



THE PRIORY SCHOOL

D O R K I N G

Headteacher: Mrs J Trimmell



26th January 2026

Dear Parents and Carers,

Parent Session – Joe's Buddies

We are pleased to invite you to Workshop 2 of our 'Everyone Ask Twice' programme with Joe's Buddy Line. This workshop follows on from the session last term about understanding your child's emotional wellbeing and brain development.

In the next workshop, we will explore:

- ❖ Our "Window of Tolerance" – what it is, why it matters, and strategies to help children stay within it.
- ❖ Recognising stressors and stress responses – understanding what triggers stress, how it appears in children, and how we can respond in a helpful way.
- ❖ Relationships and belonging – the role of connection, safety, and secure relationships in supporting emotional wellbeing.
- ❖ Creating a supportive network – considering the people, routines, and strategies that build resilience at home and at school.

This session offers practical tools and insights to strengthen your child's wellbeing and create a positive, supportive environment for them.

During the workshop you will have an opportunity to ask questions and find more about how the school is supporting your child with their Emotional wellbeing and learn some insights into how you can work with your child together to support their emotional wellbeing.

To access these workshops please click on the links below:

17th March 6pm-7,30pm [Eventbrite Link](#)

26th March 2pm-3.30pm [Eventbrite Link](#)

Helping children stay safe on social media

Please see the link [here](#) for information from the NSPCC.

Dorking Foodbank

Attached is an update from Dorking Foodbank

Year 7 Parents' Evening

A reminder that it is our Year 7 parents evening this Thursday, please ensure that you have [booked](#) your appointments before the evening. When arriving at the school site, please park in the main playground and register your arrival at the school's main reception area. A QR code will be displayed as we would value your feedback regarding the evening as you leave.

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West Bank, Dorking
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Parking

As a reminder, when collecting or dropping off your children from school, please ensure that you do not drive down to the main school entrance as this creates issues for taxis and staff trying to access the site. All students must enter the school site via the top of the school playgrounds.

If you are collecting your child at the end of the day or following a trip, please ensure that you do not park in the "Coach Park".

Future key dates:

28 January	Priory Wellbeing Day
29 January	Yr 7 Parents' Evening
30 January	Line Dancing Evening
2-6 February	History Interhouse competition
5-6 February	Gym & Dance Show
6 February	Gym & Dance performance to local primary schools
9-12 February	Yr 9 Exams
10 February	Safer Internet Day
12 February	Theatre trip London - Wicked
9-13 February	National Apprenticeship week
13 February	INSET day
13 February	School ski trip leaves
16-20 February	Half term

Best wishes,



Mrs Jo Trimnell
Headteacher

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