

# ST MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER

MARCH 2 2020

Spring is here and as we approach the wonderful season of Easter we continue to live in very unusual times.

We continue to be blessed at St. Mary's with wonderful eager and enthusiastic children with high numbers continuing to attend school.

Some parents have made the decision to keep their children away from school. We understand and respect their decision as we know they are worried about the coronavirus or are in the situation where they have to self-isolate. We know too this is not easy for families to do.

We were sad on Wednesday to hear the announcement from the Prime Minister that schools are to close on Friday 20<sup>th</sup> March.

Your child will bring work home to complete and depending on the length of the closure we will contact you periodically with new work.

I know as I write this that we may come to a time when we are confined to our homes and it may not be possible for families to collect work from the school.

Our teachers will endeavour to keep information updated on their class pages on the school's website ([www.stmarysenfield.co.uk](http://www.stmarysenfield.co.uk)) with links to websites which provide free activities and information to support learning.



## Lent

We are now in the season of Lent, a wonderful time of renewal. As you know Lent began on Ash Wednesday 26<sup>th</sup> February.



Maybe these weeks of Lent could be a time for us to make a big effort to change and grow as we get ready for the feast of the Resurrection of Christ. Some of the children were planning to lead a time of reflection on the Stations of the Cross on Tuesday 31<sup>st</sup> March and again on Good Friday (10<sup>th</sup> April) at 6pm. Sadly now of course these times of reflection will need to be cancelled.



## Masses to take place without congregations



*In light of the government's advice asking for social distancing and reducing the number of public gatherings, the following letter was issued on 18th March by the President and Vice-President, on behalf of all the Bishops of the Conference.*

Dear Brothers and Sisters in Christ,

In response to the Coronavirus pandemic, so many aspects of our lives must change. This includes the ways in which we publicly express our faith. It is very clear that, following official advice and in order to keep each other safe, save lives and support the NHS, at this time we must not gather for

public acts of worship in our churches. This will begin from Friday evening, 20<sup>th</sup> March 2020, until further notice.

Our churches will remain open. They are not closing. They will be a focal point of prayer, where you will find solace and strength. In visiting our churches at this time, we will observe with great care the practices of hygiene and the guidance on social distancing.

However, the celebration of Mass, Sunday by Sunday and day by day, will take place without a public congregation.

Knowing that the Mass is being celebrated; joining in spiritually in that celebration; watching the live-streaming of the Mass; following its prayers at home; making an act of spiritual communion: this is how we share in the Sacrifice of Christ in these days. These are the ways in which we will sanctify

Sunday, and indeed every day.

We want everyone to understand that in these emergency circumstances, and for as long as they last, the obligation to attend Mass on Sundays and Holy Days is removed. This is, without doubt, the teaching of the Church (Catechism of the Catholic Church 2181). This pandemic is the 'serious reason' why this obligation does not apply at this time.

You will find more details about the pathway of prayer and sacramental life we are now to take in the [accompanying document](#) and on the Bishops' Conference website. Your own bishop and parish priest will provide further support, encouragement and information about our way of prayer together in the coming weeks.

The second vital aspect of these challenging times is



our care for each other. There are so many ways in which we are to do this: being attentive to the needs of our neighbour, especially the elderly and vulnerable; contributing to our local food banks; volunteering for charitable initiatives and organisations; simply keeping in touch by all the means open to us.

During these disturbing and threatening times, the rhythm of the prayer of the Church will continue. Please play your part in it. The effort of daily kindness and mutual support for all will continue and increase. Please play your part in this too. For your commitment to this, we thank you.

'The Lord is my shepherd,  
There is nothing I shall want.'

May God bless us all.

Cardinal Vincent Nichols  
President of the Bishops'  
Conference

### **Our Parish Church**

Father John has asked me to let you know that our own parish church will be open for quiet prayer during the day and periods of Exposition of the Blessed Sacrament.

Families / individuals are welcome to visit the church for prayer (please be aware of the need to sit apart from others during any visits).

The celebrations of the Sacraments of Reconciliation and Communion for our Year 3 (and some above Year 3) will need to be delayed this year but I know Father John will be in contact to update families.

The last public Mass (for a while) will be celebrated in the church this evening (Friday 20<sup>th</sup>) at 7.30pm. This Mass will be offered for the protection of the

parish and all of our families. Father John has asked me to let you know that you are welcome to be there if you wish to attend.

### **Spring Performance**



The children in Year 3 are to be congratulated for their wonderful performance of 'What's the Crime Mr Wolfe?' last half-term. All worked hard and co-operated so well to prepare. The singing, dancing and speaking were of such a high quality. I could see from the faces of all in the audience how much parents and friends of the school enjoyed the performances. Thank you very much children for your hard work. Also a sincere thank you to the teachers, teaching assistants and volunteers who spent many hours of their own time planning



and preparing and then guiding the children through. Thank you to the parents who helped with practices, scenery and costumes. £177.70 was earned in voluntary contributions for tickets.

The children in Year 4 are to be congratulated for their wonderful performance of 'Ali Baba and the Bongo Bandits'. All again worked hard and co-operated so well to prepare. The singing, dancing and speaking were of such a high quality when the children performed for their school mates. Sadly again due to the current situation they are unable to perform their plays for parents.

### **Wednesday Word**

Starting on Wednesday 17th April 2013 children began to bring *The Wednesday Word* leaflet home from school. *The Wednesday Word* is a gift to you and your family because of your connection with our

Catholic school.

Every Wednesday, a 'word' (inspired by the Sunday Gospel) is suggested for you and your family to talk about in your home.

This weekly Family Time is structured around the Sunday Gospel because evidence shows that Gospel values really do help family relationships to thrive.

Regularly spending quality time with children is without doubt one of the most important aspects of parenting. *The Wednesday Word* seeks to support you in this important task: to help you and your children maintain a special closeness throughout the school years.

*The Wednesday Word* 'Family Time' leaflet is designed to ensure that all family members feel included. It presents an effective way for even the busiest of parents to enrich relationships with

their children through spending a very special 5 or 10 minutes together each week.

We suggest Wednesdays for *Family Time* because it is the day that the Catholic Church dedicates to St Joseph - the Patron Saint of Families. But rather than miss out, any other night would do just as well.



Your child will bring home some Wednesday Word activities this week. You might like to use them as the basis for your prayer.

### **Volunteers**

A sincere thank you to all parents who have volunteered to help in classes this term. We really value the time and support you give to children and staff.



Remember if you have time to spare that we will need volunteers again. All who work in classes must be police checked.

We do ask volunteers not to use the staffroom but arrangements are made to provide tea /coffee/ water for any volunteers who work across breaks.

**Don't forget to log on to the school website -**

**[stmarysenfield.co.uk](http://stmarysenfield.co.uk)**

We have been trying to learn / say The Angelus each day at 12 noon in the Junior classes. This is a wonderful prayer which reminds us that God the Son became man in order to save us.

You might like to say this prayer with your child at home. It can be said in the morning, at noon or in the evening.

#### The Angelus

The Angel of the Lord declared to Mary:

And she conceived of the Holy Spirit.  
Hail Mary...

Behold the handmaid of the Lord:  
Be it done to me according to your word.

Hail Mary...

And the Word was made Flesh:  
And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God.  
That we may be made worthy of the promises of Christ.

Let us Pray.  
Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection, through the same Christ our Lord. Amen.

May the divine assistance remain always with us and may the souls of the

faithful departed, through the mercy of God, rest in peace. Amen.

These are the prayers we say each day with the children. You might like to say these prayers with your child during the holidays. It's good practice to have a little quiet prayer time each day. I know many of you already encourage your child to pray at home.

#### Morning Offering

O My God, you love me,  
You are with me night and day.

I want to love you always  
in all I do and say.

I'll try to please you  
Father.

Bless me through the day.  
Amen

#### Night Prayer

God our Father, I come to  
say,

Thank you for your love  
today.

Thank you for my family,  
And all the things you  
give to me.

Guard me in the dark of night.  
And in the morning send your light. Amen.

#### Grace Before Meals

Bless us O Lord as we sit together,  
Bless the food we eat today.  
Bless the hands that make the food.  
Bless us O Lord. Amen.

#### Grace After Meals

Thank you God, for the food we have eaten,  
Thank you God for all our friends.  
Thank you God for everything,  
Thank you God. Amen.

#### Our School Prayer

This is our school.  
May we all live here  
Happily together.  
May our school be full of joy.  
May love dwell here  
among us  
Every day.  
  
Love of one another,

Love of all people everywhere,  
Love of life itself,  
And love of God.

Let us all remember that  
As many hands build a house,  
So every child  
Can make this school  
A lovely place. Amen

#### **Best Wishes**

Thank you for your continued support for our school. It is greatly appreciated by all members of our school community and I know contributes greatly to the happy atmosphere we are so fortunate to have in our school.

Over the last week especially we have been so grateful for the many words of support we have received from so many of you.

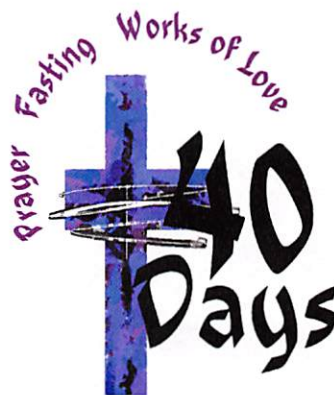
You will be in our prayers and we will keep in contact with you.

Please look after yourselves and stay well.

Miss M. Creed  
Headteacher

#### Prayer for Lent

During this season of Lent  
Let us admit that we are sinners,  
Express our sorrow  
And ask God to forgive us.  
Lord, we ask your forgiveness for all our sins.  
Christ, we turn our hearts towards you.  
Lord, we ask your blessing on us during Lent. Amen







## CATHOLIC BISHOPS' CONFERENCE OF ENGLAND AND WALES

### **Liturgical Advice for the Bishops of England and Wales in the light of the COVID-19 Pandemic**

**18<sup>th</sup> March 2020**

*This advice will be reviewed and developed as necessary weekly*

The Bishops' Conference of England and Wales, having consulted the Ordinaries of the Dioceses, has agreed that the cessation of public liturgies should begin from Friday evening 20<sup>th</sup> March 2020. Because of the situation the Church finds herself in, the obligation for the faithful to attend Holy Mass on a Sunday or Holy day of Obligation is removed, until further notice.

The following instruction is now given for the celebration of the Sacraments and sacramentals of the Church at this time.

#### **Celebrations of Holy Mass**

Priests (parish priest and assistant priests) who hold parochial office should continue to celebrate Mass in a church within their parish without the faithful on a daily basis. Other priests (i.e. retired from office or entrusted with a non-parochial ministry) may celebrate Mass without the faithful in a church, chapel or their private home. Deacons should not participate in these celebrations.

The continuing celebration of Mass ensures that the faithful can join in spiritual communion with the priests of the Church. The Catechism of the Catholic Church states (1364): *As often as the sacrifice of the Cross by which 'Christ our Pasch has been sacrificed' is celebrated on the altar, the work of our redemption is carried out.* Daily liturgical resources for those at home, including those for making a "Spiritual Communion" with the priest, will be available on the CBCEW website.

Information about the live-streaming of the celebration of Mass will be made widely available in our dioceses so that the faithful can participate in the prayers of the priest at Mass at home. A fine example of this is from The National Shrine of Our Lady at Walsingham will continue its full liturgical programme and this will be available to all via the Internet ([www.walsingham.org.uk](http://www.walsingham.org.uk))

Wherever possible, during this period, churches will remain open, especially on Sundays, for individual private prayer, without any organised services, and offering prayer before the Blessed Sacrament.

### **Baptisms**

Baptisms should be deferred until such time that the public health advice is that congregations can gather safely. In case of necessity, baptisms should be celebrated with all the hygiene precautions that have been laid down by the Church in its COVID-19 advice.

### **Sacrament of Reconciliation**

Confession may be offered on request as long as hygiene and social distancing requirements are observed (eg a physical barrier between the penitent and the priest such as a grille and cloth). The use of Rite II and Rite III of the Rite of Penance is not permitted as this, by necessity, requires the gathering of people in our churches.

### **First Reconciliation and First Holy Communion**

These celebrations should be postponed until a time that allows for families and friends to gather safely within our churches.

### **Confirmation**

The celebrations of Confirmation should be deferred until such time that the public health advice is that congregations can resume public worship.

### **Matrimony**

If possible, the celebration of the sacrament of Matrimony should be deferred until such time that people can gather in numbers safely. However, if this is not possible and only in the most pressing of circumstances, then those present for the marriage should be restricted to the celebrant, bride and groom and immediate family, and if necessary, the legal Registrar.

### **Anointing of the Sick**

No pastoral visits should be made to people who are self-isolating until the isolation period ends. However, do offer phone support. When anointing the sick, the Oil of the Sick can be applied using a cotton bud which can be burned afterwards (one end for the head and the other for the hands) and the priest extend his hands over the sick person for laying on of hands, without physical contact. This has been confirmed as a valid mode of celebrating the sacraments which involve "laying on of hands." Visits to people in care homes or hospitals should follow advice from the staff on infection control.

### **Sacraments of Initiation at the Easter Vigil**

This will be dependent on the forthcoming decisions of the Bishops for the Holy Week ceremonies.

### **Funerals**

There must be great pastoral sensitivity to this issue. The funeral service should take place at the graveside or at a crematorium, subject to the conditions laid down by the cemetery or



crematorium authorities. Arrangements should be made for a Mass to be celebrated *in memoriam* when congregations are allowed to gather.

Rev. Canon Christopher Thomas

General Secretary

18<sup>th</sup> March 2020

Final

## **Talking to children about Coronavirus**

### **Start somewhere**

As a parent, there are always conversations you'd prefer not to have with your children. And when something as out-of-the-blue and unknown as the coronavirus strikes, it's hard to know where to begin. Especially as it's clear that the scientists still don't have the answers.

But children need you to talk to them. They're relying on you for information and, more importantly, support.

Open the conversation as soon as possible. It doesn't matter if you don't get far. They'll know it's OK to come back to it when something worries them - when someone they know starts feeling poorly, for example.

It doesn't matter either that you don't have all the answers, as long as you reassure them that people across the world are doing amazing things - coming together, staying apart - to try to combat the virus. And you are following all the advice and doing all you can for them.

### **Be prepared to listen**

There's information everywhere. Your children have access to the knowledge and opinions of the rest of the world via the internet. It can be difficult to distinguish truth from misinformation. Listen to what your children have picked up.

The tech platforms are making a big effort to take down false stories about coronavirus - but they can't control private messaging. So it's still possible for children to have access to information that may worry them but simply isn't true.

Of course, it's a good thing that there's so much expert knowledge available. We can all listen to different scientists and compare countries' responses, and we can see what seems to be working in real-time.

That doesn't mean you have to sift through all this and work out the answers: you'd need a degree in microbiology for that.

What children mainly want to hear from their parents is that they're on their side. Make sure they know that you and all the people who care about them are doing what they came to protect them, and look after each other.

If they think they're not being listened to, kids turn off. So your job is mainly (at least initially) to hear what they have to say. Let them know you're ready to engage with their opinions and concerns.

### **Trust yourself**

As a parent, you're one of the leading experts on your child.



Reassure them that children are much less affected by the virus than older people. They may be worried about people they know - grandparents, or people with underlying conditions. They may have asthma or other complicating conditions themselves. Make sure you know what the advice is, so you can promise them that everything is being done. Reassure them that everything will be done to protect and look after children.

Use the opportunity to start good habits of hand-washing, which will stand them in good stead long after this is all over. For younger children, you can make a game of it, singing songs while they wash.

Involve older children in planning for self-isolation. What food do you need? What films and games and activities will keep you occupied if schools have to close?

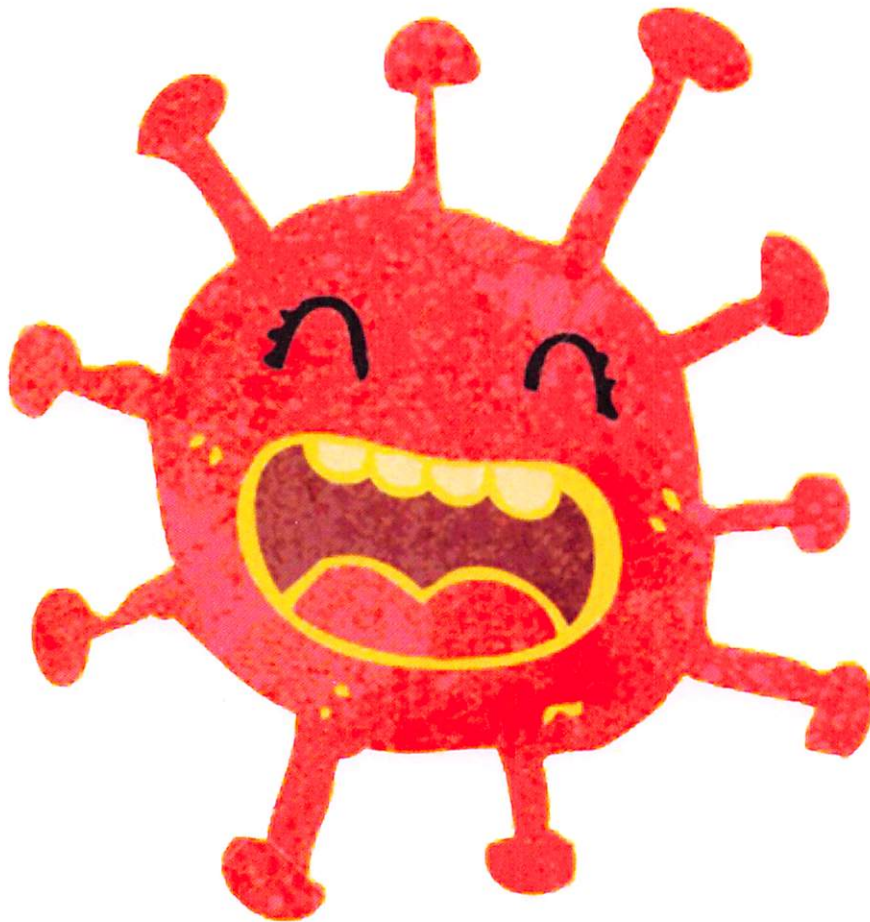
It's easy to feel you don't know enough to be authoritative. It's fine to be honest about your own uncertainties, as long as you are calming and positive. Reassure them that this will pass, and we will all pick up the pieces - and, yes, they will have to go back to school.

You know how to be a parent – that's skill enough to be going on with.

The advice published on Parent Info is provided by independent experts in their field and not necessarily the views of Parent Zone or NCA-CEOP.

# HELLO !

**I am a VIRUS,  
cousins with the Flu and  
the Common Cold**



**My name is Coronavirus**

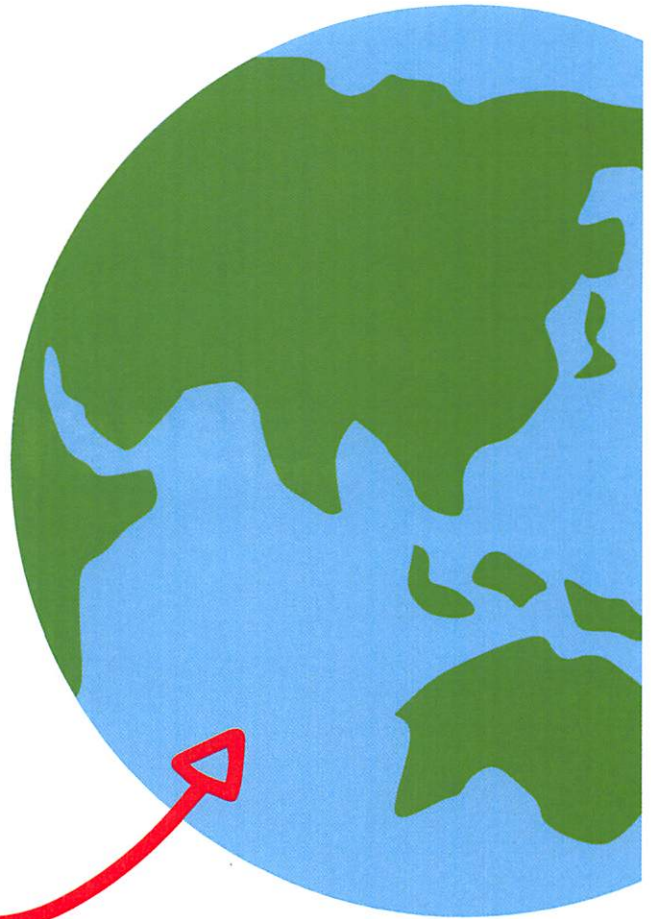
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[WWW.MINDHEART.CO](http://WWW.MINDHEART.CO)

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**I love to travel...**



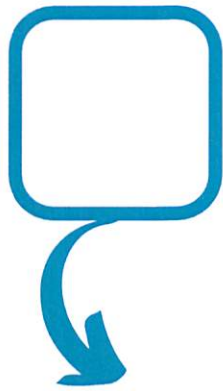
**and to jump  
from hand to  
hand to say Hi**

**HIGH  
FIVE**

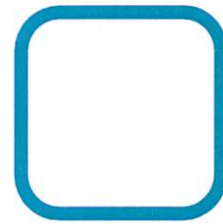


# Have you heard about me?

**YES**



**NO**



## And how do you feel when you hear my name?



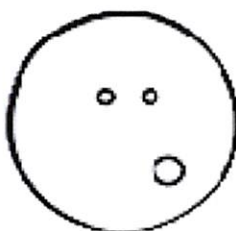
**Relaxed**



**Confused**



**Worried**



**Curious**



**Nervous**

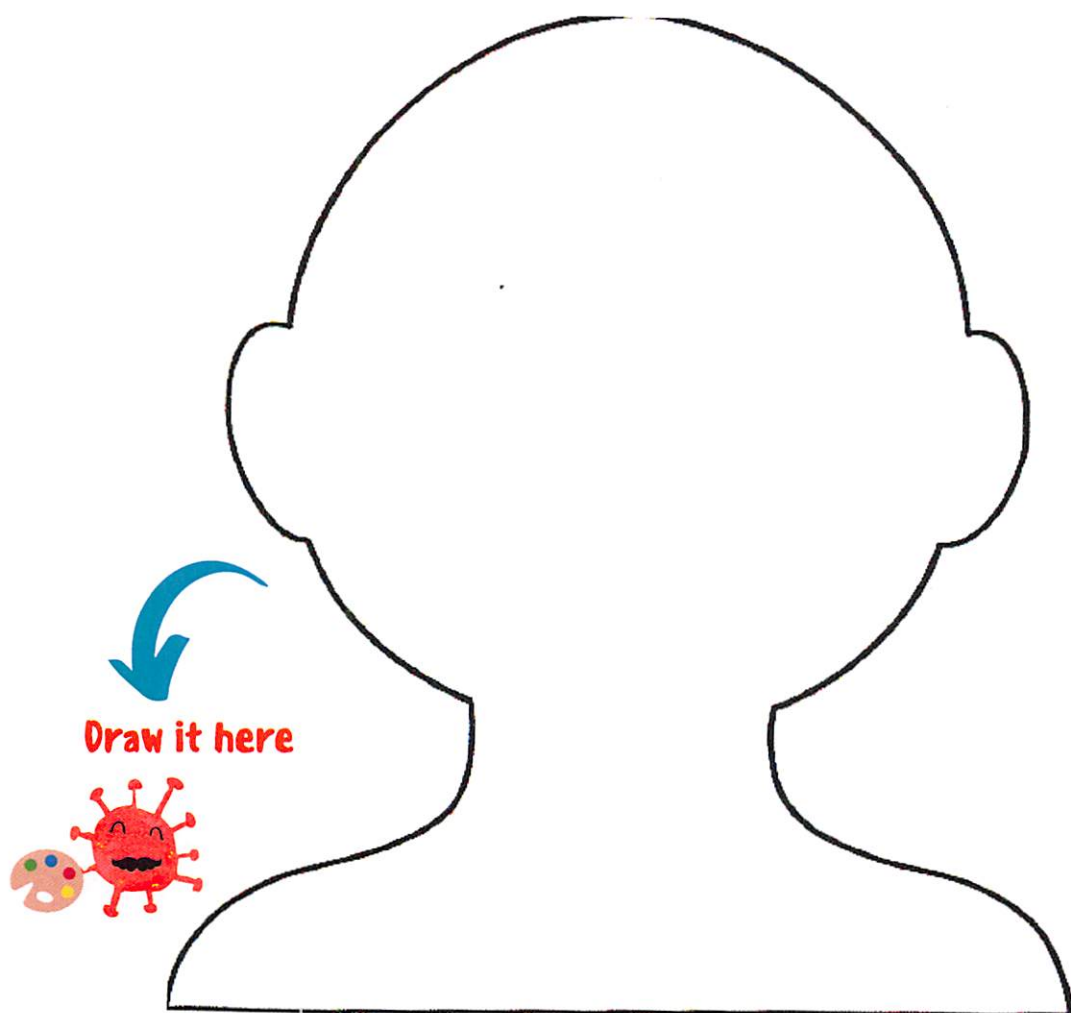


**Sad**





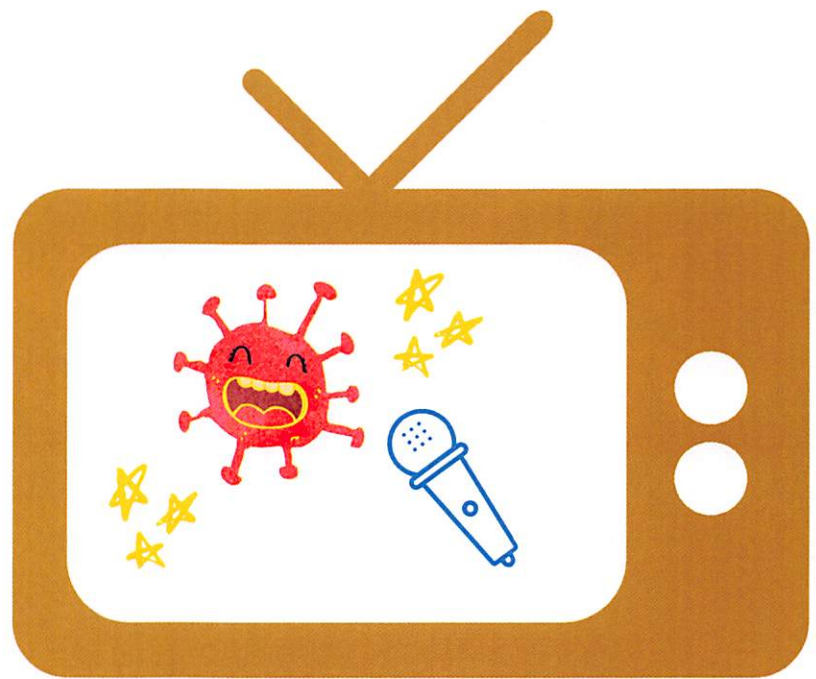
**I can understand you  
feel...**



**...I would feel the same way**



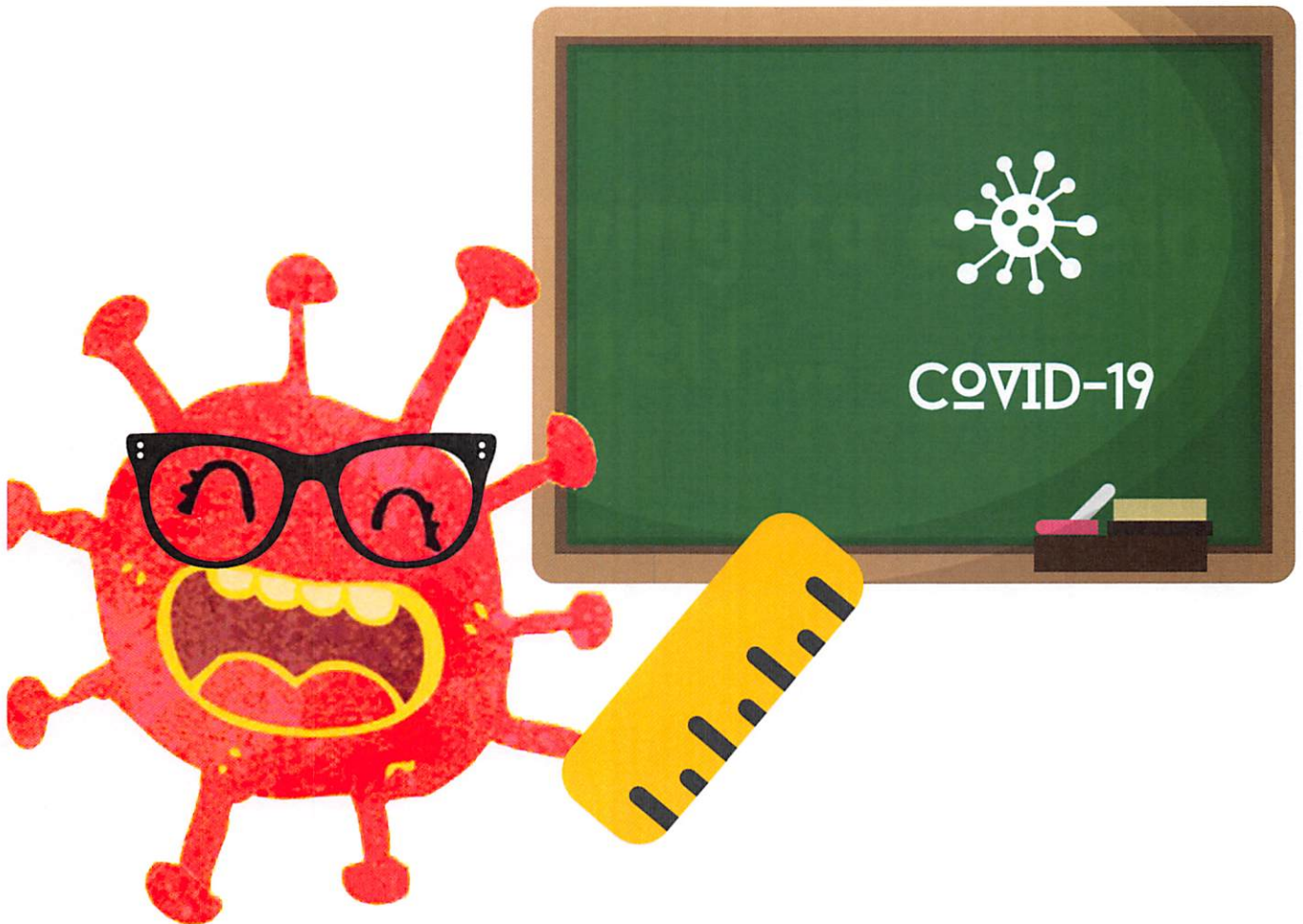
**Sometimes adults get  
worried when they read  
the news or see me on TV**



**THAT'S  
ME!**



**But I am going to explain  
myself...**



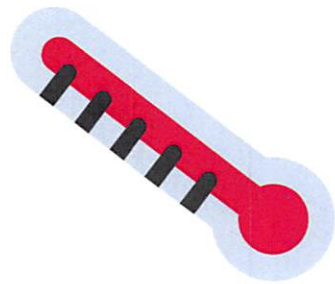
**So you can understand...**



**When I come to visit, I bring...**



**Difficulty breathing**



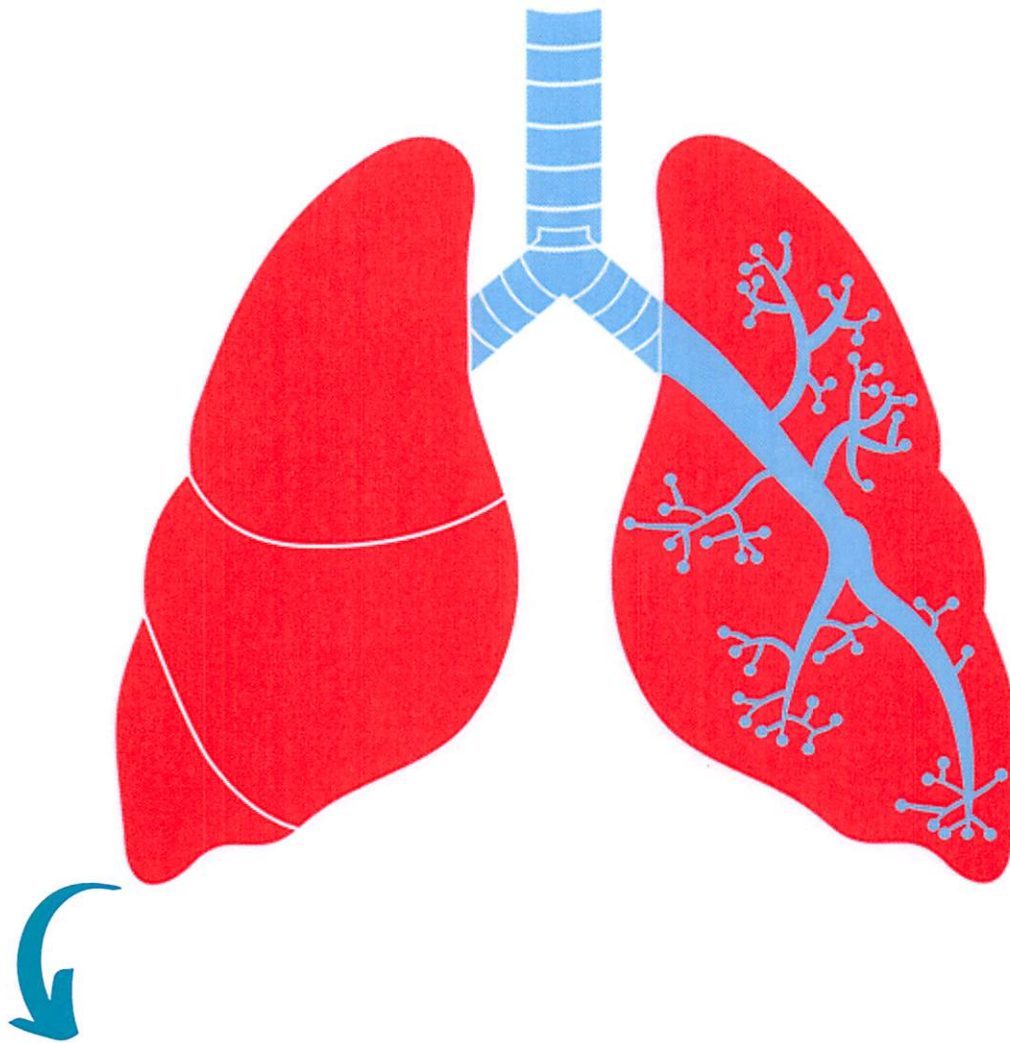
**Fever**



**Cough**



**But I don't stay with  
people for long, and almost  
everyone gets better**



**Just like when you get a  
scrape on you  
knee and it heals**

**BYE BYE...**



**Dont you worry!**

**The adults who take care of you:**

---

**will keep you safe**





# And you can help...

1



**By washing your hands  
with soap and water  
while singing a song**



**You can sing your favorite song,  
the happy birthday song, or the  
alphabet song**

2



**By using hand sanitizer  
and letting it dry on  
your hands**



**Without moving them count to 10**

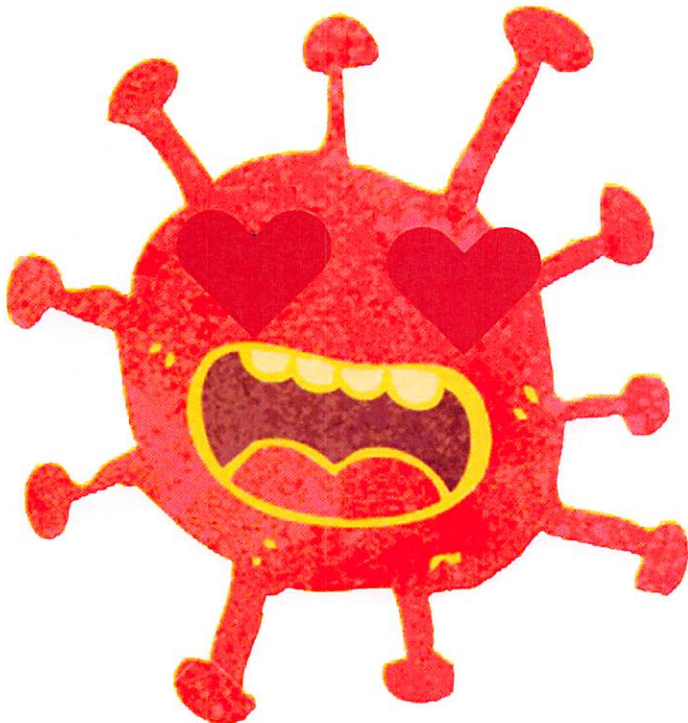
**1, 2, 3, 4, 5, 6, 7, 8, 9, 10**

**Once your hands are dry you can get  
back to playing!!**

**If you do all that  
I will not come to visit**



**while the doctors work to find a vaccine  
that will allow me to say hi  
without getting you sick.**



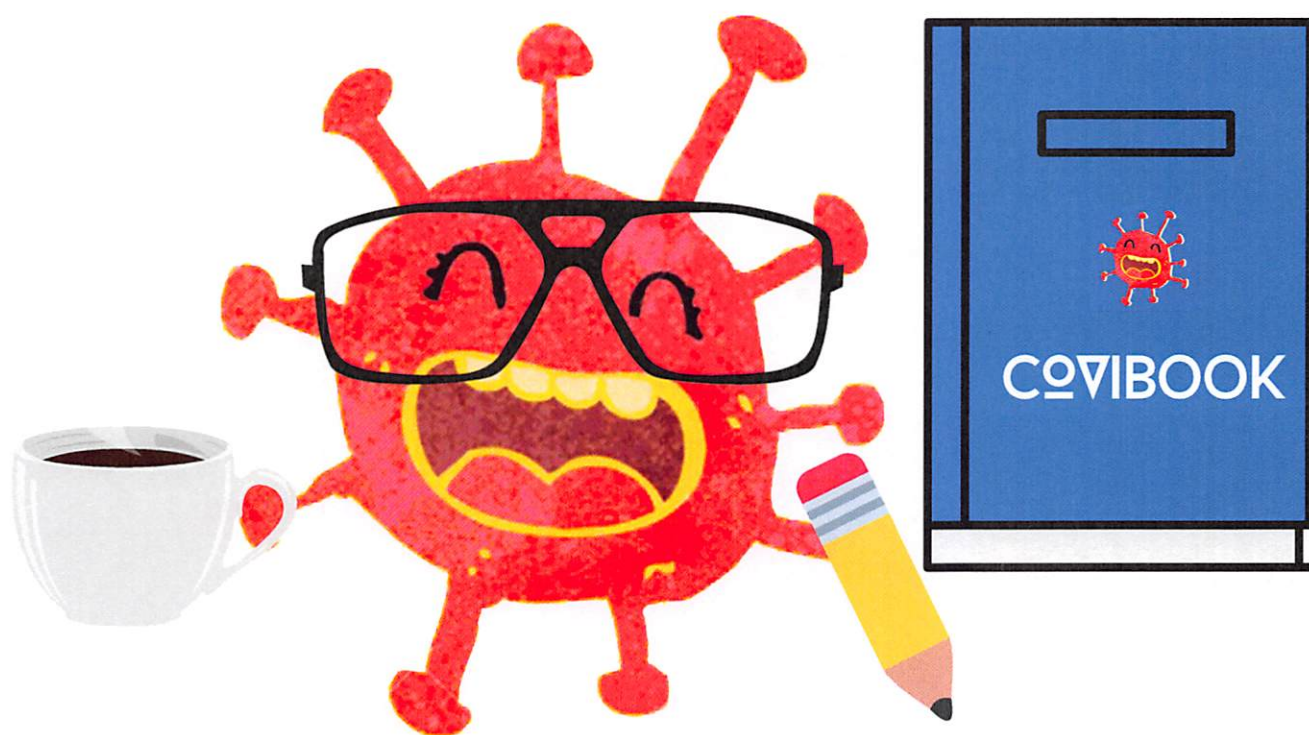
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# THE END



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# Hand Wash Challenge

Enter now at [medicspot.co.uk/handwash](https://medicspot.co.uk/handwash)



## About

Calling all primary school children! We need your help. Share your creative ideas to help encourage frequent hand washing – the best way of stopping harmful microbes. 🦠

## The prizes

- 🥇 The best entry will win £500 for their primary school.
- 🥈 10 runner-ups will win £100 for their primary school.
- 🥉 A downloadable certificate for every entry received.

## The challenge

Get creative! You could make a poster, film a video, record a song, do a science experiment or write a poem. Whatever you decide to do, make sure to include the key messages below.

## Who can take part?

Anyone in a UK primary school aged 5–11 can take part.

## Key messages

In your entry, make sure to highlight the key messages:

- 🧼 Wash your hands for at least 20 seconds
- 🧼 Use warm water and soap
- 🧼 Wash your hands frequently throughout the day
- 🧼 No soap and water? Use an alcohol-based hand sanitiser

## Key dates

- 📅 Competition opens 19/03/2020
- 📅 Competition closes 31/06/2020
- 📅 Winners announced 15/07/2020

## Why is it important?

Frequently washing your hands with warm water and soap for at least 20 seconds is an effective way to stop harmful microbes and keep yourself and others safe from coronavirus (COVID-19).