



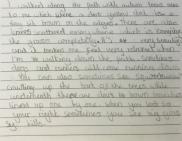
Week 7 Mindfulness

Our theme for Week 7 is **mindfulness**. The children have explored why mindfulness can help us feel happier and also learned some techniques for practising mindfulness.

Many children took part in mindfulness workshops run by One Day Creative. They discussed how you can be mindful in the way you eat and the way you appreciate the natural things around us. KS2 also took part in workshops run by Philosophy For Children – taking time to think about 'big questions'.

Joe Trepon
- The second sec
me
Parliament hill running track.
It is a rearing track with a grossy centre withan
area for J averine, hardles, long Junp of High Junp and a
most importantly the 400 meters running tradie. It's a
narvellous atmosferic place estecially when people are training
to be further connection champions. It makes me feel haves to be there when im with my running friends. I an honored
to be part of the running club and achieve physical
& MALS. I am shatterd after energetic training.





The children have also been learning about the First World War and thinking about the centenary of the armistice. Each class has made a beautiful poppy wreaths which were laid in the church service There is a poignant link to mindfulness week as we use the two minutes silence as a time to reflect on this important anniversary.





	Matteo
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the monumerital rocks . Mext, we	ower our
refs, which are filled with fishy mas	lly prouns,
into the gap and wait. I hicky, we loads of po waba, if not, we g	get to
After, we coust how many water	we all
nost get to eat their biggest	with the
Most gets to an pear siggles t	one.