



Reflection Time

At the end of every Monday assembly the school has a moment of reflection. A quiet time to think about the values shared in assembly that day. Children are encouraged to be still and use their thinking brain by either looking at the candle or by closing their eyes.

A simple poem is usually read for children to listen carefully too during the time of reflection and respond to afterwards. A good role model is then chosen by an adult to safely put out the flame using the snuffer.