

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

October 2025

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



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

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

found to be good across all areas.

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

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



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

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

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

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

Year Group Addresses:

nursery@stmarys.enfield.sch.uk

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



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

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



Parking

Parking difficulties in the vicinity of the school tend to occur when children are being collected from / dropped off to school each day and have happened this term following especially following after school activities. I do

understand how busy some of the roads around our school can be especially now that Durants Road is a school street but please make every effort to park responsibly as you drop off / collect your child each day.

I hope that during the rest of this school term all parents and carers will act in a responsible manner both for the safety of our children and a positive association with our neighbours. Thankfully so many already do.

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

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

park legally and walk with your child!

Please try hard to:

- Park legally and walk with your child. Walking is better for your general health. If you can, leave the car at home and try to build the walking time into your child's day. If a child minder or another family member brings your child to school please

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

International Walk to School Month

October 2025

This October is international Walk to School Month. There are lots of free resources you can download on the [Living Streets website](#) for example this useful family pack, [3285-LS-Activity Summer-LR \(livingstreets.org.uk\)](#)

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

Handwashing Advice



We know that it is essential that everyone continues to wash their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to a virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides.

Guidance and video on hand washing can be found at: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Wednesday Word

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

The Wednesday Word is a gift to you and your family because of your connection with our Catholic school.

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

This weekly Family Time is structured around the Sunday

Gospel because evidence shows that Gospel values really do help family relationships to thrive.

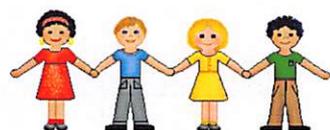
Regularly spending quality time with children is without doubt one of the most important aspects of parenting. *The Wednesday Word* seeks to support you in this important task: to help you and your children maintain a special closeness throughout the school years.

The Wednesday Word 'Family Time' leaflet is designed to ensure that all family members feel included. It presents an effective way for even the busiest of parents to enrich relationships with their children through spending a very special 5 or 10 minutes together each week.

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

The Wednesday Word is currently available online:

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



100% Attendance for 2024-2025 School Year

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



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

Attendance for September 2025 (up to and including Friday 26th September)

1. Y6, St. Catherine and Y3 St. Bernadette: 98.61%
2. Y6, St. Christopher: 98.33%
3. Y5, St. Anthony: 96.63%
4. Reception, Grace: 96.51%
5. Y4, St. Peter: 96.41%
6. Reception, Hope: 96.28%
7. Y3, St. Cecilia: 95.51%

Well done children and parents!
Our target continues to be 98%. Our overall attendance for September (up to and including the 26th) was 95.88% (95% at the same time last school year).

Holidays and Absences

I would urge you to try not to book holidays during term time as time away from school can unsettle children and affect their progress. **I regret that we are unable to authorise time off during the term which is requested for holidays.**

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

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

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

The Angelus

In the autumn term we try to learn / say The Angelus each day at 12 noon in all of our junior classes from Year 3 - Year 6. This is a wonderful prayer which reminds us that God the Son became man in order to save us.

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

The Angelus

The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.
Hail Mary...

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

Hail Mary...

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

Hail Mary...

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us Pray.

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

May the divine assistance remain always with us and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



Online Safety at Home

You might find the following link helpful:

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

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

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

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

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

Sharing pictures

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

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

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



LGfL DigiSafe resources to help young children stay safe online

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

The DigiSafe website says, "We want schools and parents to spread the message of Undressed to the very youngest primary pupils because law enforcement agencies such as

NCA CEOP have repeatedly warned about sexual predators tricking young children into getting changed or undressed on camera by playing a 'game' or issuing a 'challenge' to see how fast they can get changed into different clothes or into a swimming costume.

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

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

[parentsafe.lgfl.net](#)

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

As we start a new school year, parents may well be looking for after-school clubs, theatre groups or sports' clubs.

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

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

Parents can access the guidance here:

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

Chatbots and Children - The Children's Society

The social media sphere has recently gained a new tool in their battle for youth engagement - the chatbot. Chat bots are not particularly new, but the sophistication of their governing algorithms is. These applications are designed to keep people engaged with artificially generated responses. Responses formulated based on the information the user puts into them. This can create a self-reinforcing effect, where the chatbot continually increases the user's convictions in the truth of their own inputs. False information, reinforcement of poor choices and self-manipulation are common issues with this emerging software. The Children's Society has recently published an article on the issue which you can find here:

<https://www.childrenssociety.org.uk/what-we-do/blogs/chatbots-and-children>

Anger Management in Children - NSPCC

Every year many thousands of children are referred to Childline for anger issues. Anger management in children is one of the top mental health concerns in childcare. Anger and the ability to control it are key skills of adulthood. Violent thoughts frequently bubble underneath human interactions. Anger is the quickest way for those thoughts to become reality. For this reason it is tightly regulated in our society. Children must learn to overcome anger so that they do not fall foul of strict controls on violent conduct. However, this is difficult for children to learn to manage since anger is remarkably powerful. Yet as parents there is no choice but to teach them to reign these emotions in. This can be hard knowledge to impart, but the NSPCC has produced helpful resources to aid you in that vital mission. If interested, please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension>

What is mental health?

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

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

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

Christian Meditation

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

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

Harvest

This year we are again supporting the Manna Centre, a centre for the homeless in

require a Certificate of Catholic Practice / reference.

Development of School Building and Site - School Fund



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

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

This year we had all of the doors and internal glass in the oldest part of the school replaced with the help of a fire safety grant.

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

Thank you to all who made contributions last school year.

Your support for the School Fund will make a real

difference to what we are able to do for the children.

School Fund costs £2.00 per week / £25.50 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.

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

Some Dates for this term

Wednesday 1st October:

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

Tuesday 2nd October: Feast of the Holy Guardian Angels - Year 3 to Parish Mass at 9.30am.

Friday 3rd October: Harvest Fast Day.

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

Father John to sign priest reference forms for any secondary schools which require references (in parish house).

Monday 13th October: Year 6 trip to PGL (return on Friday 17th October).

Wednesday 15th October: Year 2 to parish Mass at 9.30am.

Friday 17th October: Nasal flu Immunisations.

Wednesday 22nd October: Years 5 and 6 to Parish Mass at 9.30am

Friday 24th October: Own Clothes Day

Monday 27th October - Friday 31st October: HALF-TERM (No School) Sunday 2nd November Solemnity of All Saints.

Monday 3rd November: All Souls Day. School Mass for Years 2-6.

Thursday 6th November: Parents Reading Meeting (Reception), 2.15pm

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.

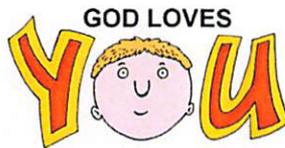
These are some of the prayers we say with the children each day in school. You might like to say these in the morning with your child, at meal times or before he / she goes to bed.

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 continuous support. We are truly blessed with the support we receive from our families always.

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

Ms R. Martin
Interim Headteacher

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

**ST. MARY'S CATHOLIC
PRIMARY SCHOOL
ADMISSIONS FOR
ACADEMIC YEAR 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, Reception, Years 1, 2, 3 and 4 2025-2026 year groups.

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

From our School Inspection Reports:

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

Inspection, Section 8, June 2018).

'Pupils are eager to come to school each morning because their teachers do their best to help them learn...Pupils learn in a calm environment. This is because the school has high expectations for pupils...Pupils conduct themselves well because they know what is right and have been taught how to behave well. Pupils achieve well across a range of subjects. They are proud to talk about their work which is presented with pride...Warm, caring relationships permeate the school... Pupils are confident that adults will listen to their worries and help them. This means they feel happy and safe...The curriculum is ambitious and well structured...Adults have secure subject knowledge...Leaders have high expectations and are ambitious for pupils...Safeguarding is a priority here.' (OFSTED Inspection, Section 5, November 2023).

'A. Classroom religious education is outstanding

• The school has adapted and developed the themes of the Religious Education Curriculum Directory in an excellent manner to meet the learning needs of the pupils' of St Mary's.

- The religious education programme in use fully delivers this content and the use of De Bono system in religious education pushes pupils to develop their understanding further.*
- After carefully analysing the needs of their pupils, the school has developed a curriculum and teaching programme that has reached outstanding achievement by the pupils in religious education.*
- Teachers have high expectations and plan lessons that deepen pupils' religious literacy.*
- Since the last inspection, staff confidence in recording and assessment has been demonstrably achieved with the evidence of the clarity and confidence on the part of the staff in planning imaginative lessons based on the religious education programme followed in the school.*
- The headteacher is also the religious education curriculum coordinator and she takes the closest interest in developing the excellent teaching and learning of religious education in the school.*
- The chair of governors is a recent appointment but with her years of experience on the governing body she is clear in her role of both support*

and challenge in pursuing the special responsibility of governors of a Catholic school.

B. The Catholic life of the school is outstanding

- The curriculum fully conforms to the classroom curriculum time of at least 10% for religious education and teaching is fully in line with the requirements of the Bishops' Conference.
- The previous inspection asked the school to develop pupils' understanding of Catholic Social Teaching and to help pupils understand the ethics of the market place and fair trade. The school has fully addressed these priorities, both in their classroom teaching and in the encouragement offered when choosing charities to support.
- The pupils of St Mary's enjoy an outstanding experience of prayer, liturgy and Catholic worship.
- Pupils and staff have a deep understanding of the call to 'human flourishing' and are given opportunities to develop and celebrate their gifts and talents.

- Partnership with the parents is excellent; they appreciate and support all that the school provides for their children.
- The leadership and management of the school are very effective in promoting the Catholic life of the school. The head is strong and devoted in providing both oversight and support on all aspects of Catholic life. The contribution and regular visits of the parish priest provides a strong and stable reinforcement of the foundational position of Catholicism in the life of the school' (OFSTED Section 48 Inspection, September 2019).



Our School Prayer

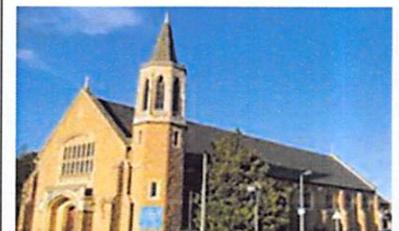
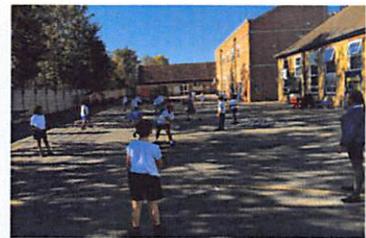
This is our school.
May we all live here
Happily together.

May our school be full of joy.
May love dwell here among us

Every day.

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

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



Dates for 2025-2026 School Year

Academic Year 2025 - 2026

Autumn Term

Monday 1st September -
Friday 19th December 2025

Half - Term Monday 27th

October - Friday 31st
October 2025

Spring Term

Monday 5th January - Friday
27th March 2026

Half -Term Monday 16th -

Friday 20th February 2026

Summer Term

Monday 13th April - Friday
17th July 2026

Half - Term Monday 25th

May - Friday 29th May 2026

May Bank Holiday: Monday
4th May 2026

INSET Days

Monday 1st September 2025

Tuesday 2nd September
2025

Monday 23rd February 2026

Monday 5th May 2026

Monday 15th June 2026

*Governors' Day: Monday 20th
July 2026 (school closed)*

Better Communication

CIC is an independent, not for profit organisation, who are finding out more about current support across Enfield for children's /

young people's speech, language and communication development and needs. Your experiences will be invaluable in informing the review of support for speech, language and communication needs (SLCN).

Responses are anonymous, however if you wish to be entered into a prize draw for a £25 Amazon voucher, please include a contact email address.

Thank you for your support and please contact Olivia Bray for any further information: olivia.bray@enfield.gov.uk

To complete the survey, please follow the link or scan the QR code.



<https://proveit.thebalancedsystem.org/survey/better-communication-projects---parent-consultation-616>

Olivia Bray

SEN Programme Manager

Classes for this school year

Nursery: Mrs Whytock and Mrs Forgione

Reception (Hope): Mrs Rowley

Reception (Grace): Mrs Linnane

Year 1 (Wisdom): Mrs Keevil

Year 1 (Rosary): Miss Beckles

Year 2 (Fatima): Miss Soto

Year 2 (Faith): Miss Sheehan

Year 3 (St. Cecilia): Miss Tanak

Year 3 (St. Bernadette): Mrs Falzone

Year 4 (St. Paul): Ms Joseph

Year 4 (St. Peter): Miss Crooy

Year 5 (St. Joseph): Miss Chafila

Year 6 (St. Catherine): Mrs Egboh

Year 6 (St. Christopher): Mrs Brennan



It's October! It's Rosary Month!

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

We say one decade.



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

A Beginner's Guide to the Rosary

Who Can Pray the Rosary?

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

The Order of Prayers

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

Rosary Beads

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

The Twenty Mysteries

The Joyful Mysteries

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

The Luminous Mysteries (The Mysteries of Light)

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

The Sorrowful Mysteries

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

The Glorious Mysteries

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

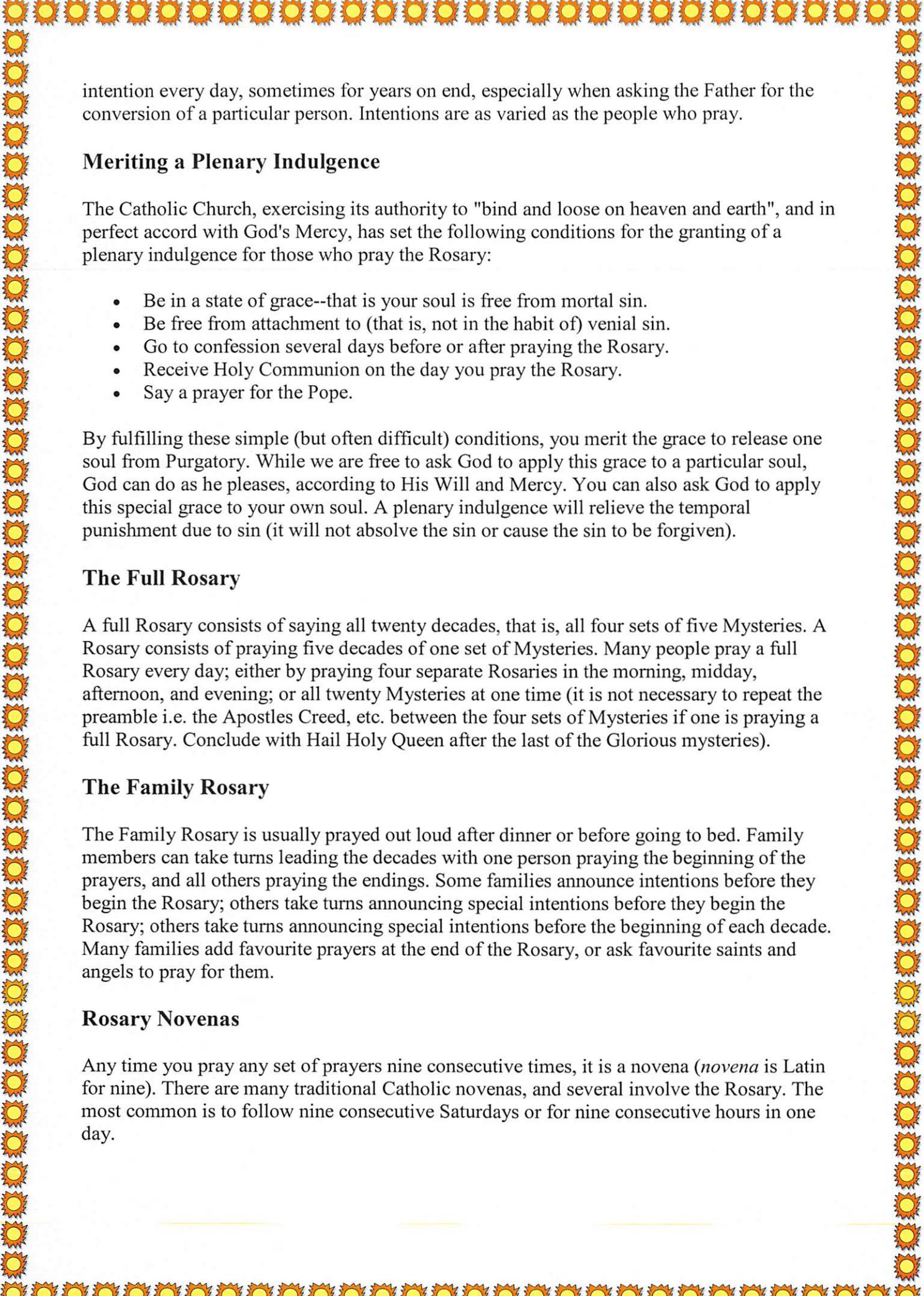
Mysteries for Certain Weekdays

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

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

Offering Intentions

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



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

Meriting a Plenary Indulgence

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

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

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

The Full Rosary

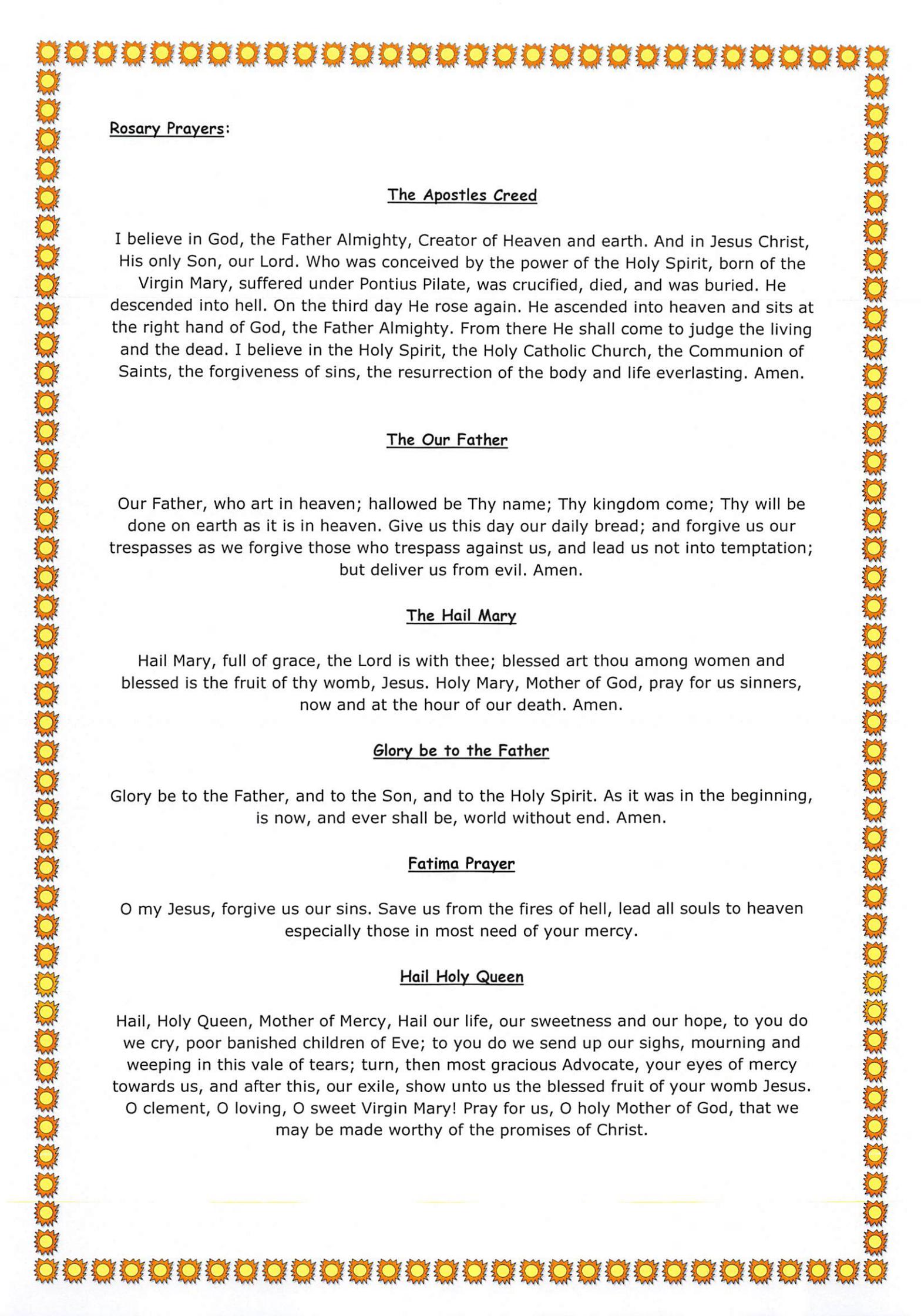
A full Rosary consists of saying all twenty decades, that is, all four sets of five Mysteries. A Rosary consists of praying five decades of one set of Mysteries. Many people pray a full Rosary every day; either by praying four separate Rosaries in the morning, midday, afternoon, and evening; or all twenty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

The Family Rosary

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

Rosary Novenas

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



Rosary Prayers:

The Apostles Creed

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

The Our Father

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

The Hail Mary

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

Glory be to the Father

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

Fatima Prayer

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

Hail Holy Queen

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

Let us Pray

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





Online Safety Newsletter

Oct 2025

Risks of using AI for mental health

AI chatbots and wellness apps are becoming increasingly popular, which may lead to your child accessing them to support their mental health.

What should I be concerned about?

- The information/advice given may not always be accurate.
- Privacy concerns of how data is collected and used.
- Children may use these apps rather than seeking help from an adult.

What can I do?

- Chat to your child regularly about what apps and websites they are using and why.
- Remind them AI is a tool and not a substitute for qualified professionals who provide tailored advice/support.
- Talk to them about how they should fact check information.
- Check age ratings.

Further information

<https://stigmafreementalhealth.com/blog/supporting-youth-mental-health-with-ai-a-guide-for-parents-and-caregivers/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleylcs.org.uk/october-2025/>

YouTube

YouTube is one of the most popular platforms, available across many different devices - phones, tablets and Smart TVs etc. **YouTube is intended for users over the age of 13**, however, younger children can still access YouTube with consent from a parent/ guardian. There are different options available to access YouTube, depending on your child's age:



1. YouTube Kids – a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

2. Supervised accounts – a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

- **Explore** - Generally for viewers aged 9+.
- **Explore more** - Generally for viewers aged 13+
- **Most of YouTube** - This setting includes almost everything except for videos marked as 18+.

Find out more: <https://support.google.com/youtube/answer/10315420>

What do I need to be aware of?

Whilst YouTube can be educational and fun, it is important to be aware of the potential risks, such as:

- **Inappropriate content**
- **Excessive Screentime** – particularly due to the autoplay feature.
- **Unwanted contact / cyberbullying** – particularly via comments if your child is sharing videos.
- **Algorithms** – algorithms influence what we see to keep us engaged. This can lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.
- **Adverts** that may not be aimed at or suitable for your child's age.

What can I do?

- Set up appropriate parental controls.
- Show your child the reporting and blocking tools available.
- Watch YouTube together or supervise use.

Further information

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>

WhatsApp

WhatsApp is incredibly popular with young people and is used for group chats, voice messages and video calls. **Users should be at least 13 years old to use WhatsApp.**

We frequently receive reports of children using WhatsApp inappropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out. Since WhatsApp lacks parental controls, it is important to think about whether it is really the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying. Furthermore, do they understand how to manage peer pressure and refrain from joining in on hurtful behaviour?

What should I be aware of if my child is using WhatsApp?

- **Group chats:** Everyone within a group, even if they are not one of your child's contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat.
- **Inappropriate content:** users can be exposed to content that is not suitable for their age.
- **Location sharing:** talk to your child about the potential danger of sharing their location.
- **Chat lock/secret code:** users can lock chats as well as apply a secret code setting so a chat does not appear in the main chat.
- **Screentime due to addictive nature**
- **AI:** WhatsApp includes Meta AI.

What can I do?

- Check privacy settings, for example check who can add them to groups.
- Ensure your child understands that they can leave a chat at any time, Find out more here: <https://faq.whatsapp.com/424124173736394>
- Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/1142481766359885/>
- Use parental controls such as screentime controls or do not disturb to reduce alerts.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be received by others. Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.
- Chat to your child about the groups that they belong to.

Further information

Find out more here:

- <https://www.bbc.co.uk/bitesize/articles/zc8vxg8>
- https://faq.whatsapp.com/773166357950949?helpref=faq_content

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Italian Brainrot

Have you heard of Italian Brainrot? It is a viral trend consisting of AI generated characters featuring in memes and videos. It originally started on TikTok but can now be seen on other platforms such as YouTube and Instagram. There are also lots of spinoff content including a game on Roblox.

Whilst the content is generally nonsensical and children will find some of it funny, some content can include inappropriate/offensive language and content that might not be suitable for your child's age.

iOS 26

Apple have released their new operating system – iOS 26. Protect Young Eyes have published an article detailing the changes relating to your child's safety, including content filtering in Safari. Find out more here:

<https://www.protectyoungeyes.com/blog-articles/a-parents-guide-to-ios-26>

Managing Digital Spending

Parent Zone have created a guide to help teach your child how to manage their online spending. You can read it here:

<https://parentzone.org.uk/article/managing-digital-spending-guide-parents>

ADHD, Screen Time, and Healthy Boundaries

Bark have created this guide for parents of children with ADHD to support you in helping your child create a healthy relationship with technology. You can access it here:

<https://www.bark.us/blog/adhd-kid-and-tech/>

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

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

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



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

Below 90%

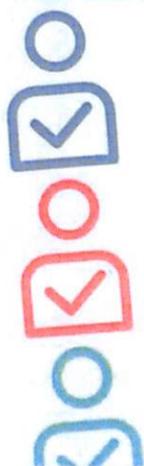
Serious impact on education and reduces life chances

90-95%

Less chance of success

96% & above

Best chance of success



But it's only a day

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

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



THE IMPACT OF SCHOOL ABSENCE

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

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

OUR SCHOOLS NEED MORE CATHOLIC GOVERNORS AND DIRECTORS.



CAN YOU HELP?

Please contact governors@rcdow.org.uk
or check out some of our vacancies at
[Interested in working in our Schools –
Diocese of Westminster Education
Service \(rcdow.org.uk\)](#)



1

It's not for someone like me

It's for everyone and we need more diversity on all our boards– in race, age, experience and gender.

2

I've got no experience of Education

We need a breadth of people from outside of Education

3

I'm too old/young

Anyone over 18 can become a governor and there is no upper age limit

4

I wouldn't know what to do

The Diocese and LAs provide induction training and ongoing support

5

I'd get nothing from it

78% governors say they feel their work "makes a difference"
89% would recommend the role to others



PARENT FOCUS GROUP



Have your say!

Tuesday 7th October, 3:30pm-4:30pm

Wednesday 8th October, 2pm-3pm

Thursday 9th October, 3:30pm-4:30pm

Enfield Borough Council are delivering an assessment of Childcare Sufficiency.

We want to hear from **parents** to make sure your **views** are taken into consideration for **future planning**.

Register your interest by emailing:
hello@premieradvisory.co.uk

Scan the **QR code** and **share your views** online with our **two minute survey**.



Give and Take Event

One person's rubbish could be another's treasure!

Enfield Town Library:
(Tuesday) 28/10/2025 11-3pm

Edmonton Green Library:
(Wednesday) 29/10/2025 11-3pm

The Recycling Team are hosting the event to encourage items to be shared with others instead of the items going into the bin.

Bring along your unwanted items and see if there is anything that catches your eye!

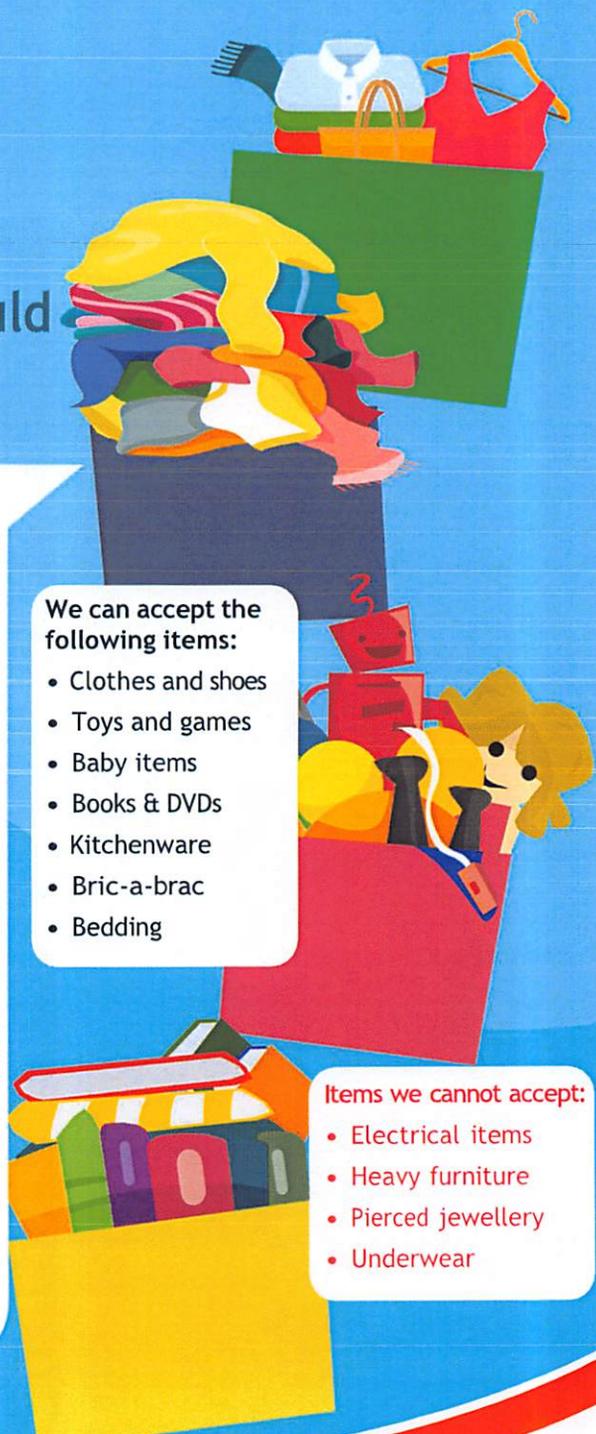
Everything is free, there is no exchange of money and people do not have to give something to take something.

We can accept the following items:

- Clothes and shoes
- Toys and games
- Baby items
- Books & DVDs
- Kitchenware
- Bric-a-brac
- Bedding

Items we cannot accept:

- Electrical items
- Heavy furniture
- Pierced jewellery
- Underwear



www.enfield.gov.uk



LEARN THE UNDERWEAR RULE



AND YOU'VE GOT IT COVERED!

P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK UP, SOMEONE CAN HELP



ChildLine
0800 1111

NSPCC
Cruelty to children must stop. FULL STOP.

NSPCC
Cruelty to children must stop. FULL STOP.

LEARN THE UNDERWEAR RULE

TALK PANTS AND YOU'VE GOT IT COVERED!

P RIVATES ARE PRIVATE

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



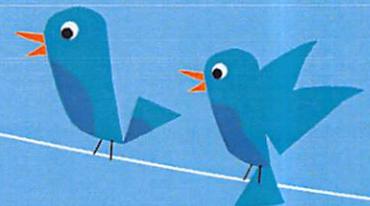
A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

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



N O MEANS NO

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



T ALK ABOUT SECRETS THAT UPSET YOU

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



S PEAK UP, SOMEONE CAN HELP

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

