



ENRICHMENT FRIDAY

IN THIS SPECIFIC CLUB, MINDFULNESS, THEY HAVE LEARNT A GREAT NUMBER OF THINGS LIKE BREATHING TECHNIQUES AND NEW TRICKS TO CALM DOWN AND CHILL OUT. IT IS A FANTASTIC CLUB TO TAKE A BREAK SOMETIMES. IT HELPS YOU TO TAKE CARE OF YOUR BRAIN WHEN IT IS STRESSED.



PUPIL VOICE:

"We get to do colouring, the mind can rest, and we can talk about our feelings" -Harry

"It's an opportunity to relax"-Charlie

"We can make stuff, that helps us keep calm" -Kai

"We get to do colouring and dot-to-dot puzzles" -Amelia

ALL THE STUDENTS WE ASKED SAID THEY THOUGHT MINDFULNESS WAS IMPORTANT.

Mindfulness can help with:

- Physical problems
- Stress
- Calming down
- Relaxing



There are different types of breathing such as bunny breathing, snake breathing, and candle breathing.

We asked Milla what she liked about mindfulness. She liked the fact that it was relaxing and calming.

### Breaking news

The latest local news

#### ENRICHMENT NEWS REPORTERS

On a Friday at 1pm, the whole school goes into the hall to go into their enrichment groups for 1 hour.

It allows groups of mixed-aged children from reception to Year 6 to do an activity of their choice. This term we have had:

- Debating
- Newspaper reporters
- Mindfulness
- Singing
- Safety Squad
- Cooking
- Sewing
- Orienteering
- Craft
- Finance
- First Aid
- and Glee Club



## St Marys Drama News

The people in drama club are loving it so much and they are learning different moves.

They like standing on chairs and the teacher likes doing drama club as well she wants to do it forever. They like spinning, twisting, and going crazy.

The teacher doing the drama is called Miss Newman.

The song they are practicing is my lighthouse. This song has been made by St Mary's CE Primary and Nursery School.

The school motto is **every day counts and everyone matters.**

Drama is important to learn because you can become an actor and be famous so you can earn money.

Published by Charlie E and Nathaniel J and our classes are 9 and 5. We are writing about drama club which is one of 12 groups on offer.



The mixed-age group shone once again, with older children guiding their younger friends, sharing tips, and cheering each other on. It was heartwarming to see their camaraderie grow as they worked together to perfect the number. By the end of the session, the room was filled with laughter, pride, and the echo of a truly memorable performance.



### First Aid

In First Aid they had a London nurse called Nurse Turnbull. They learnt about the recovery position and when it should be used. Before they began practising, they put each other into the recovery position in a safe way. Nurse Turnbull taught them CPR and we were fortunate enough to have 'Resusci Anne's' to practise on!



## IN TODAY'S NEWS...

WE ARE GETTING AN INSIGHT INTO ST MARY'S ENRICHMENT COOKING CLUB.

LET'S TALK BISCUITS, WE ASKED THE CHILDREN IN ST MARY'S WHAT THEY THINK ABOUT COOKING CLUB.

### WHAT PEOPLE SAID

WHY DO YOU LIKE COOKING CLUB?

I WANT TO LEARN HOW TO COOK. HARVEY.

BECAUSE I'M HAVING FUN. JAMES.

SCARLETT MORGAN SAID, "BECAUSE YOU CAN COOK. EAT THE FOOD AND IT'S FUN."

IT IS FUN BECAUSE YOU CAN COOK AND BAKE FOR PEOPLE TO EAT. RILEY

COOKING CLUB IS AN EXCITING THING TO DO FOR PEOPLE WHO WANT TO LEARN ABOUT HEALTHY FOOD AND BAKING FOOD.

THEY HAVE MADE COOKIES AND FRUIT KEBABS. ON THE KEBAB WAS GRAPES, BLACKBERRIES AND KIWI

**BY CODY AND CALEB**



## Finance and Safety Squad went to the village!

Last week, the finance team sold refreshments at the EYFS and KS1 nativity plays. They made a profit from this which enabled them to be able to spend their profit on themselves and the whole school at the Co-op shop. They have learnt about profit and loss and decided to spend some of the profit and save the rest for their next opportunity to invest in a project.

To help them walk safely to the village they walked with the Safety Squad. They looked at who was parked safely and observed traffic and people being safe around traffic.

