

# ST MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER

JUNE 2025

We have almost completed our school year! It doesn't seem that long since September but in just seven weeks (including this week) the children will be ready to move on to their new classes (after enjoying a few weeks rest of course!).



### School Travel Plan - Walk to School!

A big thank you to all who support the school in our 'Walk on Wednesday' campaign. For increasing numbers of children (and their parents) this has continued to become a 'Walk Everyday' campaign which is wonderful. The children who take part are always really enthusiastic and are always keen to tell us if they have been walking / cycling / scooting.

The key issues as you know at our school continue to be the problems associated with restricted parking near the school and for many parents

the constraints of a busy day which makes walking or cycling to school difficult.



When we surveyed the children prior to the first lockdown we found that many of them expressed a desire to cycle to school. In response to this we looked in to the options for suitable cycle storage (this was part of the post building works plan) and as you know we now have a cycle shed in the upper playground. We also arranged for cycling proficiency lessons for the pupils. This cycle shed is now generally full of bikes and scooters each day.

It is important for us to remember that the key principle underpinning a school travel plan is to develop sustainable travel which means reducing our reliance on cars whether this is for certain days of the week or for part of the journey to school. The overall aim is to improve the

environment and our children's health and enjoyment. Thank you to all who support our 'Walk on School' campaign.

### St Mary's Catholic Primary School Street

As you know 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 the school terms only.

Further information on School Streets and how they operate can be found at <https://letstalk.enfield.gov.uk/SchoolStreets>.



### Parking

I do understand how busy Durants Road can still be but please make every effort to park responsibly (preferably away from Durants Road) as you drop off / collect your child each day. It is very important that those of us who are driving are not parking in or across any driveways in the roads near to or a bit away from the school.

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, peaceful association with our neighbours. Thankfully so many already do.

Please try hard to:

- **Park away from Durants Road and walk with your child.** This is better for your

general health and reduces the fumes and pollution around the school. 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 away from Durants Road.

- **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.

### Relationships, Health and Sex Education (RSE / RHE)

Around this time a few years ago Relationships Education and Health Education became statutory in all primary schools in England. This as you know for us builds on the non-

statutory lessons we had always taught in RSE / RHE at St. Mary's.

As previously explained we decided to adopt **Life to the Full** by Ten Ten Resources. We actually originally purchased this programme for use in the school as we felt it supported the work the school was already doing and is approved by both the government and the Diocese of Westminster.



Through their programme, Ten Ten understand the foundational role that parents have in educating and nurturing their children in these matters. Within the programme, they have built in resources which will not only keep you informed about what is being taught in school, but will also give you the opportunity to engage your children in discussion, activity and prayer.

As part of the subscription to Life to the Full an Online Parent Portal is provided for parents.

Parents should visit the following webpage

[Online Parent Portal – Enter \(tentenresources.co.uk\)](https://tentenresources.co.uk)



The parent login is as follows:

**Username:** st-marys-en3

**Password:** lady-3

## MEI's Calculator Crunch... it's fun and it's free!

Calculator Crunch is an annual event that takes place over 9 days each summer. Every morning an exciting challenge is released on the site's twitter and webpage, alongside a set of learning resources.

Parents and carers can use the challenge activities with their children at home.

Previous years' resources are available online:  
<https://mei.org.uk/calculator-crunch-2/>

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

All primary resources are available at:  
<https://mei.org.uk/students/primary/resources>

### Stories at Home



Sooperbooks have extended their library and added high quality audiobooks to all of their stories. You can access

their free stories (Age Range 0-10 years) and audiobooks here:

<https://sooperbooks.com/bestime-stories>

### Storytime Videos (Islington Libraries)

Islington Library Service have recorded lots of story-time videos for children from Nursery to Year 6.

<https://www.youtube.com/c/islingtoneducationlibraryservicebooks/videos>

### Resources for Adults

The [National Numeracy Challenge](#) is a great place to start for anyone looking to boost their number skills and confidence - it only takes 10 minutes to start improving your numeracy.

With a dedicated toolkit for adults, National Numeracy's resources cover numeracy for supporting children, work, and money management. Celebrities and case studies tell 'real-life' stories about the transformational power of numeracy improvement, helping to break down the stigma around maths.

For parents wanting to improve their numeracy skills, there are also free [courses](#) available across the country through

the [Multiply](#) and adult skills programmes.

### Thinking Skills

Remember to ask your child which thinking hats they have been using in lessons. Also check to see if they are aware of the current Habit of Mind focus. Some of the children are also using the Thinking Maps – ask your child to see if he / she is aware of the maps.

### Online Safety at Home



You might find the following links helpful:

### WHAT'S THAT APP ANYWAY?

What even is Fortnite (or Roblox...or Minecraft...)?

The best way to find out is to get your child to show you so you can see how it works, what happens and if it's appropriate for your family. But here are some sites to help you find out what the experts think of apps, sites and games (there are more at

<https://www.lgfl.net/online-safety/resource-centre?s=32>



Thousands of expert reviews of apps, games and even films from [Common Sense Media: Age-Based Media Reviews for Families](#) | [Common Sense Media](#)

Whatever the app, or the site, or the game, do you know how to stay secure to stay safe?

#### [Home](#)

<https://parentsafe.lgfl.net/home>

#### [SMART Video Lessons](#)

[Childnet](#) Six easy-to-follow videos on key online safety messages for parents, carers and professionals to watch together with children aged 6-9 years old.

#### **Omegle Guidance - Internet Matters**

#### **Digiduck Stories (Childnet)**

The five stories in the Digiduck series were created to help parents and teachers educate children aged 3-7 about online safety. The collection includes a ebooks, PDFs, a poster and an interactive app.

As well as the books, there is a Digiduck Activity Menu, that can be found here: <https://www.childnet.co.uk/resources/digiduck-stories/>



#### [Parents & carers](#) | [Childnet](#)

#### **Hanni and the Magic Window - ChildNet**

Helping young children in difficult situations to seek support has always been hard. Their minds are often not developed enough to understand bad situations. They are also unable to comprehend what they need to do to get out of them. More often than not their limited vocabulary may also reduce their ability to talk to adults effectively.

ChildNet has released a downloadable story on their site, aimed at children aged three and up. Their objective is to make them aware of how to seek help. By following the link below you can also find simplified resources around the story, as well as the story itself.

<https://www.childnet.com/resources/hanni-and-the-magic-window/>

#### **Healthy Start Scheme**

<https://www.healthystart.nhs.uk/>

' Today a reader,  
tomorrow a leader. '  
*Margaret Fuller*

<https://schoolreadinglist.co.uk/category>

[/reading-lists-for-ks1-school-pupils/](#)

<https://schoolreadinglist.co.uk/category/reading-lists-for-ks2-school-pupils/>

<https://schoolreadinglist.co.uk/category/secondary-ks3-ks4-reading-lists/>

<https://schoolreadinglist.co.uk/reading-lists-for-ks1-school-pupils/100-best-picture-books-to-read-before-you-are-5-years-old/>

#### **Autumn Term Music Lessons for Pupils**

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

The deadline for bookings is 1<sup>st</sup> July 2025.

#### **School Fund**

Remember your donations to the School Fund greatly assist the school in improving the facilities provided for all of the children.

Thank you to all who have made contributions this year. Up to



31<sup>st</sup> May 2025 £4,220.33 was collected in School Fund donations.

If you have not made any contribution to the School Fund please consider even making a part payment before the end of the year as your support will make a real difference to what we are able to do for the children.

School Fund costs £2.00 per week / £25.50 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.



### School Uniform

Thank you to the great number of pupils wearing the correct **dark blue summer dress**. Remember it is fine for your child to continue to wear a grey skirt and polo shirt during the summer term or trousers if your child prefers this. **Children are not permitted to wear summer dresses which are not dark blue check** (these other light blue dresses

are actually the summer uniform of another school).

A number of children are wearing short school uniform trousers which are a little cooler in the warm weather.

Please check your child's uniform. Sometimes children accidentally take home the wrong sweatshirts etc. Try to ensure your child's name is on each item of uniform. During the summer children take off sweat shirts a lot more. If the sweatshirt is labelled it is much easier to return it to its owner.

It's good for children to be able to wear a hat during the summer when it becomes very warm. **School hats (with neck protection flaps) are now available from the School Office for £4.00.** Children are encouraged to wear these instead of other non - uniform baseball caps which are not permitted.

On PE days children are able to wear their PE uniform. It must however be the correct PE uniform. ***Please ensure your child is wearing the correct joggers in school blue. Also your child must wear their school shoes and change into their trainers/plimsolls for their PE sessions.***

Please note that children are not allowed to wear nail varnish or false nails. Rings,

bracelets, necklaces must not be worn to school. Lines, logos, Mohican cuts, dye or designs cut into the hair are not encouraged.



Thank you to the great number of parents who ensure their children wear the correct school uniform each day. The majority of children always look very smart.

### 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.



### Attendance

It's very important that we really continue to try during this new term to improve pupil attendance. Our target is for 98% attendance (our attendance was 95.64% and our absence was 4.36% at the end of the summer (first half-term) - although we are generally doing well this level of absence continues to be higher than we would like it to be).



The classes with the highest attendance from the beginning of the school year until the end of the first half of the summer term were:

1. 97.32%-Y2, Our Lady of Faith
2. 97.11%-Y3, St. Cecilia
3. 97.06%-Y4, St. Peter
4. 97.03% - Y6, St. Christopher
5. 96.83%-Y4, St. Paul
6. 96.53%-Y5/6, St. Catherine
7. 96.01%-Y1, Our Lady of the Most Holy Rosary
8. 95.76%-Y5, St. Joseph
9. 95.70%- Y2, Our Lady of Fatima
10. 95.21%-Y3, St. Bernadette



We are required now also as you know to report on Persistent Absence.

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

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

If your child is away from school it is important that you always let us know to avoid having the absence recorded as unauthorised. Always try to phone us on the day and it is school policy to request a short, written note explaining the absence.



### Tissues

We are no longer able to provide tissues for classrooms. Donations of boxes of tissues would be gratefully received. Thank you to parents who have already handed in some boxes.

Unfortunately we are still running low (some noses are running quite a bit at the moment with hay fever and summer colds).



### Be on Time!

Try very hard to ensure your child is on time for school each day and that he/she is picked up promptly at the end of the day.



Allowing your child to be regularly late in the morning and collecting children well after their school time is not good practice. It's good for children to learn good habits of punctuality from a young age.

Again thank you to the numerous parents who ensure their children are on time every day.



### Hair etc!

Sometimes we have nit outbreaks during the summer term. Please check your child's hair regularly. Also ensure that long hair is tied back (in school colours please) each day. Remember nits like clean hair too!

Also please watch out for Ringworm and Worms! I know they sound unpleasant but children do pick these infections up at times.

### Summer Sun!

Try to ensure your child wears sun cream during the very warm weather.



Remember children spend quite a bit of time outside in the

course of the school day. It is important that your child is able to apply his / her own sun cream. You may of course apply the sun cream in the morning before coming to school. We will of course encourage the children to spend time in the shade on very warm days.

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

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

### Our Pupils

We consider ourselves very fortunate in school as children are always happy to talk and offer their ideas, opinions and suggestions. They rightly consider the school to belong to them and always show a great sense of shared responsibility for the school and all that we do together in school.

They of course also reflect the very strong parental support for the school which continues to be a wonderful strength of the school. Remember, if you ever have any concerns about your child or a school decision, to come and see us straight away (thank you to the majority who always do). We would prefer to know and will always listen and try to help.

It is a good idea to copy in the office address when you e-mail the year group address as the office staff can also pass messages on to the teachers.

[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)

You can always just phone the office too of course.

### 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 (we usually tend to send the Wednesday Word out as part of our weekend e-mail regarding the Sunday readings).

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.

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

#### Future Dates

Monday 9<sup>th</sup> June - INSET Day - No School

Tuesday 10<sup>th</sup> June - Sports Day for Juniors AM

Wednesday 11<sup>th</sup> June - Sports Day for Infants AM  
Years 5 and 6 to the theatre PM.

Thursday 12<sup>th</sup> June - Our Lord Jesus Christ, The Eternal High Priest - School Mass for Years 2-6.

Monday 16<sup>th</sup> June - Borough Athletics 2pm

Tuesday 17<sup>th</sup> June - Year 4 to Parish Mass at 9.30am.

Wednesday 18<sup>th</sup> June - Science Workshops

Thursday 19<sup>th</sup> June - Science Workshops

Monday 23<sup>rd</sup> June - Sports Day for Juniors AM (if raining previously).

Tuesday 24<sup>th</sup> June - The Nativity of St. John the Baptist - Years 5 and 6 to Mass  
Reception Classes visit Willows Farm

Wednesday 25<sup>th</sup> June - Olympic Athlete Visit AM

Thursday 26<sup>th</sup> June - Sports Day for Infants AM (if raining previously)

Friday 27<sup>th</sup> June, The Most Sacred Heart of Jesus - School Mass for Years 1-6

Monday 30<sup>th</sup> June - Oral Health Practitioner to visit Nursery and Reception, 9.30am.

Tuesday 1<sup>st</sup> July - Year 4 to Parish Mass at 9.30am. Year 2 to Hertfordshire Zoo.

Wednesday 2<sup>nd</sup> July - Year 3 to the theatre.

Thursday 3<sup>rd</sup> July - Year 5 to Parish Mass at 9.30am. Year 6 Induction Day at St. Ignatius College (Day 1).

Friday 4<sup>th</sup> July - Year 6

Induction Day at St. Ignatius College (Day 2).

Thursday 10<sup>th</sup> July - Year 6 Leavers' Mass, 9.30am in the church. Leavers' BBQ and Disco, 5-6.30pm.

Year 5 Boys - Taster Day at St. Ignatius College.

Friday 11<sup>th</sup> July - Children visit their new September classes AM.

Monday 14<sup>th</sup> July - End of Year Class Parties. Last day of School Year for Year 6. Last day for Reception - Year 5 pupils in their current classes.

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

Tuesday 15<sup>th</sup> July - Year 1 - Year 6 pupils (September 2025) begin their time in their new classes. New Reception pupils and parents visit.

Wednesday 16<sup>th</sup> July - New Reception pupils and parents visit.

Thursday 17<sup>th</sup> July - New Reception pupils and parents visit.

Friday 18<sup>th</sup> July - Last day of School Year. Early Closing (12.45pm Infants, 1pm Juniors). OWN CLOTHES' DAY.

Thanksgiving for the School Year: School Mass (in memory of Daniel Evans and Mary Ireton) at 9.30am in Church for Years 2-6.

New Reception pupils and parents visit AM.

\* Please note that dates may change as the year progresses. I apologise in advance for any inconvenience this may cause.



### Summer Term Reminder!

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

### Dates for 2025-2026 School Year

#### Academic Year 2025 - 2026

##### Autumn Term

Monday 1<sup>st</sup> September - Friday 19<sup>th</sup> December 2025

Half - Term Monday 27<sup>th</sup> October - Friday 31<sup>st</sup> October 2025

##### Spring Term

Monday 5<sup>th</sup> January - Friday 27<sup>th</sup> March 2026

Half -Term Monday 16<sup>th</sup> - Friday 20<sup>th</sup> February 2026

##### Summer Term

Monday 13<sup>th</sup> April - Friday 17<sup>th</sup> July 2026

Half - Term Monday 25<sup>th</sup> May - Friday 29<sup>th</sup> May 2026

May Bank Holiday: Monday 4<sup>th</sup> May 2026

##### INSET Days

Monday 1<sup>st</sup> September 2025  
Tuesday 2<sup>nd</sup> September 2025  
Monday 23<sup>rd</sup> February 2026  
Tuesday 5<sup>th</sup> May 2026  
Monday 15<sup>th</sup> June 2026

Governors' Day: Monday 20<sup>th</sup> July 2026 (school closed)

### Own Clothes Day

Thank you to all who supported the Own Clothes' Day before the half-term £182.65 was raised.



The junior children are learning the Hail Holy Queen prayer this term. It is a lovely prayer of praise and petition to Mary, the Mother of God.

You might like to say it at home with your child.



#### 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 valley 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.

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 God. Amen.



### Our School Prayer

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

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

Let us all remember that  
As many hands build a house,  
So every child  
Can make this school

### A lovely place. Amen



We are trying to learn / say  
The Angelus each day at 12  
noon in all classes from Year 2  
(from summer term) - 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.



### 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/>

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

### Best Wishes

Thank you for your continued  
support for our school. It is  
greatly appreciated by all  
members of our school  
community and definitely helps  
to create the happy



atmosphere we are so fortunate to have in our school.

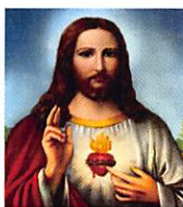


I wish you well for the remainder of this term as we move now to the end of another school year.

Miss M Creed  
Headteacher

### June is the Month of the Sacred Heart of Jesus

Ask and you shall receive  
Seek and you shall find  
Knock and it shall be opened unto you  
O Sacred Heart of Jesus I place all my trust in you.



We often take for granted that God loves us. In June we focus specifically on the Heart of Jesus. Jesus is the one who loved us even to the point of dying for us.

In most cultures the heart is the symbol of love; it is what is

deep inside us. We speak of a person having a kind heart or a hard heart.

When the Church was gripped with fear of God's anger, a French sister, St. Margaret Mary Alacoque, was given visions of the Sacred Heart of Jesus in 1673 which assured us that God loves us and that we are to serve without excessive fear. At the same time, we must be careful about sin and pray for those who sin.

*Dear Friends, let us love one another because love comes from God. Whoever loves is a child of God and knows God. Whoever does not love, does not know God, for God is love. God showed his love for us by sending his only Son into the world, so that we might have life through him. No one has ever seen God, but if we love one another God lives in us and his love is made perfect in us. (1 John 4:7-9, 11-12)*

Love is a word that is much used and often badly used. Love is not just a feeling but it is rather the fact that we do good things for other people, such as forgiving them, helping them, showing them kindness. If we love others, then we can get a better idea of how God loves us. We think of this great love.

The Bible is God's love-letter

to his people.



The cross shows us God's immense love for us.



The chalice reminds us of Jesus' love for us in the Mass



and Holy Communion.

### **ADMISSIONS FOR ACADEMIC YEAR 2025/2026**

**We need your help to remind friends, neighbours, relatives to apply for places in our Nursery and Reception classes for their children for September 2025!**

**It is not too late to apply!**







# Online Safety Newsletter

June 2025

## Virtual Reality (VR)

VR is a 3D computer generated environment that users can explore wearing a VR Headset.

### Meta Quest Parental Controls

Meta Quest are one of the more popular VR Headsets. Users aged 13+ can use Meta Quest (children between 10 and 12 years old can use it through a parent managed account). *Meta Quest state that VR Headsets are not recommended for use by younger or smaller-sized children for a variety of reasons including eye strain.* Optional supervision tools are available for those aged 13–17. Find out more here: <https://familycenter.meta.com/uk/our-products/horizon-and-quest/>

Meta Quest has a Safety Centre; it includes health and safety warnings and how to set privacy settings. <https://www.meta.com/gb/quest/safety-center/>

### Gorilla Tag

This is a popular game and whilst rated as PEGI 3 (even though young children should not be using VR), it is important to note that it does include in app purchases and players can interact so there is a risk of offensive/inappropriate language. <https://www.esrb.org/blog/a-parents-guide-to-gorilla-tag/>

### What can I do?

- Check what games your child is accessing and make sure they are appropriate.
- Play together.
- Set time limits and ensure plenty of breaks.

### Further information:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/virtual-reality-headsets/>

## Online Privacy

It is important to develop an understanding of how you can protect your child's privacy online. Any personal information shared online creates a digital footprint and it is vital that we control who sees what.



### What are Privacy settings?

Privacy settings are tools available on most social media apps, websites, and games. They allow users to control who can view what they share online.

### What can we do to support our children with their online privacy?

**Talk to your child regularly:** Talk to your child about what is personal information and to think about what they share online. Personal information includes their name, address, current location and the school they attend. This also includes information within photos or videos that they may share, for example does it show their current location?

**Apply appropriate privacy settings:** For any app, game or device that your child uses, check the privacy settings and apply them as appropriate. For example:

- Check if their location is being shared.
- Check who can tag them in posts (as what others tag them in can also affect their digital footprint).
- Check who can share their content.

Check these settings regularly as new options may become available or sometimes updates can change previous settings.

**Children learn from us:** Think about what you are sharing online – do you share photos of your child in their school uniform or their current location?

**Set strong/complex passwords:** Teach your child to create strong/complex passwords and to never share them with others.

**Search their name** – search their name in a search engine to see what information can be seen about your child. Remind your child that they can delete any information that they no longer want others to see.

### Further Information

- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/taking-care-your-digital-footprint/>
- <https://www.unicef.org/parenting/child-care/online-privacy>
- [https://www.ceopeducation.co.uk/11\\_18/lets-talk-about/online-safety/privacy-settings/](https://www.ceopeducation.co.uk/11_18/lets-talk-about/online-safety/privacy-settings/)

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# Instagram

**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

Teen accounts are automatically set up for users aged 13 – 17. Teens under the age of 16 will need your permission to update their safety settings. With a Teen Account, additional safety settings are applied, for example, who your child can contact is limited and the content they access will be set to the most restrictive setting to reduce exposure to sensitive content. Find out more here: <https://help.instagram.com/995996839195964>

## Supervision settings

Instagram also offers a supervision facility, which is a set of tools that you can use to help support your child. It is important to note that both you and your child must agree to these settings, and they can be removed at any time by either person. Once set up you can:

- Set a time limit.
- See which accounts your child is following and who is following them.
- View 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.

Find out more here:

[https://help.instagram.com/658522825492278/?helpref=related\\_articles](https://help.instagram.com/658522825492278/?helpref=related_articles)

## How to Reset Your Instagram Recommendations

You can reset recommendations, which will clear recommended content across Explore, Reels and Feed. You can find out more here:

<https://about.fb.com/news/2024/11/introducing-recommendations-reset-instagram/>

## What are the risks of using Instagram?

- Cyberbullying.
- Risk of contact from strangers.
- Viewing inappropriate content.
- Echo chambers - algorithms can create an echo chamber. Once we show an interest in a subject, the app/ site will promote that content, which may mean we are overly exposed to it.

## Safety Features

If your child is using Instagram, then ensure they know how to report posts and people, how to unfollow/block people as well as delete and turn off comments. Find out how: <https://help.instagram.com/269765046710559>

## More information

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

## Talking to your child about online mistakes

The online world is difficult to navigate, and mistakes will happen. When they do, it is important that as a parent you are ready.

### Stay Calm

If your child tells you about something that they have done wrong online, then try to stay calm and listen.

### Be Honest

You may not know how to solve the issue but tell them you will help them work it out.

### Solve It Together

Try and resolve the problem together to help your child learn and understand what went wrong. This will also develop their digital literacy skills.

You should also take the opportunity to review/set up any available parental controls.

### Help and Support

If you feel like you need support from an external organisation, then Parent Zone have listed some of the different organisations available:

<https://parentzone.org.uk/article/help-and-support>

### Further information:

<https://www.brightcanary.io/what-to-do-when-your-child-sends-inappropriate-things/>

## Texting dictionary from Internet Matters

Internet Matters have created a list of text language terms to help you understand some of the text slang that your child might be using. Find out more here:

<https://www.internetmatters.org/resources/text-dictionary/>



## **Re: Reducing Smartphone Use in Childhood**

Dear Parents and Guardians,

We are writing to you as a group of schools in Enfield, with the support of Enfield Council.

This letter explains that, from September 2025, **Primary School aged children will not be allowed to bring a smartphone to school**, and that the new cohort of students joining **Year 7 at Secondary School will not be allowed to bring a smartphone to school** for the duration of their studies from Years 7-11.

We also ask that you delay allowing your child to have a smartphone at all until they are aged 14 or older, and to delay access to social media until they are 16.

### **Why have we made this decision?**

Although there are many benefits, there is increasing evidence that smartphone use has negative effects on the wellbeing and mental health of young people, and poses a number of significant safeguarding risks. Smartphone use has been linked to impaired attention and focus, sleep deprivation, mental health issues, online bullying, exposure to harmful online content and people, increased risk of mugging, and increased loneliness and social isolation. We want young people to prioritise in-person interactions and to benefit from the stronger social skills, empathy and sense of community real-world interactions offer.

In many of our schools, mobile phone bans are already in place and children are protected from some of the issues outlined above. These risks remain outside of school. We encourage parents to delay allowing children to have a smartphone at all until they are aged 14 or older, and to delay access to social media until age 16.

If you feel your child needs a device for safety reasons, consider instead a phone without internet connectivity (a 'brick' phone), an Airtag or a fully locked down phone with no internet or communication apps installed.

We know that many of you are keen to delay giving your child a smartphone at the age of 11, 12 or 13, so we hope that the position we are adopting as schools will support you in your decision to ask children to wait until they are older to get a smartphone.

We hope that you will support us in our aim to make sure that your children are happy and safeguarded by being smartphone free.



## Further Information and Resources

The following links lead to research and resources regarding mobile phone use and young people:

**Keep Your Child Safe Online – Guide for Parents and Carers** (Enfield Council)  
([Online Safety | Enfield Council](#))

**Keep Your Child Safe Online – Resources for Schools and Families** (Enfield Council)  
([Online Safety | Enfield Council](#))

**Smartphone Free Childhood**  
([Smartphone Free Childhood](#))

**House of Commons Committee Report**  
(<https://publications.parliament.uk/pa/cm5804/cmselect/cmeduc/118/summary.html>)

**Unesco Report**  
(<https://www.unesco.org/en/articles/smartphones-school-only-when-they-clearly-support-learning>)

**Mobile Phones in Schools Guidance**  
([https://assets.publishing.service.gov.uk/media/65cf5f2a4239310011b7b916/Mobile\\_phones\\_in\\_schools\\_guidance.pdf](https://assets.publishing.service.gov.uk/media/65cf5f2a4239310011b7b916/Mobile_phones_in_schools_guidance.pdf))

**Keep Your Child Safe Online – Poster** (Enfield Council)  
([Online Safety | Enfield Council](#))



Further information can be found in the 'Sources and Resources' section of **Keep Your Child Safe Online – Guide**



**Signed:**

AIM North London  
Alma Primary School  
Ark John Keats Academy  
Bishop Stopford's School  
Bowes Primary School  
Brimsdown Primary School  
Capel Manor Primary School  
Carterhatch Infant School  
Carterhatch Junior School  
Chase Side Primary School  
Chace Community School  
Chesterfield Primary School  
Churchfield Primary School  
De Bohun Primary School  
Delta Primary School  
Durants School  
Delta Primary School  
Eastfield Primary School  
Edmonton County School  
Eldon Primary School  
Enfield County School for Girls  
Enfield Grammar  
Enfield Heights Academy  
Eversley Primary School  
Fern House School  
Firs Farm Primary School  
Forty Hill CE Primary School  
FreshSteps Independent School  
Galliard Primary School  
Garfield Primary School  
George Spicer Primary School  
Grange Park Preparatory School  
Grange Park Primary School  
Hadley Wood Primary School  
Hazelbury Primary School  
Hazelwood Schools (Infant and Junior)  
Heron Hall Academy  
Highfield Primary School  
Highlands School  
Honilands Primary School  
Houndsfield Primary School  
Keble Preparatory School  
Keys Meadow Primary School  
Kingfisher Hall Academy  
Kingsmead School

Latymer All Saints C of E Primary School  
Laurel Park School  
Lavender Primary School  
Lea Valley Academy  
Merryhills Primary School  
Oakthorpe Primary School  
Oaktree School  
Oasis Enfield Academy  
Orchardside School  
Our Lady of Lourdes Catholic Primary School  
Prince of Wales Primary School  
Raglan Schools (Infant and Junior)  
Raynham Primary School  
St Edmund's Catholic Primary School  
St Ignatius College  
Salmons Brook School  
Southgate School  
Starks Field Primary School  
St Andrew's CE Primary School Enfield  
St George's Catholic Primary School  
St John's CE Primary School  
St John and St James CE Primary School  
St Mary's Catholic Primary School  
St Matthews CE Primary School  
St Michael at Bowes CE Primary School  
St Michael's CE Primary School  
St Monica's Catholic Primary School  
St Paul's CE Primary School  
Suffolks Primary School  
Tottenham Infant School  
Vita Et Pax Preparatory School  
Walker Primary School  
Wilbury Primary School  
Winchmore School  
Wolfson Hillel Primary School  
Worcesters Primary School  
Wren Academy



# MAYOR OF LONDON

**Date:** May 2025

Dear Parent/Carer,

Delivering universal free school meals (UFSM) in London's primary schools has been one of my proudest achievements. I am delighted that all primary school children in state-funded schools will continue to receive free school meals for as long as I am Mayor.

Over the last two academic years, I have seen first-hand the transformative impact of this important intervention, ensuring that no child goes hungry and giving all children the best possible chance to succeed.

At a time when the cost of living is still so high, I hope this program has offered some financial relief to your family – potentially saving parents and carers over £500 per year per child. It is hugely encouraging to see research show that UFSM in London are also improving nutrition, behaviour, concentration, energy levels and parent-school relationships.

Even though your child will continue receiving free school meals automatically, it remains vitally important to register for the Government's free school meals if you meet the criteria.

This will ensure you receive other benefits you may be entitled to, like food vouchers during the holidays. It could also bring the school an extra £1,480 in funding per child. That is more money for extra-curricular activities, teacher development, and support for children who need it most.

Please visit <https://www.gov.uk/apply-free-school-meals> or speak to your school for further information on how to register.

I am immensely proud that we have funded over 70 million free school meals to date, with hundreds of thousands of London's primary school children benefitting every day. I know this is just one part of the help families need to support their families.

I will continue to do all I can to support Londoners of all backgrounds, as we build a fairer, better and healthier London for everyone.





## MAYOR OF LONDON

I have been writing to you with updates termly since I announced this programme in 2023. Now that we near the end of the second year of UFSM, there will be fewer updates to provide you with, so I will only write to you if and when there is new information to share.

I also want to thank you, the parents and carers, for the role you play in building the strong and caring communities that help your children to have the best start in life. Working together, we can build a London that is healthier, fairer and more prosperous for everyone.

Yours sincerely,



**Sir Sadiq Khan**  
Mayor of London







# SCABIES



## What You Need to Know

### Information for parents of children attending Enfield schools

#### Important: Rise in Scabies Cases in Enfield Schools

There has been a recent national and local increase in scabies. We are sharing this information to help you **spot the signs early** and **stop the spread**.



#### What is Scabies?

Scabies is a common skin condition caused by tiny **mites** (insects) that burrow into the skin, causing intense **itching**. Scabies mites are so small you can't see them. It spreads through close **skin-to-skin contact** - like hugging, holding hands, or playing together; or sharing bedding, clothes or towels with someone who has scabies. This means children can often catch it from other children at school, or family members can spread it at home. **Anyone can get scabies**, and it is **NOT** a sign of being dirty or having poor hygiene.

#### How Do You Know If You or Your Child Has Scabies?

Look out for:

- **Very itchy skin**, especially at **night**.
- A **raised/ bumpy rash** that might look like little **lines, spots, or blisters**. The rash may look red. They are more difficult to see on brown or black skin, but you should be able to feel them and may look darker than your usual skin colour. Some pictures of examples of what it may look like can be found overleaf.
- Itchiness or the itchy rash can cover much of the body, but especially **between fingers and toes, the palms of the hands, the wrists, ankles and soles of the feet, groins and breasts**.

Sometimes, the rash can take up to 6-8 weeks to show after being in contact with someone who has scabies – so you might not notice it right away. Not everyone with scabies will have itch and rash, but **those without symptoms can still spread it to their contacts**.

#### What To Do If You Think You Or Your Child Has Scabies



Don't panic - scabies is easily treated at home! Here's what to do:

1. See your **GP or pharmacist** - they'll recommend a **simple cream or lotion** that kills the mites. Sometimes tablets are used.
2. Apply the treatment to your **whole body** - to **ALL areas of the skin**, including all of the body, neck, scalp and face (only avoiding areas around the eyes), **even to places where there is no rash**. Pay close attention to between fingers and toes, under nails, behind ears, and private areas. Wait **10-15 minutes** for the product to dry before dressing. Those pregnant, or breastfeeding, or carers of babies should seek specific advice from their GP before use.
3. Leave it on for the time advised - usually **12 hours**, before washing off. Treatment is therefore best done at night.
4. **Repeat the treatment after 7 days** - to make sure all the mites and eggs are gone. **In total two treatments, a week apart, are needed**.
5. **Wash** bedding, clothes and towels at a **minimum of 50°C** on the day of treatment, and don't share them. Items that can't be washed can be **sealed in a bag for 4 days**.
6. **Everyone living in the same house must be treated at the same time**, even if only one person has symptoms. All other **close contacts** should be treated too (such as visiting family members or child minders). This is the only way to stop it coming back.

#### What to expect?

You should wait **24 hours after the first treatment before returning to nursery, school, or work**, and **avoid close contact with others** during this time.

Scabies **clears quickly with the right treatment**, but if **left untreated, it can last for months or even years**. Prompt treatment of all cases and close contacts is essential to stop symptoms and prevent spread. Itching may continue for a few weeks even after successful treatment, however **if symptoms continue after 4-6 weeks, see your GP again**.





# SCABIES



## What You Need to Know

Information for parents of children attending Enfield schools

### What does Scabies look like?

Here are some pictures to show what the scabies rash may look like (taken from NHS website):



### Remember:

Scabies is **nothing to be embarrassed about** and can be **resolved quickly** with the **right treatment**. Prompt treatment and good communication are key.

If you think you or your child might have scabies, speak to **your pharmacist or GP**. **Please inform your child's school** should a diagnosis of scabies be made.

You can also visit:

- <https://www.nhs.uk/conditions/scabies/>
- <https://cdn.bad.org.uk/uploads/2021/12/19174008/Scabies-update-PIL-Oct2023.pdf>





# The Circle of Security Parenting



**At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.**

Circle of Security Parenting is an 8-week evidence-based, relationship-focused programme. It is a reflective programme that helps caregivers focus on the quality of the relationship with their child, not just their behaviours. Participants attend a 2-hour group session once per week for 8 weeks.

#### **Aims of the Programme:**

- Help parents/Caregivers understand & respond sensitively to their children's needs
- Increase parents/Caregivers' reflective & empathic responses
- Enhance parent-child relationship
- Improve young children's developing self-esteem
- Support parents/Caregivers to be confident

**Who is it for?** Parents/Caregivers of children ages 4 months to 5 years old

**When?** Fridays, 23 May - 18 July 2025

**Where?** Ponders End Youth & Family Hub, 141 South Street, Enfield, EN3 4PX

**Time?** 10am – 12 noon

**How to book?** [Circle of Security Referral](#)

**Or Scan QR Code**



**Contact Information:** [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)

[www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)





## Ponders End Family Hub

129 South St, Ponders End, Enfield EN3 4PX

WELLBEING WORKSHOPS 2025 - FRIDAY, 10 AM - 11:30 AM



**Understanding Mental Health & Wellbeing**

MAY  
02



**Perinatal Mental Health: What You Need to Know**

MAY  
16



**Partner & Family Support in Mental Wellbeing**

JUNE  
13



**Healthy Relationships**

JUNE  
27



**Everyday Life Stressors & Feeling Safe**

JULY  
11



**Online - Self-Compassion / Self esteem**

JULY  
25



**Online - The Role of Sleep in Mental Health**

AUG  
01

[www.mindeb.org.uk](http://www.mindeb.org.uk) | 020 8906 7506 |

[perinatalcoaching@mindeb.org.uk](mailto:perinatalcoaching@mindeb.org.uk)





 mind in Enfield and Barnet

## Unity Hub @ Craig Park Family Hub

Craig Park Centre, Lawrence Road, London N18 2HN

WELLBEING WORKSHOPS 2025 - FRIDAY, 10 AM - 11:30 AM



**Understanding Mental Health & Wellbeing**

MAY  
09



**Perinatal Mental Health: What You Need to Know**

MAY  
23



**Partner & Family Support in Mental Wellbeing**

JUNE  
06



**Healthy Relationships**

JUNE  
20



**Everyday Life Stressors & Feeling Safe**

JULY  
04



**Self-Compassion / Self esteem**

JULY  
18



**Online - The Role of Sleep in Mental Health**

AUG  
01

[www.mindeb.org.uk](http://www.mindeb.org.uk) | 020 8906 7506 |

[perinatalcoaching@mindeb.org.uk](mailto:perinatalcoaching@mindeb.org.uk)

