On Thursday 26 February I visited Newbridge Junior School I had the pleasure of joining Gill Parmee and her Y3 class for an RE lesson.

When I arrived the children were already sat at their tables, each had a drink and small box of raisins on a paper towel. The lesson's topic was the 'Langar'. Before eating the children were reminded, through leading questions, of good table manners and conduct. I was invited to share the meal with four lovely children who were very helpful and we enjoyed a good conversation over our blackcurrant drink and box of raisins. After the meal the children shared how they felt; commenting how they got to know each other better around the meal. Although initially some of the children seemed unsure what religion they were studying very quickly they realized they did remember quite a lot and were happily engaged in and contributed to discussion. Next the class had a virtual guided tour of a Gurdwara on the interactive whiteboard. There was a good discussion on the topic and most of the children contributed to it. I was particularly moved by one of the boys who asked: "If you took a man's turban off how much will it hurt them deep down?". This triggered another interesting discussion on feeling/empathy.

As a plenary activity the children had a written task of completing the sentence 'The Langar is.....', which they were all able to do with confidence.

I would like to thank Gill, the children and Newbridge school for making me so welcome and for a very enjoyable experience.