

Personal Development at Newbridge School

1. Enrichment - Wellbeing and Emotional Development

- Pupils learn to manage emotions and behaviour, with staff helping them develop personal strategies in health and fitness to reduce anxiety or negative emotions.



- Form bonding days, nurture groups, and Morning Moves activities provide opportunities to build relationships, social skills, promote wellbeing and emotional resilience.



Personal Development at Newbridge School

1. Enrichment - Wellbeing and Emotional Development - Residentials



- At Newbridge Learning Community, we believe the most powerful learning doesn't just happen in a classroom — it happens outdoors, in nature, through challenge, teamwork, and discovery.
- Our visits to the Anderton Centre and Lowbank Ground provide unforgettable outdoor education experiences that help our young people grow in confidence, resilience, and independence while building lifelong memories.



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1. Enrichment - Wellbeing and Emotional Development

Morning Mile & Morning Moves = A Positive, Active Start to Every Day



Our Morning Mile and Morning Moves programme gives pupils a structured, non-competitive way to begin the day through purposeful physical activity. The aim is simple: get moving, increase blood flow, stimulate the brain and prepare for learning.

We know that when pupils move, they learn better.

What is Morning Mile?

Morning Mile is a daily opportunity for pupils to complete the equivalent of a mile through varied movement activities. It is fully inclusive and designed so that every pupil can participate at their own pace.

Morning Moves builds on this approach by offering structured, collaborative physical sessions such as:

- Walking or light jogging
- Nature walks and outdoor exploration
- Dance-based movement sessions
- Ball skills and coordination drills
- Circuit-style fitness stations
- Gym-based exercises
- Yoga
- Stretching
- Brain boosting challenges



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The focus is not competition — it is participation, routine and wellbeing. All activities are designed to promote teamwork, encouragement and confidence rather than winning or losing.



The Science Behind Movement and Learning

Research shows that even 15-20 minutes of physical activity:

- Increases blood flow and oxygen to the brain
- Stimulates chemicals such as dopamine and serotonin, which support mood and motivation
- Improves concentration and memory
- Reduces stress and anxiety
- Enhances readiness to learn

By embedding movement into the start of the day, pupils enter lessons more focused, regulated and prepared to succeed improving engagement and behaviour, stronger peer relationships, increased confidence, better physical health and a calm, purposeful start to the school day.

Through collaborative, inclusive movement, we create a culture where pupils feel energised, supported and ready to achieve!