

# ST MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER

October 2024

Almost a whole half term in school complete already (only just four weeks to go including this week)! Thank you to all who have worked hard to make these first weeks a success. It's good to see the new children settling so happily in Reception and Nursery. Welcome to any new children who have joined other classes this year too - thank you to the children already in school for being friendly, welcoming and kind to our new pupils.



Where can I find out more about St. Mary's School?

If you visit [www.ofsted.gov.uk](http://www.ofsted.gov.uk) and click on 'Inspection Reports' you can access the full inspection report for our school. The school was last inspected in November 2023 (Section 5 - full inspection with three inspectors) and

found to be good across all areas.

Also if you visit the website for the Diocese of Westminster at [www.rcdow.org.uk](http://www.rcdow.org.uk) and click on 'Find a School' you can read the full Section 48 inspection report for our school (I know many of you are aware that our school is also inspected by inspectors from the Diocese of Westminster. The school was last inspected in September 2019 by three Diocesan inspectors and received an Outstanding grading. This wonderful outcome is due to the hard work of all members of our community - children, parents and staff).

Over the course of each school year the school also has visits from people from the Diocese of Westminster and the local authority to check standards.



If you have any questions about the work, the organisation of the classroom, need any support or just want to say hello please contact the

teacher via the year group e-mail address or via the school address or call us at school. I know the teachers are always happy to hear from you.

Staff will also be on the playground each afternoon if you need to check anything.

It was great to see so many parents attending the 'Meet the Teacher' sessions after school at the beginning of term. Remember if you missed the session for your child's class or want a bit more clarification you are more than welcome to meet with the teacher to discuss your child's work, progress, the routines in the classroom etc. Just contact the school office to arrange a meeting.

Year Group Addresses:

[nursery@stmarys.enfield.sch.uk](mailto:nursery@stmarys.enfield.sch.uk)  
[reception@stmarys.enfield.sch.uk](mailto:reception@stmarys.enfield.sch.uk)

[year1@stmarys.enfield.sch.uk](mailto:year1@stmarys.enfield.sch.uk)

[year2@stmarys.enfield.sch.uk](mailto:year2@stmarys.enfield.sch.uk)

[year3@stmarys.enfield.sch.uk](mailto:year3@stmarys.enfield.sch.uk)

[year4@stmarys.enfield.sch.uk](mailto:year4@stmarys.enfield.sch.uk)



[year5@stmarys.enfield.sch.uk](mailto:year5@stmarys.enfield.sch.uk)

[year6@stmarys.enfield.sch.uk](mailto:year6@stmarys.enfield.sch.uk)



### St Mary's Catholic Primary School Street

As I know you are aware Enfield Council have set up a School Street for St Mary's between Alexandra Road and Bursland Road.

A 'School Street' is an area transformed into a pedestrian and cycling zone operating Monday to Friday during the school term, during set times at drop-off and pick-up times.

School Streets aim to:

- ensure the safety of school students as they arrive to and leave school,
- improve the air quality near the school, and
- encourage more young people to walk and cycle to school.

When the School Street zone is in operation during the designated hours, motor vehicles cannot pass through the zone, except for those who

have applied for and received a permit or exemption.

The times of operation for the St Mary's Primary School Street are 8.15am to 9.15am, and 2.30pm to 3.30pm from Monday to Friday during school term time only and operates using a camera enforced system.



Further information on School Streets and how they operate can be found at

<https://letstalk.enfield.gov.uk/schoolstreets/widgets/38314/videos/3024>

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

<https://journeysandplaces.enfield.gov.uk/news/2023/08/02/the-family-bike-club/> (for bike repairs)

[https://www.youtube.com/watch?v=v1\\_NB42i-Gg](https://www.youtube.com/watch?v=v1_NB42i-Gg)



### Parking

Parking difficulties in the vicinity of the school tend to occur (and have happened already this term) when children are being collected from / dropped off to school each day. I do understand how busy some of the roads around our school can be especially now that Durants Road is a school street but please make every effort to park responsibly as you drop off / collect your child each day.

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. More and more children are walking, cycling or scooting to school. Lots of parents too are cycling and walking with their children.

For those adults who continue to block driveways and park illegally please

***park legally and walk with your child!***

Please try hard to:

- Park legally and walk with your child.  
Walking is better for



your general health. If you can, leave the car at home and try to build the walking time into your child's day. If a child minder or another family member brings your child to school please encourage them to park legally and walk.

- **Please do not sit in the car with the engine running.** This is not good for the health of others.
- **Never park in / across any of the driveways even for a minute.** This is disrespectful and causes a lot of problems for the school with local residents.
- **Never park on the zig-zag lines** during the designated no parking times (please check the signs) or in the disabled bays which are reserved for blue badge holders.

#### **International Walk to School Month**

October 2024

This October is international Walk to School Month. Living Streets have put together an Autumn Street Safari sheet (attached). There are also lots of other free resources you can download on the [Living Streets website](#) for example this useful family pack, [3285-](#)

#### **[LS-Activity Summer-LR \(livingstreets.org.uk\)](#)**

There is also a video on the BBC website, [Walk to School Week - BBC Teach](#), which you might like to watch with your child.

#### **Handwashing Advice**



We know that it is essential 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 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/>

#### **Wednesday Word**

Have you started to read 'The Wednesday Word' yet?

*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) will be 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.

The Wednesday Word is currently available online:

<http://www.wednesdayword.org/index.html>



#### 100% Attendance for 2023-2024 School Year

37 pupils had 100% attendance! Well done to those children and their parents! This is an excellent achievement!



115 children had 100% attendance in the summer term! Well done everyone

#### Attendance for September 2024 (up to and including Friday 27<sup>th</sup> September)

1. Reception, Hope: 97.83%

2. Y4, St. Paul: 97.41% and Y6, St. Christopher 97.41%
3. Y2, Faith: 97.09%
4. Y5/6, St. Catherine: 96.26%
5. Y4, St. Peter: 95.62%

Well done children and parents!

Our target continues to be 98%. Our overall attendance for September was 95%.

#### 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. **I regret that we are unable to authorise time off during the term which is requested for holidays.**

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

It is not school policy to provide homework for absence during term time.

We are required to ask for a written note to explain any absence from school.

#### The Angelus

In the autumn term we try to learn / say *The Angelus* each day at 12 noon in all of our junior classes from Year

**3 - Year 6.** 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.



### Online Safety at Home

You might find the following link helpful:

<https://www.kidsonlineworld.com/#>

This site has been created by ECP, the company which has provided our staff safeguarding training for many years and has provided numerous sessions of online safety for our children and parents. This company also provides training on behalf of the local authority and to many different business and community groups.

There is some really useful help to understand apps, games and parental controls. Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents' website](#) [Parents and carers](#) | [CEOP Education](#) and download their home activity worksheets for fun, online safety activities to do with your family.

[Parents and carers](#) | [CEOP Education](#) ([thinkuknow.co.uk](http://thinkuknow.co.uk))

Remember, primary-age children should be supervised at all times when online.

### Sharing pictures

Using devices like phones and tablets to share pictures and videos can be a great way for children to have fun and stay in touch with friends and family. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

[Younger children sharing pictures or videos online](#) ([thinkuknow.co.uk](http://thinkuknow.co.uk))



LGfL DigiSafe resources to help young children stay safe online

The LGfL team have created an excellent set of resources for young primary school children to help keep themselves safe online.

The DigiSafe website says, "We want schools and parents to spread the message of Undressed to the very youngest primary pupils because law enforcement agencies such as NCA CEOP have repeatedly warned about sexual predators tricking young children into getting changed or undressed on camera by playing a 'game' or issuing a 'challenge' to see how fast they can get changed into different clothes or into a swimming costume.

This might happen over video chat or a livestreaming app; children often don't even know this has happened; videos are often taken and then circulated".

[Undressed \(lgfl.net\)](#)

[parentsafe.lgfl.net](http://parentsafe.lgfl.net)

Keeping children safe during community activities, after-school clubs and tuition: Questions to help parents and carers choose out-of-school settings

As we start a new school year, parents may well be looking for



after-school clubs, theatre groups or sports' clubs.

The DfE has a document that helps parents identify the safeguarding issues to consider when choosing a provider.

Keeping children safe during community activities, after-school clubs and tuition: Questions to help parents and carers choose out-of-school settings.

Parents can access the guidance here:

<https://www.gov.uk/government/publications/guidance-for-parents-and-carers-on-safeguarding-children-in-out-of-school-settings/keeping-children-safe-during-community-activities-after-school-clubs-and-tuition-questions-to-help-parents-and-carers-choose-out-of-school-settings>

### 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.

### 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.cathchild.org.uk/meditation-with-children-young-people/>

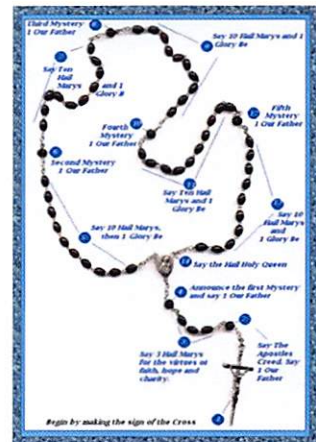
### Harvest

This year we are again supporting the Manna Centre, a centre for the homeless in London. Thank you for your generous contributions to date.

Again last year the representative from the Manna Centre again said that our collection was the most food received from a school. We celebrate our Harvest Mass on Monday 7<sup>th</sup> October.



The 7<sup>th</sup> October is the Feast of Our Lady of the Rosary. *Don't forget your child will need to have their Rosary beads in school on Monday 7<sup>th</sup> October to be blessed!*



Since Saturday 4<sup>th</sup> July 2020 there has been live streaming of our parish services, The link is: <https://www.churchservices.tv/enfield>



### Support for Prayer

Father John has asked me to remind you that the church is now open each morning from 8.15am to enable families / parents to call in to pray.



## Uniform

Uniform can be purchased online by logging onto ParentPay and clicking on the school shop link. Items purchased will be available for collection from the school office.

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 PE uniform) **and to leave jewellery at home.**

Uniform is part of our identity at St. Mary's. Thank you to all of the children (and their parents) who have come back to school wearing neat correct uniform.

## Hair

Please ensure long hair is tied back in school colours only (blue / black / white / grey).

**No highlights, designs, lines or dyes** to be put in hair please.

## Nails

False nails or nail polish are **not** permitted in school.



## Year 6 Secondary School Transfer

Father John will be available to sign references (Certificates of Catholic Practice) on the following date:

Thursday 10th October from 5pm-6pm

This meeting will take place in the Parish Hall.

If you have not already done and will require a Certificate of Catholic Practice / reference to support an application for a secondary school place please make an appointment by telephoning 020 8804 2396 (our school number - our office staff will be pleased to make an appointment for you).

Father John has asked that both the child and parent attend. He would like you to bring along with you your child's Birth and Baptismal certificates and proof of address.

***Please remember that the local Catholic secondary schools in Enfield do not require a Certificate of Catholic Practice / reference.***

[How To Teach Kids About Money and Finances | MoneySense \(mymoneysense.com\)](http://www.mymoneysense.com)

## Development of School Building and Site - School Fund



We have had a continuous programme of updating and improving our school site over the last 20 years.

Seven years ago during the summer break we had new lighting fitted in the Reception and Year 1 classes as well as in the main corridor and offices. We also replaced a number of older ceilings.

Six years ago we replaced the roof covering to the school kitchen.

During the summer holidays five years ago we renewed the toilets for the Reception children.

Four years ago during the summer half-term we had the ground floor carpet replaced and renewed some of the older interactive boards.

Three years ago we had our new canopy installed during the summer break and prior to that had the new climbing frame installed in the playground.

During Easter two school years ago we had all of the lighting in



the main school and Reception classes renewed (for energy saving purposes). We also had the pupil toilets re-decorated.

During the summer break this year we had all of the floor covering in the Year 2, 3 and 4 classrooms replaced.

Remember your donations to the School Fund assist the school in improving the facilities provided for all of the children. This is part of your commitment to the wider community and Catholic Education.

Thank you to all who made contributions last school year.

Your support for the School Fund will make a real difference to what we are able to do for the children. School Fund costs £2.00 per week / £25.00 per term / £76.00 per year for one child. For two children School Fund costs £2.50 per week / £32.00 per term / £95.00 per year.

If you have three children in the school School Fund costs £3.00 per week / £38.00 per term / £114.00 per year.

If each family in our school paid its School Fund for one year we would have at least £20,000 in donations! This money would make a real

difference to our school and to our provision for the children.

#### School Dinners

***Your child may be entitled to free meals.*** To qualify for free school meals parents or guardians must be in receipt of:

- Income support
- Income based job seekers allowance
- Asylum seekers subsistence payment (support under part VI of the Immigration and Asylum Act 1999)
- Child tax credit (but not working tax credit) only and have an annual income of less than £16,190

Please contact the school office if you believe your child qualifies for free meals. **Although meals are currently free for all pupils this school year, entitlement to free school meals provides much needed additional funding for the school.**

#### Some Dates for this term

Tuesday 1<sup>st</sup> October:

Month of the Rosary begins - children are encouraged to bring their rosary beads to school for prayer.

Children have Online Safety workshops this week (Tues-Fri).

Wednesday 2<sup>nd</sup> October: Feast of the Holy Guardian Angels - Years 3 and 4 to Parish Mass at 9.30am.

Friday 4<sup>th</sup> October: Harvest Fast Day.

Monday 7<sup>th</sup> October: Our Lady of the Rosary and Harvest Fast Day - School Mass in church for Years 2-6. Rosary beads are blessed.

Thursday 10<sup>th</sup> October: Father John to sign priest reference forms for any secondary schools which require references (in parish hall).

Monday 14<sup>th</sup> October: Year 6 trip to PGL (return on Friday 18<sup>th</sup> October).

Wednesday 16<sup>th</sup> October: Year 2 to parish Mass at 9.30am.

Tuesday 22<sup>nd</sup> October: Years 5 and 6 to Parish Mass at 9.30am

Friday 25<sup>th</sup> October: Own Clothes' Day.

Monday 28<sup>th</sup> October - Friday 1<sup>st</sup> November: **HALF-TERM (No School)** Friday 1<sup>st</sup> November: Feast of All Saints - Family Mass in the church at 9.30am.

Tuesday 5<sup>th</sup> November and Wednesday 6<sup>th</sup> November: Judaism workshops.

Wednesday 6<sup>th</sup> - Thursday 14<sup>th</sup> November: Book Fair after school

Thursday 7<sup>th</sup> November: Years 3 and 4 to parish Mass at 9.30am.

Sunday 10<sup>th</sup> November: Remembrance Sunday

Tuesday 12<sup>th</sup> November: Nasal flu Immunisations.

Wednesday 13<sup>th</sup> November: Bring Your Grandparent to School AM

Sunday 17<sup>th</sup> November: World Day of the Poor.

Thursday 21<sup>st</sup> November: The Presentation of the Blessed Virgin Mary - School Mass for Years 2-6

Wednesday 27<sup>th</sup> November: Photographer in school - individual photographs.

Thursday 28<sup>th</sup> November: Infants' Mass in School Hall at 9.30am.

Friday 29<sup>th</sup> November: Own Clothes' Day - items for Christmas



Bazaar. Nursery Christmas Performance AM.

Saturday 30<sup>th</sup> November: Parish Bazaar.

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.

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.

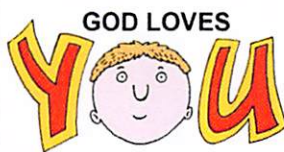
Monday 6<sup>th</sup> January 2025: Return to school for Spring Term.

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

These are some of the prayers we say with the children each day in school. You might like to say these in the morning with your child, at meal times or before he / she goes to bed.

#### 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 made 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 and Best Wishes!**

Thank you for your continuous support. We are truly blessed with the support we receive from our families always.

Stay safe and well please.  
Wishing you a good new month in school.

Miss M. Creed  
Headteacher

**Sharing God's Word -**  
enriching our evangelisation,  
formation and proclamation.

*"The study of the sacred Scriptures must be a door opened to every believer. It is essential that the revealed word radically enrich our catechesis and all our efforts to pass on the faith..."*  
Pope Francis - Evangelii Gaudium





*"... to help young people to gain confidence and familiarity with sacred Scripture so it can become a compass pointing out the path to follow... witnesses and teachers who can walk with them, teaching them to love the Gospel and to share it....."*

Pope Benedict XVI - Verbum Domini



### How to Read the Bible

1. Pray before you start reading the Bible.
2. Learn how to find your way around.
3. Appreciate the variety of what's in the Bible.
4. Don't skip the 'first series' - the Old Testament.

<https://www.godwhospeaks.uk/wp-content/uploads/2020/06/How-to-read-the-Bible.pdf>  
[Matthew 1 \(GNB\) - Bible Society](#) (Click on this link for an online Bible)

Dear God,  
 We thank you for giving us your peace.  
 Help us to spread peace at home and at school by loving and caring for one another.

5. Understand how truth is expressed in the Bible.
6. Explore the different senses of Scripture.
7. Interpret the Bible using the three golden rules.
8. Listen to what the Bible has to say about itself.
9. Recognise the Bible as food for your soul.
10. Read the Bible with other people and share ideas.



Help us to spread peace by listening to one another, even when we don't agree.  
 Help us to spread peace by sharing our time with those who are lonely and who need a friend.  
 Help us to spread peace by thinking and praying for children who have no food or who are frightened and live in fear.  
 Let us pray every day for peace for our families, for our friends and for ourselves.  
 Amen.

### ST. MARY'S CATHOLIC PRIMARY SCHOOL 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.

From our School Inspection Reports:

*'The leadership team has maintained the good quality of education in the school since the last inspection...Pupils make*



good progress from their various starting points...Their willingness to come to school is evident in their well above average rates of attendance...You have successfully maintained the above-average attainment by the end of Year 6 in reading, writing and mathematics...Teachers form good relationships with pupils, providing them with a wealth of interesting activities across the curriculum. Pupils concentrate well in class and are keen to work with each other...Pupils say they feel safe at school and know how to avoid danger in the wider community'(OFSTED Inspection, Section 8, June 2018).

'Pupils are eager to come to school each morning because their teachers do their best to help them learn...Pupils learn in a calm environment. This is because the school has high expectations for pupils...Pupils conduct themselves well because they know what is right and have been taught how to behave well. Pupils achieve well across a range of subjects. They are proud to talk about their work which is presented with pride... Warm, caring relationships permeate the school... Pupils are confident that adults will listen to their worries and help them. This means they feel happy and safe...The curriculum is ambitious and well

structured...Adults have secure subject knowledge...Leaders have high expectations and are ambitious for pupils...Safeguarding is a priority here.' (OFSTED Inspection, Section 5, November 2023).

#### **'A. Classroom religious education is outstanding**

- The school has adapted and developed the themes of the Religious Education Curriculum Directory in an excellent manner to meet the learning needs of the pupils' of St Mary's.
- The religious education programme in use fully delivers this content and the use of De Bono system in religious education pushes pupils to develop their understanding further.
- After carefully analysing the needs of their pupils, the school has developed a curriculum and teaching programme that has reached outstanding achievement by the pupils in religious education.
- Teachers have high expectations and plan lessons that deepen pupils' religious literacy.
- Since the last inspection, staff confidence in recording and assessment has been demonstrably achieved with the evidence of the clarity and

confidence on the part of the staff in planning imaginative lessons based on the religious education programme followed in the school.

- The headteacher is also the religious education curriculum coordinator and she takes the closest interest in developing the excellent teaching and learning of religious education in the school.
- The chair of governors is a recent appointment but with her years of experience on the governing body she is clear in her role of both support and challenge in pursuing the special responsibility of governors of a Catholic school.

#### **B. The Catholic life of the school is outstanding**

- The curriculum fully conforms to the classroom curriculum time of at least 10% for religious education and teaching is fully in line with the requirements of the Bishops' Conference.
- The previous inspection asked the school to develop pupils' understanding of Catholic Social Teaching and to help pupils understand the ethics of the market place and fair trade.

*The school has fully addressed these priorities, both in their classroom teaching and in the encouragement offered when choosing charities to support.*

- The pupils of St Mary's enjoy an outstanding experience of prayer, liturgy and Catholic worship.*
- Pupils and staff have a deep understanding of the call to 'human flourishing' and are given opportunities to develop and celebrate their gifts and talents.*
- Partnership with the parents is excellent; they appreciate and support all that the school provides for their children.*
- The leadership and management of the school are very effective in promoting the Catholic life of the school. The head is strong and devoted in providing both oversight and support on all aspects of Catholic life. The contribution and regular visits of the parish priest provides a strong and stable reinforcement of the foundational position of Catholicism in the life of the school' (OFSTED Section 48*

*Inspection, September 2019).*



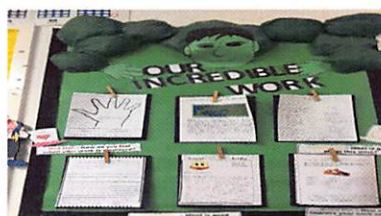
### **Our School Prayer**

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







# Online Safety Newsletter

Oct 2024

## iOS 18 Launch

Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are restricted to newer phones) but one feature that you should be aware of is the ability to now lock and hide apps.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is also locked. This new feature illustrates the need to have regular chats with your child about what they are using their phone for.

## Vault (secret) Apps

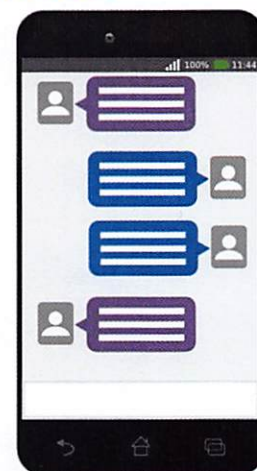
Have you heard of Vault Apps? They are basically secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a working calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases. You can find out more here:

- <https://www.bark.us/blog/find-hidden-apps/>
- <https://www.safes.so/blogs/vault-apps/>

## Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams



### What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

### EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://newsroom.ee.co.uk/ee-launches-age-guidance-for-smartphone-usage-in-drive-to-improve-childrens-digital-wellbeing/>

### Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://smartphonefreechildhood.co.uk/>

### What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>



# Instagram: new Teen account features

**You must be over 13 years of age to set up an account.**

Instagram is used to post photos and videos as well as send direct messages, make voice/video calls and send disappearing messages. Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).



## Teen accounts – NEW feature

Instagram have introduced Teen Accounts to try and create a safer experience for them. With a Teen Account, who they can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. If a teen would like to override any of these settings, then they will need their parent's permission by setting up parental supervision. These changes will be in place for all new users straightaway so any users that sign up that are under 16 will automatically be given a Teen Account. Existing users will be moved over to Teen Accounts over the next couple of months (in the UK).

## Supervision settings – new features

Instagram already offers a supervision facility, but they have added to the features to include:

- The ability to see who your child has messaged in the past week (you will not be able to see the contents of these messages)
- The option to block your child from accessing Instagram at certain times e.g. during school or at night.
- The ability to see what topics your child has chosen to see.

Read the press release from Instagram, which outlines all the upcoming changes: <https://about.fb.com/news/2024/09/instagram-teen-accounts/>

## You may not be seeing everything!

Did you know that you can hide your stories and live videos from specific people so your child could be uploading content but restricting your account from viewing it?

## Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

## More information

- Visit the family centre to learn more about the features available: <https://familycenter.meta.com/uk/>

## Learn Through Play with Sesame Street

The Sesame Street website has a whole host of resources, activities, and games from supporting with learning ABCs to discussing tough topics such as grief.

<https://sesameworkshop.org/>

## Expert Approved Apps for Learning at Home

On the Google Play Store, you can find a list of expert approved Apps for learning at home suitable for children up to the age of 12.

<https://play.google.com/store/apps/catalog/FAMILY>

## Be aware of what you share

Get Safe Online have produced a set of tips to help you avoid oversharing and outlines what the consequences might be if you do:

<https://www.getsafeonline.org/whatdo-youshare/>

## Staying safe online with Google Families

Google have a one stop resource to help you and your family stay safe online. It includes how to set up parental controls and important steps on how to keep your children safe online. You can find out more here:

<https://families.google/>



Good attendance at school is the single most important factor in ensuring that children and young people have the best opportunities in adult life.

## How parents/carers can help their child have good attendance?

- From starting at nursery, make sure your child arrives at school on time, every day.
- Encourage your child to take part in school activities and ensure that they understand the importance of being there every day.
- Don't let your child take time off school for minor ailments – particularly those which would not stop you from going to work.
- Where possible, make appointments after school, at weekends or during school holidays.
- Remember, a morning appointment does not mean a whole day of absence. Bring your child back to school in the afternoon.
- Take family holidays during school holiday time only. Schools publish term time dates well in advance – use these to plan your family holiday.
- Encourage your child to tell you about any problems they may have at school. If you know or think that your child is having difficulties attending school you should contact the school straight away.
- Find out regularly your child's attendance and absence record and check that this matches with your own records.
- Acknowledge, praise and reward good or improved attendance, even small successes.



There are 365 days in a calendar year and 175 of them are non-school days! That's plenty of time to book appointments, holidays and lots of quality family time together!

**Below 90%**

Serious impact on education and reduces life chances

**90-95%**

Less chance of success

**96% & above**

Best chance of success



## But it's only a day

- ▶ **90% attendance = half day missed every week!**
- ▶ **One school year at 90% attendance = four weeks of learning missed!**
- ▶ **Over 5 years of school = half school year missed!**

All children and young people whose school attendance is 90% or below are considered to be persistent absentees.



## THE IMPACT OF SCHOOL ABSENCE

- The pupils with the highest attainment at the end of Key Stage 2 and Key Stage 4 have higher rates of attendance compared to those with the lowest attainment.
- At Key Stage 4 the overall absence rate of pupils not achieving grades 9-4 was over twice as high as those achieving grade 9-5 (8.8% absence compared to 3.7% absence).

*Taken from 'Working Together to Improve School Attendance', September 2022*



## It's October! It's Rosary Month!

We will say a decade of the Rosary each day in school for the month of October.

We say one decade.



It's a wonderful prayer to the Patron of our School, St. Mary.

### A Beginner's Guide to the Rosary

#### **Who Can Pray the Rosary?**

Anyone can pray a Rosary. You will also need to know twenty Mysteries to meditate upon as you pray. You do *not* have to be a Catholic.

#### **The Order of Prayers**

The Rosary begins with the Apostles Creed, followed by one Our Father, three Hail Marys (for the Holy Father's intentions), a Glory Be and the Fatima Prayer. Next focus on five mysteries, each consisting of one Our Father, ten Hail Marys, a Glory Be and the Fatima Prayer. Conclude with the Hail Holy Queen.

#### **Rosary Beads**

If you do not have Rosary beads just count with your fingers. Counting beads frees your mind to help you meditate.

#### **The Twenty Mysteries**

##### **The Joyful Mysteries**

- *The Annunciation:* The Archangel Gabriel announces to Mary that she will conceive the Son of God.
- *The Visitation:* Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.
- *The Nativity:* Jesus is born.
- *The Presentation:* Mary and Joseph present Jesus in the Temple where they meet Simeon.
- *The Finding in the Temple:* After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple.



## **The Luminous Mysteries (The Mysteries of Light)**

- *The Baptism in the Jordan:* The voice of the Father declares Jesus the beloved Son.
- *The Wedding at Cana:* Christ changes water into wine, his first public miracle.
- *The Proclamation of the Kingdom:* Jesus calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to him.
- *The Transfiguration:* The glory of the Godhead shines forth from the face of Christ.
- *The Institution of the Eucharist:* Jesus offers the first Mass at the Last Supper with his apostles, establishing the sacramental foundation for all Christian living.

## **The Sorrowful Mysteries**

- *The Agony in the Garden:* Jesus sweats water and blood while praying the night before his passion.
- *The Scourging at the Pillar:* Pilate has Jesus whipped.
- *The Crowning with Thorns:* Roman soldiers crown Jesus' head with thorns.
- *The Carrying of the Cross:* Jesus meets His mother and falls three times on the way up Calvary.
- *The Crucifixion:* Jesus is nailed to the cross and dies before His mother and His apostle John.

## **The Glorious Mysteries**

- *The Resurrection:* Jesus rises from the dead.
- *The Ascension:* Jesus leaves the Apostles and bodily "ascends" to heaven.
- *The Descent of the Holy Spirit:* The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.
- *The Assumption:* Mary is taken body and soul into heaven by God at the end of her life here on earth.
- *The Coronation:* Mary is crowned Queen of Heaven and Earth.

## **Mysteries for Certain Weekdays**

Monday - Joyful  
Tuesday - Sorrowful  
Wednesday - Glorious  
Thursday - Luminous  
Friday - Sorrowful  
Saturday - Joyful  
Sunday - Glorious

Try to place yourself into the scene of the particular mystery as you pray, imagining the sights, smells, sounds, and emotions that Jesus, Mary, Joseph, and other participants experienced during the actual events.

## **Offering Intentions**

Practically everyone who prays the Rosary offers the Rosary to God and Our Lady for an intention. Some people offer particular intentions before each decade. You can ask God to grant you a favour, heal a sick person, or convert a sinner. Some people offer the same



intention every day, sometimes for years on end, especially when asking the Father for the conversion of a particular person. Intentions are as varied as the people who pray.

## **Meriting a Plenary Indulgence**

The Catholic Church, exercising its authority to "bind and loose on heaven and earth", and in perfect accord with God's Mercy, has set the following conditions for the granting of a plenary indulgence for those who pray the Rosary:

- Be in a state of grace--that is your soul is free from mortal sin.
- Be free from attachment to (that is, not in the habit of) venial sin.
- Go to confession several days before or after praying the Rosary.
- Receive Holy Communion on the day you pray the Rosary.
- Say a prayer for the Pope.

By fulfilling these simple (but often difficult) conditions, you merit the grace to release one soul from Purgatory. While we are free to ask God to apply this grace to a particular soul, God can do as he pleases, according to His Will and Mercy. You can also ask God to apply this special grace to your own soul. A plenary indulgence will relieve the temporal punishment due to sin (it will not absolve the sin or cause the sin to be forgiven).

## **The Full Rosary**

A full Rosary consists of saying all twenty decades, that is, all four sets of five Mysteries. A Rosary consists of praying five decades of one set of Mysteries. Many people pray a full Rosary every day; either by praying four separate Rosaries in the morning, midday, afternoon, and evening; or all twenty Mysteries at one time (it is not necessary to repeat the preamble i.e. the Apostles Creed, etc. between the four sets of Mysteries if one is praying a full Rosary. Conclude with Hail Holy Queen after the last of the Glorious mysteries).

## **The Family Rosary**

The Family Rosary is usually prayed out loud after dinner or before going to bed. Family members can take turns leading the decades with one person praying the beginning of the prayers, and all others praying the endings. Some families announce intentions before they begin the Rosary; others take turns announcing special intentions before they begin the Rosary; others take turns announcing special intentions before the beginning of each decade. Many families add favourite prayers at the end of the Rosary, or ask favourite saints and angels to pray for them.

## **Rosary Novenas**

Any time you pray any set of prayers nine consecutive times, it is a novena (*novena* is Latin for nine). There are many traditional Catholic novenas, and several involve the Rosary. The most common is to follow nine consecutive Saturdays or for nine consecutive hours in one day.



## Rosary Prayers:

### The Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord. Who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day He rose again. He ascended into heaven and sits at the right hand of God, the Father Almighty. From there He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. Amen.

### 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.

### 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.

### Fatima Prayer

O my Jesus, forgive us our sins. Save us from the fires of hell, lead all souls to heaven especially those in most need of your mercy.

### Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, Hail our life, our sweetness and our hope, to you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears; turn, then most gracious Advocate, your eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of your womb Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.

Let us Pray

Let us pray, O God, whose only begotten Son, by His life death and Resurrection, has purchased for us the reward of eternal life. Grant we beseech Thee that while meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through the same Christ our Lord.  
Amen.

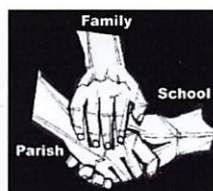




# St. Mary's Catholic Primary

## Religious Education Newsletter for Autumn 2024

(first half-term) – Years 1-6



### Religious Education

#### Key Idea: Beginning with God

The framework of learning is intended as the last in the liturgical year, Year B; the first in the academic year 2024/2025. As the title suggests the content of this resource is the nature of God. Both belief in the singular nature of God (monotheism) and God as a Trinity are taught. New insights might be brought to pupils via exploration of a variety of Biblical metaphors for God and learning about the Nicene Creed as a time in history when the nature of Jesus was considered and clarified.

#### Attitudes and Spiritual Dispositions

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

- An appreciation of the nature of God as greater than what we can imagine or know.
- A sense of the presence of God in their lives.

- An openness to wondering about God as 'three in one'.

#### 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 asks pupils to think about what God is like. Be open to the many metaphors they learn about and incorporate some into your family prayer.

#### An idea for prayer at home

##### Prayer Activity

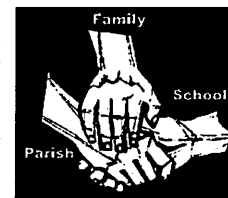
Pray the following prayer with your child:

God who is bigger than all we can imagine or say.  
Help us to see you in our world; in the beauty of the natural world, in the traditions of our Church, in the stories of Scripture and in the people around us.  
May we remember that, created in your image, we are like you and we show others what you are like.  
We ask this through Jesus who took on human form to show us your great love.  
Amen.





# Family – Parish – School Links



## St. Mary's Catholic Primary School Autumn 2024 First Half-Term



### Newsletter for Parents – Nursery and Reception

| Religious Education   |   |
|---|---|
| Topic Theme: Beginnings   |   |
| Children will explore how we 'begin': in our families, in our Church and at school.   |   |
| Learning opportunities include:   | Monitoring opportunities:   |
| <ul style="list-style-type: none"> <li>Coming to know that God loves each one always and at all times.</li> <li>Coming to know Jesus is God the Father's Son.</li> <li>Experiencing and becoming familiar with the sign of the cross.</li> <li>Knowing that they are special within their family and the community.</li> <li>Experiencing that a Church is a special place where God's people gather to pray.</li> <li>Coming to know that Sunday is a special day for the Church family who come together to celebrate.</li> <li>Experiencing and recognising prayer is talking and listening to God.</li> <li>Considering ways in which a Christian family and parish share and celebrate life, and show care for one another.</li> </ul> | <p>Children's development will be monitored through observation and the collection of work samples for their portfolio.</p> |
| Affective and Spiritual Dispositions  |   |
| <p><i>It is hoped that pupils will develop:</i></p> <ul style="list-style-type: none"> <li>Value being special within their families and communities</li> <li>Appreciate that families come together to celebrate</li> <li>Respect for each other and for adults.</li> <li>Good relationships with peers and with adults in the school community.</li> <li>Appreciation of their friendship with Jesus brought about through Baptism.</li> </ul>  |   |



### Activities to try at home

Parents are the first educators of their child in faith. Children's 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:

- Look over photo albums and recall stories of your family.
- Look at their Baptismal Certificate or photos of their Baptism. Explain who their Godparents are.
- Celebrate the friends you have who are from different cultures. Speak positively about difference.

### An idea for prayer at home

When you next collect your child from school take some time to walk around the Church and to prayerfully look at the religious items it contains. Allow your child to light a candle and together pray for a special intention.





## School Uniform

All children are expected to wear the school uniform; this encourages a sense of identity and belonging.

|               |   |
|---------------|---|
| <b>Winter</b> | <b>Grey Skirt or Pinafore / Dark grey tailored trousers / shorts</b>          |
|               | <b>St Mary's Sweatshirt</b>   |
|               | <b>White / Grey socks</b>   |
|               | <b>Grey / Navy tights</b>   |
|               | <b>White Polo Shirt</b>   |
|               | <b>Black Shoes (No Trainers)</b>  |
| <b>Summer</b> | <b>Dark blue and white check dress / Dark grey tailored trousers / shorts</b> |
|               | <b>Royal blue Cardigan / St. Mary's Sweatshirt</b>                            |
|               | <b>White / Grey socks</b>   |
|               | <b>Black/White/Navy sandals or shoes</b>                                      |
|               | <b>No Open toe Sandals</b>  |
|               | <b>White Polo shirt</b>   |
| <b>PE Kit</b> | <b>Dark Blue Shorts</b>   |
|               | <b>Royal Blue Joggers</b>   |
|               | <b>White crew neck T-Shirt</b>  |
|               | <b>Black Plimsolls</b>  |
|               | <b>White socks</b>  |

Please make sure your child wears sensible shoes – no fashion shoes please, low heels and NO trainers. In summer time children may wear black, white or navy blue sandals, but 'jellies' or open toes sandals are not part of the school uniform.

Children who wear wellingtons or boots to school should bring a change of footwear.

Jewellery (chains, bracelets, rings) should NOT be worn to school. Children with pierced ears may wear small studs only but not on PE days. Hooped or hanging earrings are not allowed.

Short hair must be in a plain neat style. Lines, logos or designs are not permitted. Hairstyles should be suitable for school i.e. long hair should be tied back, away from the face.

Hair accessories (hair bands and elastic ties) should be in school colours (blue, black and white).

Each child should have their own PE kit and a bag in which to keep it. Children change for PE for reasons of hygiene. It would be helpful if you could equip older children with a change of socks.

Reversible School Coat, St. Mary's School Cap and Winter Hat are available from the school office – these are optional.

All clothing, bags and personal possessions must be clearly marked with your child's name.



**SCHOOL UNIFORM****SCHOOL SWEATSHIRTS**

| SIZE           | PRICE EACH |
|----------------|------------|
| AGE 3-4 (24)   | 10.50      |
| AGE 5-6 (26)   | 10.50      |
| AGE 7-8 (28)   | 10.50      |
| AGE 9-10 (30)  | 10.50      |
| AGE 11-12 (32) | 10.50      |
| AGE 13 (34)    | 10.50      |
| S (36)         | 14.00      |
| M (38-40)      | 14.00      |
| L (42-44)      | 14.00      |

**SCHOOL JOGGERS**

| SIZE           | PRICE EACH |
|----------------|------------|
| AGE 3-4 (24)   | 9.00       |
| AGE 5-6 (26)   | 9.00       |
| AGE 7-8 (28)   | 9.00       |
| AGE 9-10 (30)  | 9.00       |
| AGE 11-12 (32) | 9.00       |
| AGE 13 (34)    | 9.00       |
| SMALL ADULT    | 11.50      |

**REVERSIBLE SCHOOL COAT**

| SIZE           | PRICE EACH |
|----------------|------------|
| AGE 3-4 (24)   | 21.00      |
| AGE 5-6 (26)   | 21.00      |
| AGE 7-8 (28)   | 21.00      |
| AGE 9-10 (30)  | 21.00      |
| AGE 11-12 (32) | 21.00      |
| AGE 13 (34)    | 21.00      |

**PE KIT**

| SIZE           | PRICE EACH |
|----------------|------------|
| AGE 3-4 (24)   | 13.00      |
| AGE 5-6 (26)   | 13.00      |
| AGE 7-8 (28)   | 13.00      |
| AGE 9-10 (30)  | 13.00      |
| AGE 11-12 (32) | 13.00      |
| AGE 13 (34)    | 13.00      |

|            | PRICE EACH |
|------------|------------|
| SCHOOL CAP | 4.00       |
| WINTER HAT | 5.00       |
| BOOK BAG   | 4.35       |
| BACK PACK  | 5.00       |

**ALL PAYMENTS MUST BE MADE THROUGH PARENTPAY IN ADVANCE**

**Uniform received**

**Child's Name** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_



# LEARN THE UNDERWEAR RULE

TALK

P

A

N

T

S

AND YOU'VE GOT  
IT COVERED!

**P** RIVATES  
ARE PRIVATE

**A** LWAYS REMEMBER YOUR  
BODY BELONGS TO YOU

**N** O MEANS NO

**T** ALK ABOUT SECRETS  
THAT UPSET YOU

**S** PEAK UP, SOMEONE  
CAN HELP

ChildLine  
0800 1111

ChildLine is a service provided by the NSPCC.  
2013391. Registered charity numbers 216401 and SC037717

NSPCC

Cruelty to children must stop. FULL STOP.



# LEARN THE UNDERWEAR RULE

TALK PANTS AND YOU'VE  
GOT IT COVERED!

## **P**RIVATES ARE PRIVATE

Parts of your body covered by underwear are private. No one should ask to see, or touch them. Sometimes doctors, nurses or family members might have to. But they should always explain why, and ask if it's OK first. No one should ask you to touch or look at parts of their body that are covered by underwear.



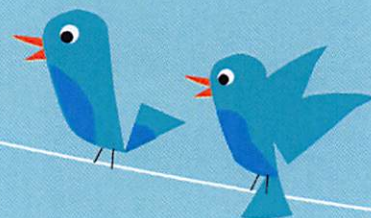
## **A**LWAYS REMEMBER YOUR BODY BELONGS TO YOU

It's your body, no one else's. No one should make you do things that make you feel embarrassed or uncomfortable. If anyone tries, tell an adult you trust.



## **N**O MEANS NO

You have the right to say 'no' – even to a family member or someone you love. Remember, you're in control of your body and your feelings are important.



## **T**ALK ABOUT SECRETS THAT UPSET YOU

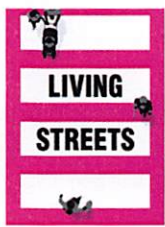
Secrets shouldn't make you feel upset or worried. If they do, tell an adult you trust. You will never get into trouble for sharing a secret that upsets you.

## **S**PEAK UP, SOMEONE CAN HELP

Talk about stuff that makes you worried or upset. An adult you trust will listen, and be able to help. It doesn't have to be a family member. It can be a teacher or a friend's parent – or even ChildLine.







LET'S  
WALK TO  
SCHOOL

# INTERNATIONAL WALK TO SCHOOL MONTH

## Autumn Street Safari



There are lots of interesting things to see and do as you walk, wheel or scoot to school. How many of these activities can you tick off on your Autumn Street Safari?

Find a pretty  
feather



Spot a bird and  
draw it



Make art using  
fallen leaves



Hug a big tree



Look under a  
rock - who lives  
there?



Find a red leaf



Make up a scary  
story



Juggle with  
pinecones



Jump over a  
puddle



Pretend to be a  
squirrel asleep  
for the winter



Learn why leaves  
change colour



Spot a zebra  
crossing



Say hello to a  
neighbour



Dance around a  
mushroom



Close your eyes  
and listen - what  
do you hear?



Stamp on a pile  
of leaves



Name: \_\_\_\_\_

Age: \_\_\_\_\_





LET'S  
WALK TO  
SCHOOL

# AUTUMN FAMILY WALKING ACTIVITIES



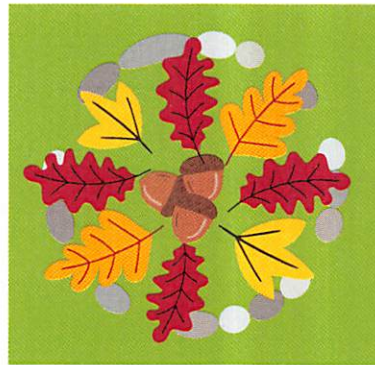
Going for a walk is a great way to explore your local area and have fun with your family and family. Notice what you can smell, feel, hear and see as you walk in a local park or green space - it might surprise you!

Did you discover a sticky mushroom or make an autumn mandala? We'd love to see your autumn finds! Your parents or carers can share your photos and videos on social media using the hashtag #AutumnStreetSafari

## WHY NOT TRY...



Write a poem or story about a raindrop's journey down the street.



Use the items you collect on your walks to create an autumn nature mandala.



Make a hedgehog house from an upturned plastic box filled with dry leaves.

## PARENTS AND CARERS - WE WANT TO HEAR FROM YOU!

Share a memory from your Autumn Street Safari for a chance to win in our prize draw!

FIND OUT MORE BY SCANNING  
THE QR CODE OR VISITING  
[LIVINGSTREETS.ORG.UK/AUTUMN](https://livingstreets.org.uk/autumn)



Living Streets is the UK charity for everyday walking and the people behind the Walk to School campaign.

[LIVINGSTREETS.ORG.UK](https://livingstreets.org.uk)

Wednesday 25th September 2024

Dear Parents and Guardians,

In light of the recent Urgent Food Standards Authority Statement 'Urgent Allergy Advice: Mustard Ingredients Contaminated with Peanuts' regarding the advice that all people with a Peanut Allergy should avoid any product that now contains Mustard, Stir are issuing updated guidance to show how we are managing this issue.

We believe that this poses a low risk to our business and that we already have the relevant safety procedures in place but would like to make you aware of the steps we are taking to mitigate any issues.

- We are displaying the Customer Notice attached on all food service counters.
- We are continuing with our standard policy of completing daily manual allergen matrices for all dishes cooked and having them available on all service counters.
- Any dishes that 'Contains/May Contain Mustard' are being recorded as also 'Contains Peanuts' on the allergen matrices that are used by kitchen teams to ensure that children with allergies are not served any potentially harmful foods.
- Gluten free products in particular may contain mustard, therefore if children have gluten and peanut allergies, these products will not be used for the time being.

Safeguarding your children's safety is our top priority and we are committed to ensuring that they are not exposed to allergens when they access Stir catering facilities.

Please contact: [info@stirfood.co.uk](mailto:info@stirfood.co.uk) with any enquiries.

Kind regards,



Deborah Batchelor

Managing Director  
Stir Food Ltd.





# **IMPORTANT ANNOUNCEMENT**



**In line with recent  
Food Standard Agency advice.**

**Anyone with a**  
**PEANUT ALLERGY**  
**should not consume any products**  
**containing or may contain**  
**MUSTARD.**

**Please check with the catering  
staff who will be able to help you.**



Children and young people are bound to spend lots more time on devices since Covid. **DON'T FEEL BAD** – lots will be schoolwork or healthy ways of catching up with friends or having fun. There are many ways to keep them safe, healthy and happy.

## Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



## Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.



## Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?



## Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

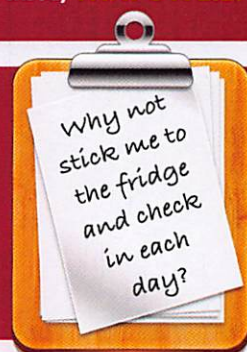


## Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

## If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at [reporting.lgfl.net](https://reporting.lgfl.net), including ones to tell your kids about (they might not want to talk to you in the first instance).





# Food Support in Enfield

## Food Pantries

If you are finding your money does not stretch far enough and you are struggling to afford the cost of food, a food pantry can provide you with a heavily discounted food shop. To receive support from a food pantry you will pay a weekly membership fee (between £3.50 and £4.50), which will allow you to shop at the pantry each week. Pantries look similar to shops and you are able to select a certain amount of food based on your own food preferences. There are 5 pantries located across Enfield:

### Enfield Town Pantry

Enfield Town Library  
66 Church Street  
Enfield  
EN2 6AX

Open Thursdays and Fridays. Referral and self-referral only through the Enfield Welfare Advice and support team. Visit [www.enfield.gov.uk](http://www.enfield.gov.uk) and search 'welfare advice and support' to find the referral form

### Edmonton Green Pantry

Edmonton Green Library  
36-44 South Mall  
Edmonton  
N9 0TN

Open Tuesdays and Wednesdays. Referral and self-referral only through the Enfield Welfare Advice and support team. Visit [www.enfield.gov.uk](http://www.enfield.gov.uk) and search 'welfare advice and support' to find the referral form

### Ordnance Road Pantry

Ordnance Road Methodist Church  
100 Ordnance Road  
Enfield  
EN3 6BW

Open Saturdays, from 1pm to 3pm. No referral required. For more information, email [ordnancepantry@gmail.com](mailto:ordnancepantry@gmail.com)

### Bounces Road Pantry

229 Bounces Road  
Edmonton  
N9 8LN

Open Wednesdays and Thursdays, from 9am to 3pm  
No referral required. For more information, email [sadiyaam@hotmail.co.uk](mailto:sadiyaam@hotmail.co.uk)

### Fore Street Pantry

Edmonton Methodist Church  
Fore Street  
Edmonton  
N9 0PN

Open Saturdays, from 11am to 1pm. No referral required.

## Food Co-ops

Food co-ops are small buying groups, providing their members with free and affordable groceries, sourced in bulk and distributed at a very low price. Cooperation Town food co-ops are owned by their members and run according to local needs. Members decide collectively on how to organise and are responsible for the day to day running of the co-op. While each Cooperation Town co-op is independent, the network is designed to share resources and support across the movement. For more information on joining a food co-op in Enfield, email [will@cooperation.town](mailto:will@cooperation.town) or call 07562 005011

## Other Support with Food

For other support with food and to find out more about the local support available to help with rising living costs, please visit: [www.enfield.gov.uk/helpingyou](http://www.enfield.gov.uk/helpingyou)



## THE SMOMBIE PROBLEM

**Studies have shown that phones are a major cause of distraction for pedestrians, affecting whether they cross a road safely. There's even a name for people distracted by phones: SMOMBIES!**


- Although many people are distracted by mobile phones, children are the most affected. By the age of 11, 91% of children in the UK own a smartphone. There is a clear link between the use of mobile devices and the time of serious accidents involving children, particularly at the end of the school day.
- Researchers from the University of Lincoln found that out of 3,000 road crossings by pupils, nearly a third were holding a phone or another device, and that pupils looked left and right less frequently when they had them. The researchers concluded that the safety of school-age pedestrians is affected by mobile phones and music players.



**Do you look at your mobile phone when you are walking?**







# YOUTH STEEL PANS



**SATURDAYS**  
**11:30 - 12:30**  
**AT**  
**THE RAGLAN**  
**SCHOOLS**



Want to have a go at playing steel pans?

Come and try our youth steel pan group  
in the first weeks for free!

Email [paula.warren@enfield.gov.uk](mailto:paula.warren@enfield.gov.uk) to  
arrange to come and try a session.

