



Mindfulness and at Priory Fields

We are committed to fostering holistic personal development in our children. Recognising the importance of nurturing both their physical and mental well-being, we proudly offer regular yoga and mindfulness sessions as an integral part of our PSHE curriculum. Through these practices, we aim to empower our students with essential life skills, promoting resilience, focus, and self-regulation, these are life-long skills that we hope our children carry forward with them through to secondary school and beyond.

'I feel so calm in the sessions'

'I have learnt lots about how controlling my breathing can help me to feel better!'

'I like having the time to be quiet and focussed'

'I know lots of new yoga poses now!'

Look out for more photos on our website of our yoga sessions in action!

Whole Class Attendance

1st - Courtesy - 98.4%
2nd - Endeavour - 96.4%
3rd - Justice - 94.6%

Dates for your Diary

23.01.24 - EYFS Trip to the Wood, Elms Vale

24.01.24 - Y4 Swimming

26.01.24 - Liberty Class Assembly

31.01.24 - Y4 Swimming

02.02.24 - Endeavour Class Assembly

08.02.24 - Year 5 Trip to Duke of York's Military School

09.02.24 - Last Day of Term

19.02.24 - First Day of Term 4

W/C 04.03.24 - Parent Consultations - Evening Session Weds 6th March



LPPA Coffee and Catch Up

On Tuesday 6th February, the LPPA Group are invited to meet in the dinner hall at 14:30 for coffee and catch up. More information from Mrs Wheeler to follow. If you would like to be a part of this or for more information please contact to Mrs Wheeler.

Year 4 Mummification Madness!

Last week, year four were focusing on mummification and why Ancient Egyptians mummified people and animals. They have read instructions and learnt all about the process of it. We even mummified one of our own! See what year 4 had to say about this on the school website!

Can you mummify a tomato?

Ask year 4 they can explain how!



Hot Chocolate Friday

**A BIG well done
to all our Hot
Chocolate Friday
winners this
week!**

Sports Hall Athletic Competition

On Monday 22nd January, year 4 are taking part in the Sports Hall Athletics Competition at Sandwich Leisure Centre. Good Luck Year 4! We cannot wait to hear all about how it went. We are looking forward to participating in lots of the Kent School Games tournaments throughout the year.

Class Assemblies

Friday 26th January - Liberty Class

Friday 2nd February - Endeavour Class

Friday 8th March - Integrity Class

Friday 22nd March - Loyalty Class

Friday 26th April - Harmony Class

Friday 10th May - Respect Class

Tuesday 21st May - Justice Class

Friday 7th June - Sharing Class

Friday 21st June - Caring Class

Class assemblies start at 9:10am
in the school hall.

