



Secondary Outreach Alternative Provision

My name is Celestine, and I've had the privilege of being part of the Foundry family for ten years.

I first joined Foundry through a secondment focused on behaviour support, working across both primary and secondary settings. I have now stepped into the role of Outreach Alternative Provision Coordinator, an opportunity that allows me to bring together my experience and passion for supporting pupils in more personalised ways.

I'm committed to creating engaging, meaningful activities that meet the individual needs of students in an alternative provision setting. I believe that every child, no matter their challenges, deserves to feel supported, valued, and given every opportunity to succeed.

I work to source and deliver creative, tailored programmes, from therapeutic activities to outdoor learning experiences. Collaboration is a key part of my approach; I work closely with teachers, SEN professionals, and activity coaches to ensure each programme is designed to support student's emotional, social, and behavioural development.

I am particularly passionate about using equine therapy and physical activity as powerful tools to engage students who may struggle in traditional classroom settings. These approaches offer unique, hands-on opportunities for pupils to build trust, confidence, communication, and self-regulation skills in a non-judgmental and calming environment.

Every child deserves the chance to thrive in an environment that recognises and nurtures their individuality, and I'm proud to be part of a team that makes that possible.

BOULDERING/CLIMBING



CORE SKILLS

Climbing is way more than just a fun thing to try. Done regularly it has **huge health benefits**, including increased strength, muscle building, improved cardio, flexibility, and mental well-being.

Indoor rock climbing and bouldering **positively impact mental health** through the strategic approach to challenges and problem-solving.

Climbing is a dynamic exercise that combines strength, cardio, and risk management. It is often described as **solving a puzzle with your body**, requiring strategic thinking, adaptation, and pushing yourself to make a move even if you think you'll fall.

The challenges of climbing are unlimited. The variety not just in difficulty, but the types and degrees of walls, different holds, and body positions are almost infinite. It also doesn't get easier as you improve, the routes just get harder.

LEARNING OUTCOMES

- Team work and resilience
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

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All outreach referrals to be made via the Foundry College website:

www.foundry.wokingham.sch.uk

CIRCUITS/CARDIO/BOXING

Mixed and ALL-GIRL sessions available

CORE SKILLS

Boxing fosters discipline and helps achieve difficult goals both in and out of the ring.

Promoting concentration, self-confidence, self-determination, and disconnection from risky behaviours and violence.

It also develops life skills including developing relationships and **enjoying positive interactions** with others, improving communication in order to express and receive information correctly with others through assertiveness and **respect**.

Resilience is part of the essence of boxing, it is what has allowed many young people to move forward, **improve their quality of life**, fulfill their dreams with self-confidence, with a positive attitude, with **emotional maturity** and a strong determination to face tough times throughout their life.

LEARNING OUTCOMES

- Improved self confidence
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

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EQUINE ASSISTED THERAPY



SESSION OUTCOMES

In equine assisted therapy (EAT), pupils are offered 'safe' (physical and emotional) experiences through interactions with horses. Pupils build responsibility, trust and empathy, and experience behavioural improvements.

In addition, EAT encourages patience, perseverance, and emotional healing, offering a holistic approach to support a pupil's emotional, social, and physical development.

What does an EAT session look like?

- Observation of horses
- Meeting with horses at liberty
- Option to ride the horses with support
- Lead-line experiences
- Including touching, grooming and leading
- Liberty leading (leading horses without a lead rope)
- Creative activities with horses

Sessions delivered by Santolina Stables, Wokingham.

SESSION BENEFITS

- Emotional awareness
- Emotional regulation
- Boundary setting
- Benefits of mindfulness
- Increased attention
- Meaningful connection

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