

# ST. MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER

DECEMBER 2024

### Christmas Productions

Christmas is drawing very near (just under three weeks until the holidays!) and the children are busy finishing their school work for this term (including a number of Christmas activities).

There is a wonderful feeling of Christmas in the air as the school is full of Christmas excitement and mischief from the elves who have once again decided to visit St. Mary's this year. The children are really enjoying the fact that these elves seem to be yet again extremely badly behaved this year.



### Year 2 Performance

We are delighted this year that the Year 2 teachers and children have decided again to hold a Christmas Carol Service

in aid of the Nightingale Hospice.



Thank you parents for your support for the children always and a thank you in advance for your donations for the Hospice. The Year 2 Carol Service will be on Wednesday 11<sup>th</sup> December at 9.30am in school.

### Year 1 and Reception Productions

The Year 1 performances will be on Wednesday 4<sup>th</sup> December at 9.30am in the school hall (parents with babies and toddlers) and on Friday 6<sup>th</sup> December at 9.30am in the school hall (adults).

The Reception performances will be on Tuesday 3<sup>rd</sup> December at 9.30am in the school hall (parents with babies and toddlers) and on Thursday 5<sup>th</sup> December at 9.30am in the school hall (adults)



Many thanks to all of the children for filling the school with beautiful singing when they practise and to staff across the Early Years and Key Stage 1 classes for their hard work and dedicated effort in preparing the children.

Thank you too parents for your help in providing costumes where necessary and helping and encouraging your children to practise song words etc. at home.



### Junior Choir Carol Service

We are also looking forward to the Junior Carol Service on the 10<sup>th</sup>



December at 5pm in the church.

We would be very grateful if you would donate to the Nightingale Hospice as you always do so generously at this time of the year. You can make cash donations on the evening of the performance or to the school office or donate via parent pay.

### **Nursery Christmas Performances**

We have already greatly enjoyed the Nursery performance (AM) on Friday 30<sup>th</sup> November 2024.

There was a lovely festive atmosphere in the Nursery as all enjoyed some beautiful singing and acting by the children. A sincere thank you to Mrs Whytock for preparing and organising the children.

### **Leading Parent Partnership**

As part of our work towards continuing to develop our partnership with you to enhance our children's learning experience we had another 'Bring your Grandparent to School!' event earlier this term.

Again this event was very well supported and an orderly queue of grandparents lined up outside the school ready for the 9.30am start.

Thank you grandparents for your excellent help and support throughout the morning and for your very positive and encouraging written and verbal comments.



### **Illegal Parking**

We had the zig-zag lines outside the school repainted a couple of years ago. Although we think they are very visible and we now have a School Street there are still a very small number of adults parking on the zig-zags generally in order to drop off or collect children from school.

**Parents or carers parking on the zig-zags are parking illegally and putting our children in danger.**

To avoid this please be prepared to park legally and walk a little bit with your child if necessary in

order to keep the road in front of the school clear. This is also a healthier option as we focus on children having the option to walk / cycle/ scoot a little bit more each day. Please try not to park across the driveways of our neighbours in neighbouring roads or in the car park which belongs to the Italian Centre and Mary Mother of God. I know the majority of our parents and others who bring children to school don't do this.

Thank you to all who respect the zig-zags and keep them clear.



If you are late for school please do not abandon your child on the road outside. You must come in to school with your child and sign your child into the building.

I hope that during the rest of this school term all parents and carers will



act in a responsible manner both for the safety of our children and a positive association with our neighbours. Thankfully so many already do.

Parents a huge thank you to so many of you for your wonderful support for our School Street. More and more children are walking, cycling or scooting to school. Lots of parents too are parking away from the school and walking with their children.

<https://letstalk.enfield.gov.uk/SchoolStreets>.



### Sickness

We have been advised by the London Borough of Enfield medical people that any child who has been sick must not return to school for 48 hours. There are unfortunately a number of nasty bugs around at the moment.

Please continue to encourage your child to wash their hands with soap and water and /or use the sanitising liquid which is available in school.



### Uniform

Just to remind you that the office staff process uniform orders on a Thursday only although they will always help you if you need something for your child. Winter hats are now available at **£5.00 each**. School coats are very good value at **£21.00**.

Please ensure that your child's clothing is labelled. Labelled clothing when found can be returned to its owner while unlabelled items generally remain in lost property.



Please encourage your child to wear the correct uniform (including hair colours and styles and tailored trousers for girls).

If your child wears boots or wellies to school he /she must bring school shoes to wear in the building.

### Hair

Please ensure long hair is tied back in school colours

only (blue / black / white). No highlights, designs, lines or dyes to be put in hair please.

Remember nits love long free flowing hair too!

Mohican hairstyles are not permitted.

### Nails

False nails or nail polish are not permitted in school.

*Please encourage your child to respect the uniform policy by leaving all jewellery at home. If earrings are worn please only allow your child to wear very small studs (no hoops please). These must be removed for PE.*

Many thanks to the vast majority of parents who support us by encouraging their children to wear the uniform. It's an important part of St. Mary's identity. The majority of children look really smart every day.

**Please encourage your child to leave all toys, football cards, jewellery, mobile phones etc. at home. Children become very upset if their personal belongings are lost or broken at school.**

### School Masses



Some of our children have led the readings, brought the gifts or Book of the Gospels forward or served at the various Masses and other services during the autumn term. Their excellent behaviour and enthusiastic participation is to be commended.

All children have sung and responded well and behaved respectfully. Many members of the parish community have commented on the children's excellent behaviour. Parents thank you for your diligent support with this always.



Thank you children for being so willing to take part and to you parents for encouraging your children always.

#### **What is mental health?**

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is important. We all have small feelings every

day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

Young Minds also has a parent helpline:

<https://youngminds.org.uk/>

#### **Christian Meditation**

As you know the World Community for Christian Meditation (WCCM) has worked to develop videos which provide short meditation sessions which children and young people can participate in, whether in school or at home. These sessions are inspired by meditation in the tradition of John Main OSB.

Full details are available here: <https://www.cathchilid.org.uk/meditation-with-children-young-people/>

#### **Play Safe, a national safeguarding campaign (Football Association)**

The Football Association and the NSPCC launched 'Play Safe', a national

campaign to focus attention on the vital importance of safeguarding in football. At the heart of the campaign are three short films to emphasise the importance of safeguarding for key groups of people, crucially children themselves.

One aspect of the campaign is prompting parents to ask questions:

- Do you know your child's club Welfare Officer?

- If so, do you have their tel no. in your 'phone, as well as that of the NSPCC?

- Are you up to speed with your child's club's safeguarding policies and procedures?

- Do you regularly check-in with your child to see what they are enjoying/not enjoying and why?

More information can be found here: <https://www.thefa.com/PlaySafe>

#### **Talk PANTS resources for parents**

From the NSPCC: We want all parents to talk PANTS.



That's why we've created guides and resources to help them find the right words to talk to their children about staying safe.

[> Find Talk PANTS resources for parents on the NSPCC website](#)

#### Some Christmas Resources:



[The God Who Speaks](#) - The Christmas Donkey

[The God Who Speaks](#) - The Christmas Story in Plain English

[The God Who Speaks](#) - At the Manger, Family Celebrations for the Eight Days of Christmas

[The God Who Speaks](#) - Reflecting on Journeys in Luke's Infancy Narratives

[The God Who Speaks](#) - Christmas: The Lord Who Enters His Temple

[The God Who Speaks](#) - The Light Has Come: Christmas and Epiphany Through Art

#### A Note on Dangerous Gifts - Child Accident Prevention Trust

More than ever our Christmas shopping is done online from an increasingly varied list of providers. Production firms abroad or within a 'cottage industry' may not have the strict manufacturing standards applied in the UK, or expected as industry standard.

The Child Accident Prevention Trust has published a list of eight gifts most likely to cause an accident this year. If interested please follow the link below. It's always important to remember that prevention is always better than repairing.

<https://capt.org.uk/8-dangerous-gifts-to-avoid-this-christmas/>

#### Help young people understand how to stay safe online

To ensure children and young people are protected from harmful online content, Enfield

Council has launched a comprehensive Keep Your Child Safe Online guidance booklet for parents, carers and guardians. This free booklet serves as a far-reaching guide that advises parents and carers on how to manage risks effectively, both in the real world and online. It is research-based and full of practical tips.

[The Keep Your Child Safe Online Guide is now available for parents, carers and guardians to read and download.](#)

#### Report Remove - Childline

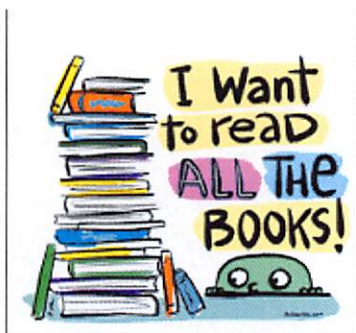
Childline has built a new tool designed to aid young people to gain back control of their images and their internet life. If interested please click on the link below:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove>

#### Book Fair!

Thank you for supporting the Book Fair this term. The school was given £161.48 in rewards thanks to your spending on books for our children.





### Holidays and Absences

I would urge you to try not to book holidays during term time as time away from school can unsettle children and affect their progress.

Any requests for time off (for special circumstances only please) must be put in writing to the Headteacher.

It is not school policy to provide homework for time off which is taken during term time.

We are required to ask for a written note to explain any absence from school and to report all absences.

Please remember that your child's absence from school affects our total absence figures. It was 4.37% at the end of the last school year (5.5% nationally). Our attendance was 95.63%.

Our absence was 4.43% at the end of the first half

of the autumn term (4.6% nationally). Our attendance was 95.57%.

Well done everyone for trying your best in these times which are still a bit more challenging for all families trying to cope with these coughs and colds which seem to be around at the moment.

Up to the 29<sup>th</sup> November 2024, the classes with the highest attendance over the term were:

1. Year 6, St. Christopher - 97.39%
2. Year 4, St. Paul - 97.24%
3. Year 4, St. Peter - 96.92%
4. Reception, Hope - 96.76%
5. Year 5/6, St. Catherine - 96.71%
6. Year 3, St. Cecilia - 96.66%
7. Year 2, Faith - 96.65%
8. Year 2, Fatima - 95.76%

9. Year 1, Rosary - 95.54%

10. Year 1, Wisdom - 93.40%

Please (unless of course your child is ill) ensure your child is in school each day.

The DfE's persistent absence threshold is 10% (from Autumn 2015)!

The DfE's guidance on the 2014/15 school census explains that from the 2015/2016 academic year onwards, a pupil will be considered to be persistently absent if he/she is away for over 10% of school sessions in an academic year.

Pages 72-73 of the DfE's guidance, linked to above, contains a table which sets out the estimated thresholds that will be used to define persistently absent pupils.

	15 per cent	10 per cent
Half-term 1	10 or more sessions	7 or more sessions
Half term 1-2 (autumn term)	22 or more sessions	14 or more sessions



Half term 1-3 30 or more sessions 20 or more sessions

Half-term 1-4 (autumn term and spring term combined) 38 or more sessions 25 or more sessions

Half term 1-5 46 or more sessions 31 or more sessions

Half term 1-6 (full academic year) 56 or more sessions 38 or more sessions

Half -term holiday = 17<sup>th</sup> - 21<sup>st</sup> February 2025.

INSET Day (no school for children) = 24<sup>th</sup> February 2025.

Easter Holiday = 7<sup>th</sup> April - 21<sup>st</sup> April 2025.

### Summer Term Reminder!

School opens for the summer term on Tuesday 22<sup>nd</sup> April 2025.

Half -term holiday = 26<sup>th</sup> May - 30<sup>th</sup> May 2025.

May Bank Holiday= Monday 5<sup>th</sup> May 2025.

less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

Guidance and video on hand washing can be found at:

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

### Is my child too ill for school? - What does the NHS say?

Schools should continue maintaining high attendance expectations and refer parents to NHS [guidance](#) to know when a child is too ill for school. Pupils should not miss school on a precautionary basis and can normally attend school with a cough or cold, unless they have a fever or diarrhoea and vomiting.

### Spring Term Reminder!

Don't forget the pattern of the Easter holidays this year.

INSET Day (no school for children) = 9<sup>th</sup> June 2025.

Last Day of the School Year = 18<sup>th</sup> July 2025.

### Handwashing Advice



We know that it is important that everyone continues to wash their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin



### Children in Need

The pyjama day earned £192.12 for Children in Need.

The School Council organised a much enjoyed Cake Sale earning £180.58. Well done everyone!

### Home School Agreement

Thank you to the parents who have already returned their child's Home School Agreement. Remember if you haven't already done so to read, sign and return one of the copies as soon as possible (you should



have received two copies - one is for you to keep at home).



### Odd Socks Day!



£175.88 was donated. Thank you to everyone for supporting the day.



### Play Equipment

Parents please support the school by not allowing your children (including toddlers) to play on the playground equipment at the end of the school day. This request is made purely for health and safety reasons.

Children are also asked not to cycle or use their scooters / bicycles / tricycles while on the playground after school.

As the area is very crowded it is easier and safer for all if children walk with their bikes or

scooters until they leave the school premises.

Parents / childminders please keep your children with you once you have collected them from the classroom / teacher.

Thank you as always to the great number of parents who are very supportive of all school requests. We have only noticed a minority of pupils doing the wrong thing. With the support of their parents or child minders this will easily be sorted out.

### Birthday Celebrations!



It is lovely that so many children now like to celebrate their birthdays by bringing in sweets for their classmates.

Please remember though parents that different parents have different rules about sweets and the kinds of sweets their children are allowed to eat.

If it is your child's birthday, and you do want to mark the day, please just send in one very small bar for each child. It is probably better to send a

known brand of chocolate with which all parents are familiar rather than lots of very sugary sweets or party bags. *Lollipops and hard sweets, or anything containing nuts are not permitted for health and safety reasons.*

*Also we are unable to cut up and distribute cakes or organise birthday parties during the school day. We are unable to take birthday photographs for you.*

Remember you are not obliged to send in sweets at all.



### Holidays

It's almost the end of term already! Time seems to have flown by again this year.

The last day of term is **Friday 20<sup>th</sup> December**. The school will close at 12.45pm on that day for the infants and at 1pm for the juniors. Please try very hard to pick children up promptly.

The school will open again for the new spring term



on **Monday 6th January 2025.**

#### **Future Dates**

Monday 2<sup>nd</sup> December:  
School Mass in church for Years 2-6 at 9.30am for Blessing of Advent Wreath.

Tuesday 3<sup>rd</sup> December:  
Reception Christmas Performance AM (parents with babies and toddlers).

Wednesday 4<sup>th</sup> December:  
Year 1 Christmas Performance AM (parents with babies and toddlers).

Thursday 5<sup>th</sup> December:  
Reception Christmas Performance AM (adults).  
Friday 6<sup>th</sup> December: Year 1 Christmas Performance AM (adults).

Monday 9<sup>th</sup> December: The Immaculate Conception of the Blessed Virgin Mary - School Mass in church for Years 2-6.

Tuesday 10<sup>th</sup> December:  
Junior Carol Service in church, 5pm (for the Nightingale Hospice)

Wednesday 11<sup>th</sup> December:  
Year 2 Carol Service for parents / relatives, 9.30am (for Nightingale Hospice).

Thursday 12<sup>th</sup> December:  
Years 5 and 6 to Mass at 9.30am followed by Confessions. Reception, Years 1 and 2 classes to Pantomime at Millfield Theatre PM.

Friday 13<sup>th</sup> December:  
Christmas Jumper Day!

Monday 16<sup>th</sup> December:  
Christmas Lunch.

Wednesday 18<sup>th</sup> December:  
Christmas Class Parties PM.

Friday 20<sup>th</sup> December: Last day of autumn term - School Mass (Mrs. Derwin's 20<sup>th</sup>

anniversary Mass) in church for Years 2-6.

Early Closing (12.45 Infants and 1pm Juniors). Own Clothes' Day.

Monday 6<sup>th</sup> January 2025:  
Return to school for Spring Term.

*On occasions it is necessary to change dates. I apologise in advance for any inconvenience this may cause.*

#### **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.



#### **Tissues**

We have very few tissues and hundreds of runny noses! We are no longer able to afford to provide tissues for classrooms. Donations of boxes of tissues would be so very gratefully received.

If your child has a cold please try to send some tissues to school in his / her school bag.



#### **School Fund**

Since the last newsletter, **£3823.50** has been donated to the School Fund. This is excellent! Thank you to all who have supported the school to date this year with voluntary donations.

#### **Phone calls**

Your child is welcome to phone home (in emergency only). We would welcome a voluntary contribution towards the cost of any phone calls your child makes

#### **Parish Christmas Bazaar**



Thank you parents and children for your **very generous** donations of bottles of wine, boxes of chocolates, biscuits and sweets, toys, books, tins, toiletries and a host of other items for the Parish Bazaar.

Your willingness to give and support our parish is wonderful. I know your



donations made a difference to the success of this event and earned much needed funds for our church.

### **Best Wishes**

Many thanks for all of your support both for me personally and for the members of our school staff throughout the term and always.

It is really appreciated by all at St. Mary's and I know contributes greatly to the happy atmosphere we are so fortunate to have in our school.

I would like to wish you all a happy, holy and restful Christmas when the time comes. Enjoy this special family time together.

I hope to see you all in January well rested and ready for a new year.

Miss M. Creed  
Headteacher



### **A Prayer for Christmas**

What shall I bring Him,  
Poor as I am.  
If I were a shepherd I  
would bring a lamb.  
If I were a wise man I  
would do my part.  
What can I give Him.  
Give Him my heart.



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.



# POWER of PRAYER

## The Our Father

Our Father, who art in heaven; hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation; but deliver us from evil. Amen.

## JESUS is the Reason for the Season.

## The Hail Mary

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



## Glory be to the Father

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.



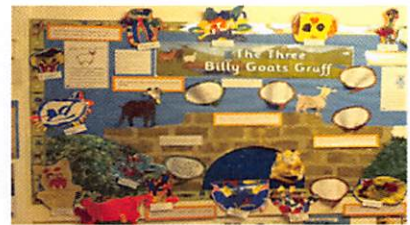
## ADMISSIONS FOR ACADEMIC YEAR 2024/2025

*Due to the fact that there are now fewer pupils in London (there is a continued decrease in the population of children) and the issues with finding affordable housing we currently have places in our Nursery, Reception, Years 1, 2 and 3 2024-2025 year groups.*

Thank you parents for recommending our school and helping to build up our pupil numbers. Please continue to do this.

## Music Lessons

Parents are now able to renew and book music activities for Spring 2025 from the Music Store.  
<https://traded.enfield.gov.uk/musicstore>







# Online Safety Newsletter

Dec 2024

## Talkie AI App

This app is rated as 17+ by the App store and 12+ by Google Play.

Talkie is an AI chatbot app. Users can use the app to create and interact with AI characters.

You should also be aware that this app includes in app purchases ranging from £4.99 - £49.99.

Talkie does offer a Teenager Mode; however, the content still may not be appropriate for your child. Bark reviews this app here, and recommend that your child should not be using this app:

<https://www.bark.us/app-reviews/apps/talkie-app-review>

## Tips to help you talk about cyberbullying

Internet Matters have collated their tips to help you talk about cyberbullying with your child based on different age categories. The information is divided into four sections:

1. Before you start the conversation
2. Things to talk to them about such as how to deal with cyberbullying
3. What to do next
4. Where to get further help

<https://www.internetmatters.org/issue/cyberbullying/cyberbullying-conversation-starter-guide>

## New Technology

With Christmas nearly here and with some children receiving new technology or related games, here is a quick reminder of the importance of setting up appropriate parental controls.

### Games/Consoles

- Check age ratings: look at the PEGI rating of any new games.
- *Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check to see if it has any communication elements.*
- If a game does allow your child to communicate with others, then adjust or disable the settings as appropriate to your child.
- On the device itself, set up applicable controls such as restricting spending limits and managing who they can communicate with. Follow the links below to find out how to set up Parental Controls for some devices here:

**Xbox:** <https://www.xbox.com/en-GB/family-hub>

**PS5:** <https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

**Nintendo Switch:** <https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

### Tablets/Smart phones

Set up parental controls on the device to prevent purchases, restrict content viewed and adjust privacy settings. Furthermore, remember to check any apps your child requests to check that they are suitable for their age. Follow the links below to find out more:

**iPhones/iPad:** <https://support.apple.com/en-gb/105121>

**Android Device:** <https://support.google.com/googleplay/answer/1075738>

### Why is it important?

Parental controls are important to help provide a safer experience for your child by reducing/preventing access to inappropriate content, cyberbullying, communication with strangers and restricting purchases.

### Further information

You can find out more about parental controls here:

<https://www.childnet.com/help-and-advice/parental-controls/>





You may have seen the recent investigation about Roblox by Hindenburg, which highlights very worrying concerns about the content that can be seen on Roblox, even when users have listed their age as under 13. You can read the full report here: <https://hindenburgresearch.com/roblox/>

## What is Roblox?

Roblox is a platform consisting of a collection of games. Players can either create games or play games that other users have created. It is free to download (however subscription options and in game/app purchases are available) and can be played across numerous devices. **A lot of the content is user generated, which may mean not all games will be suitable for your child to view/play.** If your child is playing Roblox, it is important to monitor what your child is accessing and set up appropriate parental controls.

PEGI rate Roblox with a Parental Guidance label, this is because it is difficult to rate due to the huge level of user generated content.

## What should I be aware of?

**Game content** – as mentioned, users create games so the content/themes may not be appropriate for your child.

**Chat Facility** - Players can chat to each other. You can turn communication off completely or add restrictions, such as only communicate with friends.

**Virtual Currency** - Players can buy Robux (their virtual currency) to buy in-game upgrades or accessories.

## Age Categories

This article discusses the difference in accounts based on age (under age 13 and aged 13 – 17):

<https://en.help.roblox.com/hc/en-us/articles/30428367965460-What-happens-as-I-get-older-on-Roblox>

## Roblox accounts with Parental privileges - NEW

Roblox have just launched a new system to manage your child's experience on Roblox through 'Roblox accounts with parent privileges.' The new format allows you to view and update parental controls from your own device. Controls include setting content restrictions, managing screen time and setting a spending limit. You can find out more here:

<https://en.help.roblox.com/hc/en-us/articles/30428248050068-Parental-Controls-FAQ>

## Content Labels - NEW

Roblox have begun labeling experiences based on the type of content rather than by age. You can set limits on which content labels are accessible in parental controls. The labels are Minimal, Mild, Moderate and Restricted. You can find descriptions of each here:

<https://en.help.roblox.com/hc/en-us/articles/30428310121620-Parental-Controls-Overview>

## How do I report abuse and block users?

This article outlines the different reporting facilities:

<https://en.help.roblox.com/hc/en-us/articles/203312410-How-to-Report-Rule-Violations>

## What else can I do?

Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them then they should talk to you or another trusted adult.

## Positively online

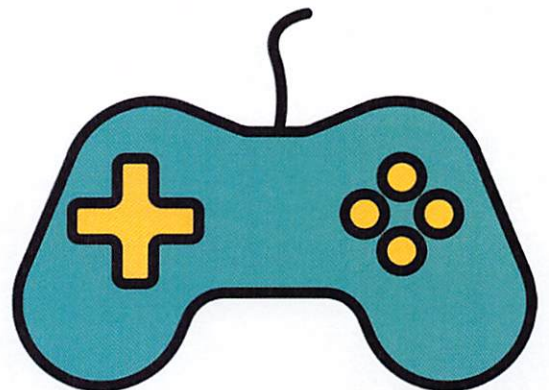
The NSPCC have published six tips to help you improve your family's online wellbeing. They also provide you with a guide on how to talk to your child about what they are doing online as well as a quiz that you can play together. You can find our more here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/>

## The 'Add Everyone' Explicit WhatsApp Group





The INEQE Safeguarding group have issued an alert regarding a WhatsApp group known as 'Add Everyone.' Find out more here:

<https://ineqe.com/2024/10/31/safeguarding-alert-add-everyone-whatsapp-group/>



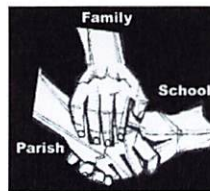


# Mission Together Advent Calendar 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1st Sunday of Advent</b> Today's scripture from the Prophet Jeremiah tells of God's promised Saviour. Read the scripture to find out what the Saviour will do?+ <i>Jeremiah 33:14-16</i>  1	The Advent wreath's candles are a symbol of Christ's light. Think of ways you can be a light for others today.*  2	The Advent wreath's evergreen leaves, remind us of God's unending love. Today, notice the beauty of evergreen trees and thank God for them.  3	Learn our Advent Carol <i>We are Waiting*</i> and sing it as a class. Why not film your singing and share it with us @MissioUK  4	<b>GLOBAL FAMILY FACT:</b> During Advent in the Philippines people decorate homes with paper lanterns called Paroles, as a reminder to look out for Jesus.*  5	Today is the feast of St Nicholas. Find out what St Nicholas did to bring hope to people living in poverty.*  6	Write an Advent prayer or poem. Try to include the words: <i>hope, wait, light, God, Jesus.</i>  7
<b>2nd Sunday of Advent</b> In today's scripture, we learn about John the Baptist. What did he ask people to do?+ <i>Luke 3:1-6</i>  8	One way we can prepare for Jesus is by building peace. Make a peace paper-chain and think about how you can build peace in school this week.*  9	Say the Mission Together Prayer for children living in war zones: <i>May all children in the world, share love, share friendship and live in the peace of God's love. Now and forever. Amen.</i> 10	As a class, sing <i>Silent Night*</i> . Listen carefully to the words and think about what they mean.  11	Make peace today. Say sorry to someone you may have upset this week. Or forgive someone who has upset you.  12	<b>GLOBAL FAMILY FACT:</b> Today is the Feast of St Lucy, in Denmark, children will take part in candle lit processions to remember how Jesus' light wins over darkness.*  13	Find somewhere peaceful to sit and thank God for the people who love and care for you.  14
<b>3rd Sunday of Advent</b> In today's scripture the Prophet Zephaniah speaks of the joy that God gives. Who are the people who bring you joy. Thank God for them.* <i>Zephaniah 3:14-18</i>  15	Yesterday was <i>Gaudete</i> Sunday. A pink candle was lit on the Advent Wreath. Find out what <i>Gaudete</i> means.  16	<b>GLOBAL FAMILY FACT:</b> Before Christmas in Mauke, an island in Oceania, the people share the joy of Jesus' birth by giving food hampers to strangers.*  17	Make a Joyful Paper Angel and think about how you can share the joy of Jesus today.*  18	Joy is easy to pass on! Look out for people who are lonely today and invite them to play.  19	As a class sing <i>Joy to the World.*</i> Why not film your singing and share it with us @MissioUK  20	Say a prayer for all children who are upset, sad, or lonely. Ask God to help you share his joy with them.  21
<b>4th Sunday of Advent</b> In today's scripture from the Gospel of Luke we learn about an extraordinary thing that happened when Mary visited her cousin Elizabeth. Why do you think Elizabeth's baby jumped with joy?+ <i>Luke 1:39-45</i>  22	Around the world billions of people are getting ready for the birth of Jesus. Jesus was born to show God's love for all his children; wherever they live in the world. Today, say the <i>Lord's Prayer</i> for everyone in our global family who needs God's help today  23	<b>GLOBAL FAMILY FACT:</b> Today, in the Democratic Republic of Congo, children gather to take part in a special nativity play. Everyone in the community gets involved. Is there someone you could tell the Christmas story to? Maybe you could act it out with a nativity set?  24	<b>Rejoice! Jesus is born!</b> Remember to thank God and your family for all the gifts their love brings.  25	Cross symbol+ refers to abridged scriptures found in our accompanying <i>Celebration of the Word</i> . Asterisks refer to activities, assemblies, or carols. Download all for free from the Advent page of the Mission Together website.  		



*St. Mary's Catholic Primary*  
*Religious Education Newsletter for Autumn*  
*2024*  
*(second half-term) – Nursery and Reception*



## Religious Education

### Topic Theme: Advent and Christmas

Students will explore the events, rituals and practices of Advent and Christmas, in time with the Church Liturgical Year.

#### Learning opportunities include:

- Hearing the story of Christmas.
- Coming to know Jesus is God the Father's Son.
- Coming to know that Mary is the mother of Jesus.
- Experiencing that a Church is a special place where God's people gather to pray.
- Experiencing praying with others as a celebration.
- Experiencing liturgical celebrations in a variety of simple settings.
- Joining in simple prayers and hymns.
- Considering ways in which a Christian family and parish share and celebrate life and show care for one another.

#### Monitoring opportunities:

Students' development will be monitored through observation and the collection of work samples for their portfolio.

### Affective and Spiritual Dispositions

*It is hoped that pupils will develop:*

- An understanding that the stories of Jesus in the Bible link with the liturgical seasons of the church year.
- A familiarity with the Seasons of Advent and Christmas, during which we anticipate and celebrate the incarnation: God in our world.

### Activities to try at home

Parents are the first educators of their child in faith. Students' learning in religious education occurs best when school and family are engaged in talking about the same topics. You could help your child by trying one or more of these activities while this topic is being taught:

- Talk with your child about Advent and Christmas – how it is celebrated in the Church and in wider society. Note the different cultural expressions of Christmas: cards in other languages, foods of other cultures, customs and celebrations of other communities.
- Talk to your child about birth: their own, yours and other members of your family. Talk about your ancestors: grandparents and great grandparents. Think about your own family heritage.
- Read stories about Christmas. Remember there are two distinct stories in the Gospel: many picture stories amalgamate the two!

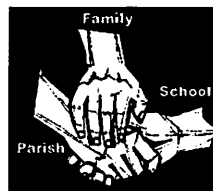
### An idea for prayer at home



#### Prayer Activity

Have an Advent wreath as a focal point in your home. Light a candle for each week of Advent and pray 'God of light, help us to be people who walk with you towards the birth of your son.'





## Religious Education

### Key Idea:

This framework of learning is intended as the second in the Academic year 2024/25. As the resource which teaches both Advent and Christmas it begins the Liturgical cycle of Year C – the Year of Luke. As the name suggests the content of this resource is the season of Advent and the birth of Jesus as recorded in the Gospel of Luke. It builds on the learning of the previous resource by further developing knowledge of God, in particular knowledge of the second person of the Trinity, Jesus, the Christ.

### Attitudes and Spiritual Dispositions

**Spiritual Outcomes:** *It is hoped that pupils will develop:*

- A sense of wonder about the coming of God into the world
- A disposition of prayer
- An openness to the mystery of God, incarnate
- An appreciation of the gift of Christmas

### Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much greater if you and the school are engaged in talking about the same ideas and beliefs. This resource teaches the practices of Advent and Christmas. Your children will be asked to think about their own birth and how you prepare for the birth of Jesus. Talk to them about what you do: do your rituals and customs reflect your cultural background?

### An idea for prayer at home

#### Prayer Activity



Prayer throughout Advent. Make an Advent wreath and pray for the coming of God in Jesus.

God of hope, who brought love into this world, be the love that dwells between us.

God of hope, who brought peace into this world, be the peace that dwells between us.

God of hope, who brought joy into this world, be the joy that dwells between us.

God of hope, the rock we stand upon, be the centre, the focus of our lives always, and particularly this Advent in



## Get the health care you need

A new campaign has been launched to help local families in north London to get the health care they need this winter.

The '**Your Local Health Team**' campaign aims to help everyone find out how to get the right care in the right place – whether that's via your GP practice, high street pharmacy, or by using the NHS App or 111.

You can find lots of useful information about how to keep yourself and your family well at: [nclhealthandcare.org.uk/localhealth](http://nclhealthandcare.org.uk/localhealth)

This includes details of the range of health care professionals available in GP practices, tips for staying well, ways to contact your GP and get vaccinations, using the NHS App, and what help on offer from local pharmacies.

You can watch short films featuring a local GP and a pharmacist to find out more.

The campaign is being coordinated by the North Central London Care System which brings together local councils, NHS trusts, and voluntary organisations across Barnet, Camden, Enfield, Haringey and Islington.



North Central London  
Health and Care  
Integrated Care System

NHS

Access care  
in three  
ways: phone,  
in person,  
online.

YOUR LOCAL  
HEALTH TEAM

Hayley  
GP



# Keep Your Child Safe Online



**T**

**E**

**C**

**H**

## TALK

**Talk** to your child about their internet use and safety

**Have meaningful conversations** about how they use the internet

**Praise** your child for safe online behaviours

**Welcome** your child if they want to ask you a question or tell you about a problem, even if they've done something unwise themselves



## EDUCATE

**Learn as much as you can** about games, platforms, parental controls and the benefits and risks of online activity

**Teach** your child about specific issues and concerns

**Teach** your child about safe and unsafe relationships and how to repair friendships following disagreements online

## CO-VIEW

**Co-view** your child's online activity at least 1x/week

**Interact** with your child online

**Model** appropriate online behaviour

**Co-operate** with each other to promote the well-being of all



## HOUSE RULES

**Set clear routines, rules and boundaries** ("house rules")

**Keep** to age ratings and guidance for apps, games and devices

**Restrict** online activity to daytime and communal areas

**Use** filters and parental controls

**Spend regular screen-free time with your child**

**AGE 11+**

for a basic phone or highly restricted smart phone without internet access or social media

**AGE 14+**

for a smart phone with parental controls

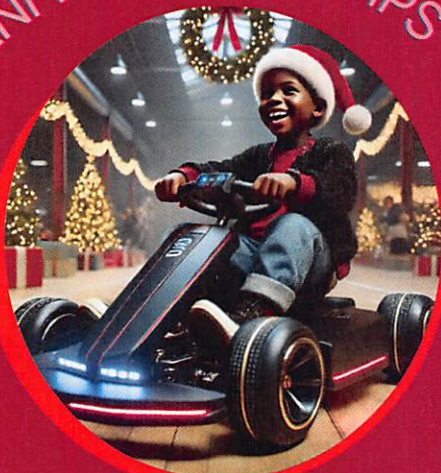
\*Agree a contract with your child to encourage responsible phone use



# APF MULTI-ACTIVITY CAMP THIS WINTER HOLIDAYS

Free activities and meals this Winter for children aged 4-16 on benefits-related free school meals.

## ENFIELD HAF CAMPS



## SPORTS AND EXRTEME

20 Different Sports  
Splatball  
Go-karts  
Archery  
Bouncy Castle  
Sumo Suits



## ARTS

Painting  
Drawing  
Colouring  
Face Painting  
Clay-Modelling  
Christmas Themed Art

## FREE CAMP & FREE FOOD



## TEAM BUILDING

Den Building  
Board Games  
Twister  
Speed Stacks  
Jenga  
Tug of War  
Lego

Once you recieve your HAF code, [Click here to book!](#)

VENUE	DATES	AGES	TIMES
<b>Brigadier Hall</b> Cedar Road Enfield EN2 0NL	23rd, 24th, 27th and 30th December	4-14	9am-1pm & 1.15pm-5.15pm (Including SEND)
<b>Memorial Hall</b> Maldon Road, London N9 9QP	30th, 31st December & 2nd, 3rd January	4-16	10am-2pm & 2.15pm-6.15pm (Including SEND)

Note that we also accept children with specific needs in the afternoons.

EMAIL: [SUPPORT@APFACTIVITYCAMPS.COM](mailto:SUPPORT@APFACTIVITYCAMPS.COM)

Call: 07555748776



# CHRISTMAS HOLIDAY PROGRAMME



Over the Christmas break, we will be running a number of activities and workshops for young people aged 8-16

## Activities Include

- Boxing & Physical Fitness
- Music Production
- Hair & Nails
- Arts & Crafts
- Jewellery Making
- VR & Gaming



This programme is for school children, who receive free school meals, live in Enfield or attend an Enfield school. (lunch will be provided). Those who do not meet this criteria are welcome to come, please provide them with lunch.



## Christmas Programme

### Dates:

- Monday 30th December
- Tuesday 31st December
- Thursday 2nd January
- Friday 3rd January

Time: 10:00am-2:00pm

## Contact

079 8445 0644  
077 9261 0474  
020 4568 5312

Cynthia.cobourn@northsideyouth.co.uk  
northside\_youths@live.co.uk

39 St James Chambers,  
Edmonton, N9 0UD  
(Next door to Saray Banqueting Suite)



@NYCC\_LONDON



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NORTHSIDEYOUTH.CO.UK





Programme is funded by



Department  
for Education



# WISE YOUTH TRUST FREE WINTER PROGRAMME

**For Enfield  
Residents who are in  
Receipt of Benefits related  
Free School Meals  
Ages 8-16 years**

- T-SHIRT DESIGN ARTWORK
- MULTI-SPORTS
- TRIPS
- HEALTHY COOKING

**VENUE:  
WESTBOURNE HALL,  
EASTBOURNIA AVENUE,  
EDMONTON N9 0RU**



## TRAMPOLINING



## ARTS & CRAFT

**FREE LUNCH PROVIDED**

**For further enquiries please contact:**

**07944 682 849**

**Dates:**

**Monday 30th December 2024**

**Tuesday 31st December 2024**

**Thursday 2nd January 2025**

**Friday 3rd January 2025**

**Time: 11am to 3pm**



Funded by  
Department  
for Education

[www.enfield.gov.uk](http://www.enfield.gov.uk)



• Scan QR code to claim your HAF voucher – Holiday Activities for a guide on how to claim vouchers



• Scan QR code to book an activity – Holiday Activities for a guide on how to book an activity



Or Email [haf@enfield.gov.uk](mailto:haf@enfield.gov.uk)  
Or Contact your child's school if you have not received their HAF voucher