

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