

## **Life Skills Program**

***(paid courses are on a first come-first served basis, please register interest via questionnaire link on our website)***

### **Cookery Course *(at an additional cost)***

A cookery course offers students a comprehensive and enjoyable way to develop practical skills, enhance their wellbeing, and prepare for their future.

- 20 sessions
- Running on weekends in the college restaurant
- Follow along video tutorials with support from a chef and houseparent
- A mix of sweet and savoury recipes, serving up to 4 people
- Cost: £250

### **First Aid Course *(at an additional cost)***

The Department for Education suggest that pupils should know the concepts of common first aid emergencies. Students will receive an *MPW Student First Aider Certificate* on completion of the course

- 5 x 60-minute session per half term covering:
  - Basic life support (CPR & AED)
  - Bleeding and Shock
  - Chest Pain
  - Choking
  - Bone, muscle and joint injuries
- Cost: £50

### **Self-Defence lessons *(at an additional cost)***

- Self Defence Classes are thoughtfully designed to empower students with the knowledge and techniques necessary to protect themselves in any situation. We also include mindfulness and tactical space awareness training.
- One-hour sessions
- Cost calculated based on group numbers (approx. £25-40 per hour)

### **Gardening Club *(additional trips and material costs)***

- Offers students a multifaceted experience that enhances their education, physical health, social skills, mental wellbeing, and environmental consciousness.
- Lessons on indoor/outdoor plants, activities such as terrarium building, and trips are some of the activities which will take place.
- Approximate cost £150 - £200 for the year, with students paying as they go for trips and some materials.

### **Community Engagement**

Engaging boarding students within the local community through fundraising and volunteering in our local area. Some of the initiatives may include:

- Fundraising for local charities
- Volunteering in local prep/primary schools, retirement/care homes