



# The Pastons: *Life in the Middle Ages*

**The Pastons were one of Norfolk's most prominent families from about 1380 to 1750, rising up from a rural manor to become nationally important members of the aristocracy and key figures in the politics of the Tudor and Stuart courts. What makes the Paston family truly unique is that they left the earliest and largest collection in the country of documents detailing their everyday lives - the now famous 'Paston Letters'. They lived, worked and changed the landscape of our local area and we are going to learn about them and their legacy.**



## Key Vocabulary

<b>Culture</b>	The idea, customs and behaviours of a local group
<b>Feudal</b>	A way of organising society
<b>Heritage</b>	Items and behaviours that are developed and passed through generations
<b>Manuscript</b>	A book or document written by hand
<b>Monastery</b>	A building lived in by monks
<b>Priory</b>	A small monastery led by a Prior
<b>Pilgrimage</b>	Journeying to a sacred place
<b>Peasant</b>	A working person of low status
<b>Sacred</b>	Connected to God or having a significant meaning

**The ruins we can see from the school field are Bromholm Priory- an important place of pilgrimage during the Middle Ages.**

**There were knights in the middle ages. They were gentlemen-soldiers who worked for lords, the king or the Pope.**

