

ST MARY'S CATHOLIC PRIMARY SCHOOL

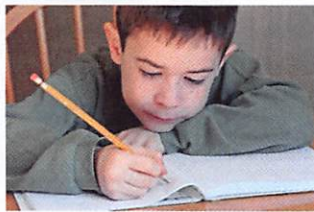


NEWSLETTER

November 2025

Welcome back to a new month and half term in school. I hope you have all had a restful break.

Thank you to all who made our first half term in school such a success. It has been wonderful to see our school community working together for the good of our children and it has been a joy to welcome the children back for their second half of the autumn term.



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://www.youtube.com/watch?v=v1_NB42i-Gg

[Dr Bike repair service - Journeys & Places](#)

Book onto a free adult or family cycle skills session

Whether you're just getting started or wanting to build your confidence and skills further, there are cycle training opportunities for people of all ages and abilities. Join one of the popular cycle skills sessions with an experienced Cycle Confident instructor and others wanting to build their skills in cycling. Book a spot for your free session. The courses are suitable for anyone aged 10 and over, and you don't need to own a bike to take part. [Why not check out when the next session is, run by the people at Cycle Instructor?](#) You can also read testimonials received from previous participants.



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 the minority of adults who are still blocking driveways and parking illegally in the roads around the school (we continue still to hear about some concerns) 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 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.

The Jubilee Logo

The logo shows four stylized figures, representing all of humanity, coming from the four corners of the earth. They embrace each other to indicate the solidarity and fraternity which should unite all peoples.

The figure at the front is holding onto the cross. It is not only the sign of the faith which this lead figure embraces, but also of hope, which can never be abandoned, because we are always in need of hope, especially in our moments of greatest need.

There are the rough waves under the figures, symbolising the fact that life's pilgrimage does not always go smoothly in calm waters. Often the circumstances of daily life and events in the wider world require a greater call to hope.

That's why we should pay special attention to the lower part of the cross which has been elongated and turned into the shape of an anchor which is let down into the waves. The anchor is well known as a symbol of hope.

In maritime jargon the 'anchor of hope' refers to the reserve anchor used by vessels involved in emergency manoeuvres to stabilise the ship during storms. It is worth noting that the image illustrates the pilgrim's journey not as an individual undertaking, but

We are in a Jubilee Year!



rather as something communal, marked by an increasing dynamism leading one ever closer to the cross.

The cross in the logo is by no means static, but it is also dynamic. It bends down towards humanity, not leaving human beings alone, but stretching out to them to offer the certainty of its presence and the security of hope.

At the bottom of the logo is the motto of the 2025 Jubilee Year: *Peregrinantes in Spem* (Pilgrims in hope), represented in green letters.

What is a Jubilee Year?

In the Catholic Church, a Jubilee or Holy Year is a special year of forgiveness and reconciliation, in which people are invited to come back into right relationship with God, with one another, and with all of creation.

How often is a Jubilee Year?

A Jubilee Year is celebrated by the Church every 25 years. This has been the case since 1470, when Pope Paul II changed it from every 50 years.

A Pope can also proclaim an Extraordinary Jubilee, like the Extraordinary Jubilee of Mercy which Pope Francis inaugurated in 2015.

What is the theme of the Jubilee Year in 2025?

The theme is Pilgrims of Hope. Pope Francis (initially and now Pope Leo) has invited Catholics and all people to renew our hope and discover a vision that can "restore access to the fruits of the earth to everyone". We are also invited to rediscover a spirituality of God's creation in which we understand ourselves as "pilgrims on the earth" rather than masters of the world.

Do get your hopes up | Jubilee Year | CAFOD
https://www.youtube.com/watch?v=ML_xDqaCtqU

Our Faith

The "door of faith" (Acts 14:27) is always open for us, ushering us into the life of communion with God and offering entry into his Church. It is possible to cross that threshold when the word of God is proclaimed and the heart allows itself to be shaped by transforming grace. To enter through that door is to set out on a journey that lasts a lifetime. It begins with baptism (cf. Rom 6:4), through which we can address God as Father, and it ends with the passage through death to eternal life (From Homily for the beginning of the Petrine Ministry of the Bishop of Rome (24 April 2005): AAS 97 (2005), 710).

On 11th October 2012, all around the world, Church communities marked the opening of the Year of Faith.



The Year of Faith was an invitation initially from Pope Benedict XVI and subsequently from Pope Francis to all Catholics throughout the world, both as individuals and as members of a Church community, to focus on their faith so as to deepen their understanding of what it means to have the Gift of Faith and live it each day. It was a time to nourish our understanding of Church teaching and to endeavour to develop our own spirituality.

Although the Year of Faith is now over we still need to continue to work on nourishing our own faith and helping our children to grow in their faith. What could we as adults do?

- ❖ Take our children to Mass and participate through joining in and responding. Children learn through our example.
- ❖ Encourage our older children through our example to attend the Sacrament of Reconciliation (Confession).
- ❖ Read the Bible / Bible stories with our children.

- ❖ Explore the lives of the saints with our children.
- ❖ Help our children to pray.
- ❖ Volunteer in school or in the Parish.
- ❖ Encourage our children to contribute to Parish and School charity events.

Remember it's never too late to start.

Lord let me see your face,
Know your heart
And experience your love in my life.
Strengthen in me the precious gift of faith.
I believe Lord;
Help my unbelief. Amen



Tips to help keep children safe on the internet and social networks

The internet does pose certain risks and dangers to children - but it offers lots of opportunities too. There are things you can do to keep your child safe.

Talking to your child is one of the best ways to keep them safe. You can also use parental controls on social networks, online games and browsers or software that can filter or monitor what your child can see.



Preventing your children from using the internet or mobile phones won't necessarily keep them safe online, so it's important to have conversations that help your child understand how to stay safe and what to do if they ever feel scared or uncomfortable.

Follow the TALK checklist to help keep your child safe online (Internet Watch Foundation)

The Internet Watch Foundation (IWF) has created a resource to help parents and carers understand the risks of 'self-generated child sexual abuse imagery' using the acronym 'TALK'.

To find out more, go to: <https://talk.iwf.org.uk/>

You might also find the following link helpful:

<https://www.kidsonlineworld.com/parents--carers.html>

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.

Cyber Choices - Information for Parents from the National Crime Agency

<https://www.nationalcrimeagency.gov.uk/who-we-are/publications/525-cyber-choices-hacking-it-legal-parents-guardians-carers/file>

<https://www.kidsonlineworld.com/parental-controls.html>

School Fund

You will know that part of your commitment to the School is to contribute to the School Fund. In recent years the school has undergone major works to benefit the children and the School Fund helps towards payments for these works. Each family is asked to make the following contributions towards the cost of repairs and general maintenance and improvements, which are the Governors' responsibility. All contributions are voluntary:

1 child £2.00 per week or £25.50 per term or £76.00 per year

2 children £2.50 per week or £32.00 per term or £95.00 per year

3 or more children £3.00 per week or £38.00 per term or £114.00 per year

These payments can be made on line using the 'Parentpay' system. Thank you for your support.



Year Group Addresses:

nursery@stmarys.enfield.sch.uk

reception@stmarys.enfield.sch.uk

year1@stmarys.enfield.sch.uk

year2@stmarys.enfield.sch.uk

year3@stmarys.enfield.sch.uk

year4@stmarys.enfield.sch.uk

year5@stmarys.enfield.sch.uk

year6@stmarys.enfield.sch.uk



Try out the past papers

Designed to make pupils **think outside the box**, PMC questions can create a great starting point and lead to discussions later in the year. The PMC try to make sure the questions are not heavily reliant on formal mathematical knowledge but can be solved by logical reasoning.

[Primary Maths Challenge - PMC Past Papers](#)

(Mathematical Association)

Music Lessons with Enfield Music Service

Parents are now able to renew and book music lessons and activities for Spring 2026 from the Music Store:
<https://traded.enfield.gov.uk/musicstore>

Please book by December 1st 2025.

Thinking Skills

The current classroom displays include the use of the thinking hats.

As you know our thinking is usually affected by emotional responses, prior knowledge and experience and at times confusion. The de Bono '6 Thinking Hats' method provides a framework for

thinking. We think in one direction at the time. In the '6 Hats' method thinking is divided into six different modes, each of which is represented by a coloured hat.



White Hat - Information (facts, information, questions. What you have. What you need. Where to get it.).

Red Hat - Feelings (emotions, hunches, intuition, instincts, feelings).

Black Hat - Caution (caution, judgement, assessment, weaknesses, difficulties, dangers and potential problems).

Yellow Hat - Benefits (benefits, values, good points, likelihood).

Green Hat - Creativity (alternatives, possibilities, new ideas, options, new concepts).

Blue Hat - Organising the Thinking (thinking about thinking, next steps, summarising, clarifying).

Children are enjoying making use of the hats in class again this year. Ask your child to see if he / she can tell you anything about the hats. Perhaps you might like to try it

at home when coming to a decision about / discussing something with your child.

Habits of Mind

'Successful people keep moving. They make mistakes but never quit' - something Conrad Hilton said.



Staff have also been trained in the use of the 'Habits of Mind' - these are a set of habits or dispositions which focus on developing a mature, independent and successful learner / citizen in the long term. You will recognise many habits of mind immediately as you will have tried or are currently trying to develop these dispositions in your own children. There are sixteen in total. They are:

Persisting,
Managing impulsivity,
Listening with understanding and empathy,
Thinking flexibly,
Metacognition,
Striving for accuracy,
Questioning and posing problems,
Applying past knowledge to new situations,
Thinking and communicating with clarity and precision,
Gathering data through all senses,

Creating, imagining, innovating,
Responding with wonderment and awe,
Taking responsible risks,
Finding humour,
Thinking independently,
Remaining open to continuous learning.

We are introducing these again gradually to the children. Ask your child if he / she has focused on any of the habits of mind in school. Don't hesitate to ask the teacher about the current habit of mind focus in your child's class.

Cake Sale for MACMILLAN Cancer Care - Autumn 2025



£173.00 was donated. Thank you children and parents.

Sickness

We have been advised by the London Borough of Enfield that any child who has been sick must not return to school for 48 hours.



Uniform

Our uniform is part of St. Mary's identity. I would be grateful if you could encourage your child to wear full neat uniform each day including the correct socks, shoes, hair accessories and PE uniform. Children are encouraged to always try to have shirts tucked in and all buttons closed. They are asked not to tie sweatshirts around their waists.

Boots and brightly coloured coats are not encouraged.

For health and safety reasons only small stud earrings are permitted. These must be removed for PE.

So many children wear the correct uniform - thank you parents for your support with this.

Hair

Please ensure long hair is tied back in school colours only (blue / black / white). No highlights, designs, lines or dyes to be put in hair please. Remember nits love long free flowing hair too! Mohican hairstyles are not permitted.

Nails

False nails or nail polish are not permitted in school.

Please encourage your child to respect the uniform policy by leaving all jewellery at home.

Holidays, Absences and Attendance

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.

Our overall attendance up to the end of the first half-term was 95.64%

This is below our target of 98% but the vast majority of parents and children are working hard to ensure children are in school each day.

The class with the highest attendance in the first half-term was Year 6, St. Christopher (98.29%) closely

followed by Year 3, St. Bernadette (97.92%).

Then:

Year 6, St. Catherine - 97.08%

Year 4, St. Peter - 97.04%

Year 5, St. Anthony - 96.91%

Year 3, St. Cecilia - 96.69%

Reception, Hope - 96.20%

Thank you to all parents for all you do to ensure that your child is in school each day.

Handwashing Advice



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



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.



What is mental health?

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

Looking after our mental health is important. We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

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

Young Minds also has a parent helpline:
<https://youngminds.org.uk/>

Online Parenting Courses - Family Lives

Being a parent has never been easy. There are no manuals for it, and previous generations may not be able to provide the insight you're looking for.

The family unit is more dispersed than ever, with some families existing hundreds of miles from what may be called a 'core unit'.

The rapid pace of societal change in the UK rapidly outstrips the knowledge of the immediate past. The result is that many parents may find themselves lost in a world of contradictory advice.

For adults, time has never been more compacted. Family Lives has produced a series of online parenting courses, to make this challenge a little

easier. If interested please follow the link below:

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

(* Free from landlines and most mobiles)

Anti-Bullying Week

With Anti-Bullying week coming up on 13-17 November, we will all be reminded again of the importance of educating our children on this important topic.

Young Minds has resources for pupils, parents and schools that might be of some help to parents and families.

[Bullying | Get help and advice YoungMinds](#)

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/>

Remember, Remember the Dangers on 5th November!

On 5th November, we remember Guy Fawkes and his associates' plot to blow up the Houses of Parliament, usually by lighting a bonfire and setting off fireworks.

Whilst this is a fun and enjoyable time for children, we must ensure that we keep them safe around bonfires and fireworks. Click the link to find resources that will help you stay accident-free on Bonfire Night.

[Firework safety - RoSPA](#)

Harvest

This year we again, in partnership with our parish, supported the Manna Centre, a centre for the homeless in London. Thank you for your very generous contributions.

*Many thanks to St Mary's for your **Harvest Festival gifts** once again this year. The food that we have received will be used throughout the next twelve months to provide meals*

to some of the most disadvantaged members of our society.

*The work we do here is a practical and compassionate response to poverty and homelessness. Without the continuing generosity of our supporters, we would be unable to continue our work. **Please find attached a poster thanking all who donated Harvest Festival gifts.** Also attached is our opening times and services.*

We ensure that all of our service-users receive a hot nutritious meal and have access to washing facilities, health care, clothing, housing & welfare advice and to the internet. On an average day we see about 120 people. All of our services are free to our service users.

We offer a place of warmth and security where all of our service-users can access all of the services mentioned above. For some it will be the only hot meal they will have in the day. The showers & washing facilities perk people up after a night on the street, hopefully encouraging them to persevere. A change of clothing (especially clean underwear & socks which every user of our clothing store receives automatically) also helps people feel better about themselves. The medical personnel (Nurse Practitioners,

Mental Health Workers & Podiatrist) help address any medical issues our service-users are facing.

We are only able to continue to provide these services thanks to your support. On behalf of those who will benefit from your generosity please accept my thanks.

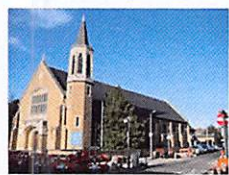
*Best wishes,
Paddy*

Paddy Boyle
Manna Society Administrator
The Manna Society, 12 Melior
Street, London SE1 3QP

<https://www.mannasociety.org.uk/>

Participating in Mass online

Since Saturday 4th 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.

Some Dates for this term

Monday 3rd November: All Souls

Day. School Mass for Years 2-6.

Thursday 6th November: Parents Reading Meeting (Reception), 2.00pm

Sunday 9th November:

Remembrance Sunday

Tuesday 11th November: Bring Your Grandparent to School AM

Wednesday 12th November: Years 3 and 4 to Mass at 9.30am.

Sunday 16th November: World Day of the Poor.

Wednesday 19th November: Year 6 classes to Mass at 9.30am.

Friday 21st November: The Presentation of the Blessed Virgin Mary - School Mass for Years 2-6

Friday 28th November: Own Clothes' Day - items for Christmas Bazaar. Nursery Christmas

Performance AM.

Saturday 29th November: Parish Bazaar.

Monday 1st December: School Mass in church for Years 2-6 at 9.30am for Blessing of Advent Wreath.

Tuesday 2nd December: Reception Christmas Performance AM (parents with babies and toddlers).

Wednesday 3rd December: Year 1 Christmas Performance AM (parents with babies and toddlers).

Thursday 4th December: Reception Christmas Performance AM (adults).

Friday 5th December: Year 1 Christmas Performance AM (adults).

Monday 8th December: The Immaculate Conception of the Blessed Virgin Mary - School Mass in church for Years 3-6.

Tuesday 9th December: Junior Carol Service in church, 5pm (for the Nightingale Hospice)

Wednesday 10th December: Nasal flu Immunisations.

Thursday 11th December: Years 5 and 6 to Mass at 9.30am followed by Confessions.

Friday 12th December: Year 2 Carol Service for parents / relatives, 9.30am (for Nightingale Hospice).

Monday 15th December: Christmas Lunch.

Wednesday 17th December: Christmas Class Parties PM.

Friday 19th December: Last day of autumn term - School Mass (Mrs. Derwin's 21st anniversary Mass) in church for Years 2-6.

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

Monday 5th January 2026: 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 continued support. We are truly blessed with the support we receive from our families always.

You and your children continue to be remembered in our staff prayers at school every morning before school.

Mrs R. Martin
Interim Headteacher

Talk PANTS resources for parents

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

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

ADMISSIONS FOR ACADEMIC YEAR 2025/2026

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 and in some of our other classes.

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

From our OFSTED School Inspection Report :

'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

B. The Catholic life of the school is outstanding

(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

New NHS Autism and ADHD Support Hub

To mark World Mental Health Day, a new NHS website was launched, to help families in Enfield and beyond access trusted information, local services and practical advice on autism and ADHD. Co-produced with parents, carers and professionals, the website offers clear guidance on assessments, personal stories and tools to support mental health and wellbeing. The support on the website aims to reduce stress and improve access to support. It also aims to help young people and their families feel understood. [Explore the website and share your feedback.](#)
[Autism and ADHD support in NCL | Waiting Room](#)

Palliative care telephone advice

Residents in Enfield can access expert overnight support from the North Central London Palliative Advice Team. Available every day, 8pm to 8am, the team offers guidance to patients aged 18+, their families, carers and healthcare professionals. Staffed by North London Hospice experts, the service provides reassurance, pain relief, equipment and coordination with other services. Call 020 8343 6812 for compassionate care that helps avoid unnecessary A&E visits and ensures support during difficult times. [Read more about the Palliative Care Service.](https://northlondonhospice.org/our-care/palliative-care-support-service-pcss/)

<https://northlondonhospice.org/our-care/palliative-care-support-service-pcss/>

Monthly health and wellbeing sessions at Community Hubs

Enfield's Community Hubs have set up monthly Health and Wellbeing sessions to offer support, information and guidance to residents. In the next session on 12 November at Enfield Town Library, they will have Age UK Enfield along with Attend who provide Community Stroke Navigation services in the borough. This session will provide information on strokes and the support available. This is a free drop-in group session. To find out more

about this and other upcoming sessions, visit the Community Hubs webpage.

Community hubs events timetable | Enfield Council

Should energy drinks be banned?

The Department of Health and Social Care is seeking your views on a proposed ban on selling high-caffeine energy drinks to anyone under 16. This step aims to protect young people's health and reduce risks linked to excessive caffeine intake, such as sleep problems and heart issues. They want to understand the potential impact on individuals, businesses, and groups with protected characteristics. Have your say before 11:59pm on 26 November 2025. [Read the consultation and share your feedback by visiting the Energy Drinks Consultation webpage](#)

<https://consultations.dhsc.gov.uk/banning-the-sale-of-high-caffeine-energy-drinks-to-children>





Online Safety Newsletter

Nov 2025

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that can be used within videos that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information

Internet Matters have created this useful guide:

<https://www.internetmatters.org/advice/apps-and-platforms/skills-building/capcut/>

Would you like to read this newsletter in a different language? You

can use the translate tool on our web version:

<https://www.knowsleyclcs.org.uk/november-2025-primary>

5-primary

WhatsApp Update

School WhatsApp groups

Are you part of a parent WhatsApp group at your child's school? These groups can be useful for sharing information and reminders, but it is important to use them thoughtfully. Here are some tips on how we can ensure they remain positive and respectful:

1. Be considerate –we know messages can sometimes be misinterpreted so carefully think about what you share. These groups should not be used to share criticisms of the school, staff or other parents and children. Any concerns should always be discussed with the school directly.
2. Don't spread rumours – avoid sharing any gossip within the group.
3. Protect privacy - do not share photos or videos of other children.
4. Think before you send – be mindful of the time and if the message is necessary for everyone.



Our children watch how we communicate, so let's model healthy, online communication to them.

WhatsApp Channels

Users should be at least 13 years old to use WhatsApp. If your child is using WhatsApp, then you should be aware of WhatsApp Channels. Channels are a one-way broadcast tool used by companies and individuals to send updates to followers. WhatsApp Channels can be found on the Updates tab. From here you can view a whole host of channels, including channels that will not be age appropriate and may include adult content.



You cannot switch off access to channels and there is no age rating associated with the channels so you would have to access them to know what the content truly is. Klicksafe highlight what you should be aware of: <https://www.klicksafe.eu/en/news/was-sind-whatsapp-kanaele-und-was-muessen-eltern-beachten>

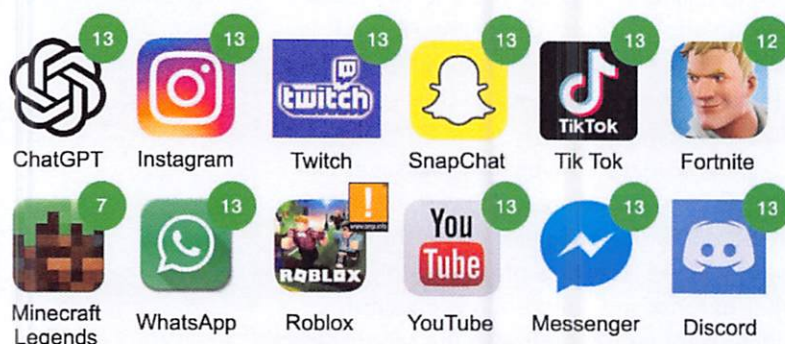
Find out more about WhatsApp channels in general here: <https://faq.whatsapp.com/549900560675125>

Age Ratings

Age ratings exist to help protect your child by showing whether content is suitable for your child's age. Whether your child is viewing films, accessing apps, playing games online or using social media— make sure you check the age rating first to see if your child is old enough.

Popular apps and their age ratings

Here are the age ratings of some of the more popular apps that young people are currently accessing.



For users under 18, a parent or legal guardian's permission may be required to use the service

In addition to checking the age rating, the likes of PEGI (Pan European Game Information) provide further content descriptors, which will give you an indication of the type of content that your child might encounter e.g. violence or bad language within a game.

What else should I review?

It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, **it is also vital to review the content yourself**. This will allow you to make an informed decision as to whether it is suitable for your child to access and if it is necessary to apply further parental controls. For example, does it include the ability to communicate with others and are in game/app purchases available?

What else can I do?

- Explain the importance of age ratings to your child and how they protect them.
- Go online together to see what your child is accessing.
- Set up parental controls on your broadband, devices and on any individual apps that your child is using. This will reduce the chances of them accessing or viewing anything unsuitable.
- Chat to your child regularly about what they are doing online and remind your child that if anything is worrying them then they should talk to you or another trusted adult.

Further information

You can find out more here:

<https://parentzone.org.uk/article/age-ratings>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.11.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Help to keep children safe online with Techosaurus

The NSPCC have created Techosaurus, a friendly dinosaur to assist you in having chats with your child about online safety. It is aimed at younger children and includes a book and activity pack (both chargeable). You can find out more here:

<https://www.nspcc.org.uk/advice-for-families/techosaurus/>

Online Roasting

Have you heard of this term? It has been around a while now, but Online Roasting refers to a form of cyberbullying. Roasting typically involves making fun and insulting somebody, sometimes with their consent and other times not.

What can I do?

- Talk to your child about what online roasting is, ask them if they have ever experienced it and what they think about it.
- If this has negatively impacted your child then save any evidence and involve the school (if appropriate). Childline also offer further advice and support in relation to cyberbullying.

Further information

Find out more here:

<https://www.bark.us/blog/online-roasting-signs-cyberbullying/>

What to do when...from CEOP

CEOP Education have published this poster directing you to the relevant information around six different situations, such as what to do to protect your child from online blackmail. You can access it here:

<https://www.ceopeducation.co.uk/globalassets/professional/resources/wtdw-round-up.pdf>



THE MANNA DAY CENTRE

12 MELIOR STREET, LONDON SE1 3QP

www.mannasociety.org.uk

Tele: 020 7357 9363

(Day centre for homeless people & those in need)

**A
BIG
“THANK YOU”
FOR YOUR
HARVEST FESTIVAL
GIFTS.**

**YOUR DONATION ENABLES US TO
PROVIDE:**

**A BREAKFAST & COOKED LUNCH
FOR APPROX. 120
PEOPLE EVERYDAY
(7 DAYS A WEEK)**

MANY THANKS

Enfield Parenting Directory

Our Directory has a range of evidence-based parenting resources to support parents & carers through their parenting journey

- Accessible and easy to use
- Available in different languages
- Direct links to Enfield Start for Life, Local Offer, Informed Families, My Life, EarlyHelp4All directory

Start for Life

0-2 years



Early Years

1-5 years



Primary Years

4-11 years



Tweens & Teens

10-18 years



For more information visit www.enfieldparentingdirectory.co.uk

Toy safety

“I would hate for any other child to go through what Becca suffered because of buying dangerous toys via online marketplaces.”

Mum of two-year-old Becca who swallowed magnets from a toy

Toys from reputable brands are made to be safe. But if they've come from an unknown seller on an online marketplace, a market or small discount store, they could be dangerous.

Buying safely

- ✎ Buy toys from brand names you know. If you've never heard of the seller or the brand and price is really tempting, it could be dangerous
- ✎ Watch out for cheap copies of popular toys. They may not be made to UK safety standards.
- ✎ Check if the toy has been removed from sale because it's unsafe. Visit gov.uk and search 'product recalls'
- ✎ If you buy something that looks unsafe, trust your instincts and send it back.



Under 3s most at risk

Babies and toddlers are curious and naturally put everything in their mouths. So dangerous toys can pose the biggest risk to small children. Be especially careful when buying for under 3s.

Watch out for missing or contradictory age warnings. If a toy is pictured with a toddler but marketed as unsuitable for young children, pick something else.

Which toys are most dangerous?

- ✎ Toys with:
 - accessible button batteries that can burn through your child's food pipe
 - super strong magnets that can rip through your child's belly
 - long cords that can strangle your child
 - small parts that can choke your small child
- ✎ Water beads that can block your child's bowel if swallowed
- ✎ Electrical toys with exposed wires or chargers that can catch fire.

Checking toys

If you're unsure about the safety of a toy, here are some checks you can do:

- ✎ Check battery compartments for accessible button batteries or loose spares in the box
- ✎ Check for any loose small magnets
- ✎ Give the parts on the toy a quick tug and check for small parts that come off
- ✎ Look for long cords or access to stuffing
- ✎ Check if there are any age restrictions or safety warnings on the product.

Report dangerous toys

If you spot or buy a toy you're concerned about:

- ✎ Citizens Advice consumer helpline: 0808 223 1133
- ✎ Citizens Advice consumer helpline (Welsh-speaking adviser): 0808 223 1144
- ✎ Advice Direct Scotland helpline: 0808 164 6000
- ✎ Northern Ireland Consumerline: 0300 123 6262

DO YOU KNOW THE SIGNS OF TYPE 1 DIABETES?

TOILET
THIRSTY
TIRED
THINNER

We call them the 4Ts. If you or your child are weeing more often, constantly thirsty, more tired than usual, or losing weight for no reason, it could be a symptom of type 1 diabetes. If left undiagnosed, type 1 diabetes can be fatal. If you're experiencing any of the 4Ts, ask your doctor for a test immediately.



Scan the QR code or visit diabetes.org.uk/the4Ts

DiABETES UK
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