



LIFE WITHOUT LIMITS

SIXTH FORM EXTRA CURRICULAR ACTIVITIES

TEAM TOR BRIDGE

LEADERSHIP

Our student leadership team showcase our commitment to values of love, courage and ambition, front our events and bring about positive change in our community.

VALUES

We embrace our values: love, courage and ambition as guiding principles that empower every student to thrive without limits.

MISSION

Our mission is to transform lives, strengthen communities and make the world a better place.

STRUCTURE

The leadership structure includes 2 Head Students, 2 Deputy Head Students and 2 roles focusing on Connection and Belonging.

Be a part of a Student leadership team that supports our community



VOLUNTEERING

- Board games
- Cafe leaders
- Lunchtime supervision support
- School performance support
- PE technician
- Sports coordinator
- Sports club leader



Extra-Curricular Clubs

AUTUMN YEAR SIXTH FORM OFFER

Academic & Enrichment

- Book & Biscuits
- Chess Club
- Homework Club
- Carnegie Book Club
- Sparx maths
- Language Nut Drop



Performing Arts

- Theatre Production
- Tor Bridge Choir
- Stage Band
- Future Voice



Sport

- All Girls Football
- Girls Football
- Basketball Academy
- Netball
- Rugby Academy
- Rugby Club



STEM & Engineering

- Coding Club
- Young Enterprise
- STEM Club
- Army Cadet Force



Community & Wellbeing

- Pride Club
- Warhammer Club
- Girls Power Hour



Arts & Creativity

- Craft & Create
- Arts Award



Volunteer

Challenge yourself, build new skills, make a difference

Get Active

And embark on unforgettable adventures today.

Learn Skills

Join the DofE Award and unlock your potential through daily activities and a residential experience

Explore

Make a difference in your community and discover new challenges.

Grow

Grow personally through diverse and exciting adventures.

BRONZE AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
3 months	3 months	3 months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
6 months	6 OR 3 months	6 OR 3 months	3 days 2 nights
Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

GOLD AWARD				
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION	RESIDENTIAL
12 months	12 OR 6 months	12 OR 6 months	4 days 3 nights	5 days 4 nights
Physical and Skills sections: one section for 12 months and the other section for 6 months				
If you didn't do SILVER, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				



YOUNG ENTERPRISE

FootAnstey 
Powering your ambition

Creativity

Build a business plan,
product and team.

Design and Market

Your ideas to develop
revenue

Finance

Fundraise and trade to make
your ideas a reality.

Win

Compete, present and
promote your business to
rise above the rest.



BAR **MOCK TRIAL**



FEATURING **EXPERT JUDGES**

Engage with real-life scenarios
and courtroom strategies for
aspiring lawyers

COURTROOM **COACHING**

Specific coaching and
mentoring to prepare you for
courtroom activity

REGIONAL AND **NATIONAL COURT** **ROOM COMPETITIONS**

VOLUNTEERING

- Carnegie book club
- Charity event coordinators
- Community Ambassadors
- Library assistant
- Literacy mentors
- Harry Potter book club support
- Reading champions
- Creative writing workshop mentors
- Performing Arts and Events Ambassadors



AQA EXTENDED PROJECT

- Develop skills, deepen knowledge and prepare for Higher Education success.
- Weekly project supervision with a dedicated project supervisor on a Wednesday period 3.
- Programme of explicitly taught skills for Higher Education that gains you additional UCAS points.



LIFE WITHOUT LIMITS DIPLOMA

Your Path to a life without limits

02 Love

Complete 20 hours of community commitment, loving those around you



Ambition

01



Participate in 20 hours of careers related learning

Courage

03



Learn something new- e.g. a new skill or extend your knowledge in a particular area

04 Life without limits

Complete 20 hours of work experience



Life without limits

05



Complete 20 hours of extra curricula and well being activities from our health and well being curriculum

06 Reflect on your learning

Gain your diploma!



STEM SMART



What is STEM SMART¹ For Year 12-13 Students:

STEM SMART is a prestigious free programme from the University of Cambridge and Isaac Science designed to help academically able students from state schools achieve success in STEM subjects and prepare for competitive university applications.

Students receive expert tuition, mentoring from current Cambridge undergraduates, additional academic challenges and guidance throughout Year 12 and Year 13.

What Students Receive

Academic Support

- Weekly online assignments linked to A Level study
- Subject-specific tutorial sessions
- Support in Mathematics and Science subjects
- Development of advanced problem-solving skills

University Preparation

- Guidance on applying to competitive universities
- Advice about STEM degree courses
- Support with UCAS applications and personal statements
- Information about studying at leading universities

Cambridge Student Mentor

- Online meeting every two weeks
- Advice and encouragement from a current Cambridge undergraduate
- Opportunity to ask questions about university life

Speak to Miss Simpson to find out about applications and eligibility or view:

<https://>

[www.undergraduate.study.cam.ac.uk/
find-out-more/widening-participation/
stem-smart](https://www.undergraduate.study.cam.ac.uk/find-out-more/widening-participation/stem-smart)

stemsmart@isaacscience.org



FOOTBALL

Can you take us to new places?

Recruiting new members to our cup championship winning team. Training every Wednesday during period 3 with Mr Dann.

Matches take place on Wednesday after school, from September 2026.



UNDEFEATED DIVISION 2 CHAMPIONS

BASKETBALL PATHWAY



Training Mon - Thurs AM & PM with coach PJ and his team

Entry into the AOC league and National Cup*

Specialist nutrition and strength and condition training

Audiences to support home performances

All combined with an excellent academic curriculum

*SUBSCRIPTION COSTS APPLY





The Bridge - The Sixth Form Cafe

Gain skills in food hygiene, business enterprise and customer service.

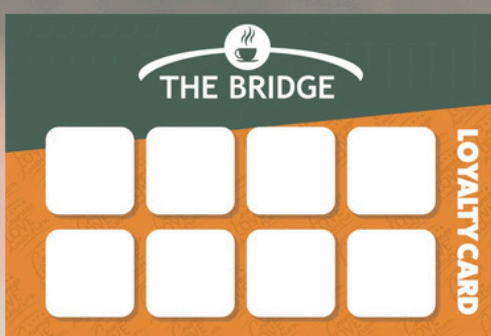
All funds raised are invested back into your Sixth Form.

THE BRIDGE

ESPRESSO

Americano	£ 1.75
Cappuccino	£ 2.00
Costa Iced Coffee	£ 2.00
	+ 20p for syrup
Latte	£ 2.00
Caramel Macchiato	£ 2.00
Mocha	£ 2.20
	+ 30p for whipped cream
Flat White	£ 1.80

NON-COFFEE



UK Summer Schools



OVERVIEW

The Sutton Trust Summer School Programme

offers school-age students the opportunity to immerse themselves in university life. This

programme provides students with the confidence and skills needed to: choose where to apply and what to study, be competitive applicants wherever that is, and find support with a network of like-minded peers.

Students will apply to one of our top-tier UK university partners where they will take part in:

- ✓ **Social activities**
- ✓ **Taster academic sessions**
- ✓ **Application skills workshops**

Alongside the in-person programme, every student will have access to STO which contains resources and interactive support to help students explore, apply, prepare for and succeed at university or an apprenticeship (page 15).



CASE STUDY

I grew up in Scarborough (North Yorkshire). I participated in the Chemistry summer school at Imperial College London before going on to study Chemistry at the University of Oxford. Currently I work as a Finance Analyst.

The highlight of my Sutton Trust programme was the opportunity to meet and connect with various current students and researchers, who offered me invaluable advice and genuine insights into the university application process.

Dani
UK Summer School alum

Programme length:
1 week residential + ongoing online support

Recruitment area:
Nationwide

Application window:
January – March

Following the Summer School, students showed very strong agreement that they are **motivated** for their final year of school

(93%)

and that they feel able to **visualise** themselves at a selective university

(90%).

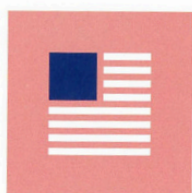
2x

our students are twice as likely to accept a place at a high-tariff university (compared to UCAS benchmark)



For more information, scan here.

Sutton Trust Fulbright US Programme



OVERVIEW

Our US Programme is designed to support students in exploring the American university experience, financial aid options, and

application process. Through UK residentials and online experiences connecting directly to different American colleges, students get in-depth and expert support to explore studying in the USA

The programme provides students with:

- ✓ **Virtual tours** and expert insights to explore US universities.
- ✓ **Two UK residentials** which cover the US admissions process.
- ✓ **Expert advice** throughout the application process via the Fulbright Commission.
- ✓ **In-depth** admissions test preparation.
- ✓ **Training and guidance** for teachers about supporting students applying to the US.

All costs including travel, residential events and accommodation are covered by the US Programme. The US programme is run in partnership with the Fulbright Commission



CASE STUDY

I feel so privileged to have experienced such unwavering support from programme staff, access to professionals in the field of university admissions, tuition in core areas of the application process,

and transformative mentorship which I realise students even from the most elite schools in Britain may not have such access to.

Nabrisa
US Programme alum

Programme length:
2 years

Recruitment area:
Nationwide

Application window:
November – January

PARTICIPANTS

that successfully applied to US study, secured places across

85

...US COLLEGES,

accessing over...

\$220M

...OF FINANCIAL AID.



For more information,
scan here.

Access Apprenticeships



OVERVIEW

High-quality apprenticeships

not only offer young people the opportunity to earn while they learn but also ensure they gain valuable skills and get a foot on the career ladder.

The Sutton Trust Access Apprenticeships Programme supports students to meet leading employers and like-minded peers and learn more about how to access top degree apprenticeships.

By the end of the programme, students will have

- ✓ **Explored** whether an apprenticeship is the right route for their future.
- ✓ **Developed** the knowledge and confidence to search for and apply to apprenticeship opportunities, along with key employability skills to help them be workplace ready.
- ✓ **Gained** valuable work experience to enhance their CV.
- ✓ **Built connections** with employers and expanded their professional network.
- ✓ **Continued access** to our digital platform Sutton Trust Online for expert resources and interactive support (see p.15).



CASE STUDY

I would say if even 1% of you feels like you may regret not applying to it, apply. It is such a wonderful programme where you'll be able to explore what you want to do in the future and make friends along the way.

Taking part in this programme helped me develop the skills needed to land an apprenticeship but more importantly it gave me the belief that I could do so.

Idris
Apprenticeship alum

Programme length:

18 months

Banking & Finance - London

Law - London, Manchester and surrounding areas

Engineering - Manchester and surrounding areas.

Application window:

September-November

700+

STUDENTS

have attended the Apprenticeship programme.

26

EMPLOYERS

from a range of sectors have delivered sessions on the programme.



For more information,
scan here.

Pathways Programmes



OVERVIEW

The Sutton Trust Pathways Programmes support students to explore careers in Finance, Engineering, Law, Medicine and Veterinary Medicine, while developing the knowledge, skills and confidence to access competitive professions.

Pathways is delivered in partnership with leading universities and employers. Through sustained engagement students may also be eligible for reduced UCAS offers from partner universities.

Through Pathways, students will benefit from:

- ✓ Meaningful opportunities to engage with employers through work experience and skills sessions, giving them practical insight and professional contacts.
- ✓ Employability workshops covering CV and application writing, interviews, networking and workplace skills.
- ✓ University application support and where applicable, a free university residential.
- ✓ Access to interactive activities and expert resources via Sutton Trust Online (see page 15).



Emilia
Pathways alum

CASE STUDY

Before the Sutton Trust programme, I wasn't completely certain if university was the right path for me. The programme really helped to shape that decision by giving me a clearer picture of what university life would be like and the opportunities it could open up, especially within the legal profession. Meeting current students and hearing about their experiences made it feel much more achievable, and the guidance on applications and personal statements gave me the confidence to take that next step.

Programme length: 18 months

Recruitment area: Local and nationwide

Application window: September - November

PATHWAYS to Law students are 2 times more likely to accept an offer from a leading university and...*

PATHWAYS TO MEDICINE STUDENTS ARE 54% MORE LIKELY TO ACCEPT A PLACE ON MEDICINE OR DENTISTRY



We also offer fully online Pathways to Banking and Finance, Law and Engineering, so students can access the same high quality support wherever they live

*compared to similar students nationally as matched by UCAS.

Sutton Trust Online (STO)

Programme length: Up to 18 months

Recruitment area: Nationwide

Application window: May - August



OVERVIEW

Sutton Trust Online is our digital platform providing support to students on their journey to university or an apprenticeship. Over up to 18 months, students will be guided through all the information, skills and

advice they need as they explore their options, apply to, prepare for and succeed at university or in apprenticeships.

Sutton Trust Online has been designed utilising nearly 30 years of experience running programmes supporting students into leading universities and apprenticeships, helping students access all the information they need.

Over the programme, participants will receive:

- ✓ **Personalised guidance** through each stage - Explore. Apply. Prepare. Succeed.
- ✓ **Live and on-demand** content from university and employer partners, including expert advice on personal statements, admissions tests and interviews.
- ✓ **Access to OSCAR**, our interactive personal statement feedback tool, in partnership with Causeway Education.
- ✓ **Opportunity** to access academic tutoring.
- ✓ **A supportive** peer network via STO Chat, where students can connect, ask questions and share progress.



Eligible students gain access to STO after applying to any of our other programmes, or from May students can apply to STO directly.

"I learnt so much from Sutton Trust Online. I gained a better understanding of my future pathways and opportunities through the course specific advice. I continue to use the skills I learnt on the programme now!"

Ella
STO alum

1.7

students using STO were 1.7 times more likely to secure a high-tariff place than comparable peers



For more information, scan here.

Exeter Scholars: Year 12 South West 2026-27

Exeter Scholars is a free programme giving you the opportunity to develop knowledge of what it is like to study a subject of your choice at university level and is designed to support your decision-making process throughout Years 12 to 13.

Choose from two post-16 SW pathways:

1) Year 12 South West On-Campus Pathway

- Choose **one** subject activity strand from fourteen strands available. Gain access to both academics and current students from your subject area(s) of interest
- Start your Scholars journey with a Student Conference on Saturday 28 November 2026
- Attend six subject sessions on one of our campuses between January – October 2027
- Mode of delivery: **on campus**
- **Applications open:** Monday 7 September – Friday 23 October 2026

Scan the QR code to find out more about the On-Campus pathway, the programme eligibility criteria, and complete the application form!

Exeter Scholars Y12 South West
Pathway Application Form 2026-
28



2) Year 12 Virtual Pathway

- Choose **one** subject activity strand from four strands available
- Take part in a 'Virtual Activities Fortnight' from **Monday 15 – Friday 26 February 2027**
- Access to a bespoke set of subject courses on our virtual learning platform and live academic content
- Mode of delivery: **online**
- **Applications open:** Monday 7 September – Friday 23 October 2026

Scan the QR code to find out more about the Virtual pathway, the programme eligibility criteria, and to complete the application form!

Exeter Scholars Year 12 Virtual
Pathway (South West and
National) Application Form 2026-



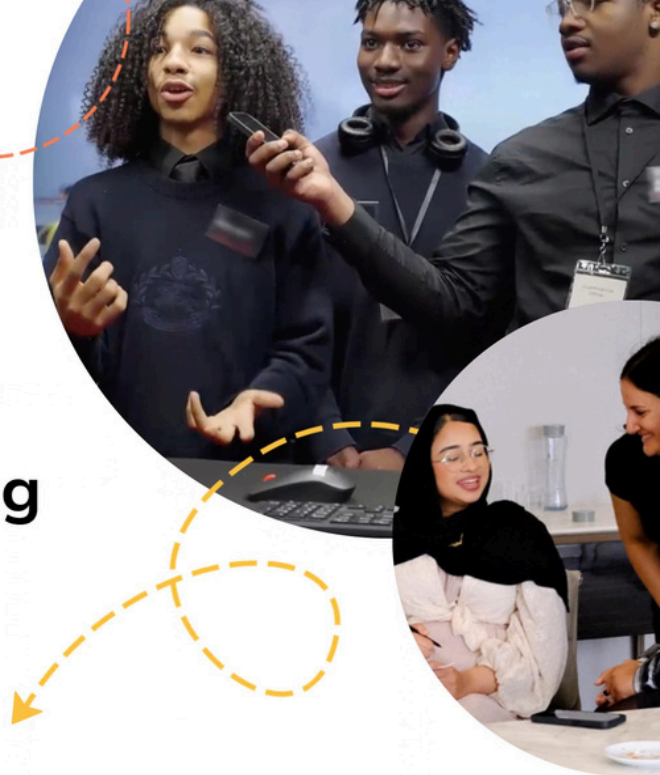


SOCIAL MOBILITY
BUSINESS PARTNERSHIP

www.smbp.org.uk | [@smbp_uk](https://twitter.com/smbp_uk)

Get *SMBP WISE*:

Your ticket to a week-long Work Insight & Skills Experience



Calling all 16-18 year olds in Plymouth!

Boost your employability skills, resilience, and elevate your CV with the award-winning Social Mobility Business Partnership's 2026 Work Insight & Skills Experience (WISE) Programme, **26th - 30th October**.

You'll gain valuable insights into the world of work by engaging with leading businesses through interactive activities and tasks. You'll develop key skills that will make your CV shine and help you stand out when applying for university, apprenticeships, or jobs. Travel costs and refreshments are covered for in-person participants.

A taster of some of the businesses that you could spend time with include:



Students must have attended a non fee-paying school or college to be eligible. Priority will be given to students from less advantaged backgrounds. **Find out more and apply today by scanning the QR code below.** Don't miss this chance to kick-start your future!

"I gained practical skills, career insight, and met some of the nicest people I've ever met. This week showed me how no matter what your background is, there are opportunities for everyone. Huge thank you for giving me such an valuable experience!"

Malek, Exeter WISE Programme



NEW YORK

IMMERSE YOURSELF IN THE VIBRANT ENERGY AND ENDLESS POSSIBILITIES OF NEW YORK CITY. EXPRESS YOUR INTEREST ON OUR SIGN UP FORM TODAY TO BE INVITED TO OUR LAUNCH IN MARCH AND HOW WE WILL CREATE LIFELONG MEMORIES IN THE CITY THAT HAS CAPTURED THE HEARTS OF MILLIONS.

PLEASE NOTE: DEPOSITS WILL BE DUE IN APRIL 2027 WITH FINAL PAYMENTS MADE BY DECEMBER 2027.

Package Includes

- Flight ticket
- Hotel
- Daily breakfast
- Transfers
- Luggage

Package Highlights

- Times Square
- Central Park
- Statue of Liberty
- Art Gallery
- Broadway show*
- Basketball Game*
- Ellis Island
- One World Observatory
- Madame Tussauds
- 9/11 Memorial
- Macy's Department Store

SAVE THE DATE:
7TH-11TH FEBRUARY
2028



TOR BRIDGE HIGH WORK EXPERIENCE

12th – 16th July
2027



Unifrog Support

**Secure your placement now, find out
more from your tutors and Mrs
Humpherson!**



LIFE WITHOUT LIMITS

COURAGE
Love
AMBITION

•••••
TOR BRIDGE
HIGH