understanding, and strategies for mental and physical wellbeing.

Each year builds on the last, ensuring a cohesive personal development journey that empowers pupils to make informed, responsible, and positive decisions.

- **Year 7:** Transition from Primary school; building positive friendships; anti-bullying; online safety; emotional wellbeing; personal hygiene and puberty.
- **Year 8:** Law, crime and rights; equality and diversity; healthy relationships; consent (age-appropriate); mental health awareness; drugs, alcohol and vaping awareness.
- **Year 9:** Budgeting, saving, income tax and National Insurance; healthy intimate relationships; contraception and sexual health (RSE); managing peer pressure; body image and self-esteem; risks of substance misuse.
- **Year 10:** Avoiding debt, gambling, money laundering and cybercrime; workplace rights and responsibilities; managing stress; healthy lifestyles (including diet, exercise and sexual health); recognising unhealthy or abusive relationships.
- **Year 11:** Post-16 pathways; employment and financial independence; coping with change and the wider world; positive mental and physical health; accessing health services; personal safety and managing risk.



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Our Partnership with Locala

Locala, our local Wigan partner, works closely with Newbridge Learning Community to deliver Sexual Health and Relationship (SRE) workshops as part of PSHE. Their sessions provide pupils with confidential, expert guidance, helping them understand healthy relationships, make safe choices, and build confidence in a supportive environment.

High-Quality PSHE Education

At Newbridge Learning Community, we provide high-quality PSHE education, including SRE workshops, delivered in collaboration with Locala.

Supporting Pupils' Wellbeing and Confidence

These sessions help pupils develop confidence, make safe and informed choices, and understand healthy relationships.

Safe and Supportive Learning Environment

All learning takes place in a safe, supportive environment that promotes wellbeing, focus, and personal growth, helping pupils thrive both socially and academically.