

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

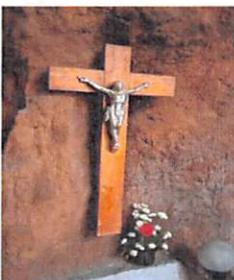
MARCH 2026

Spring is here and it's only just about four weeks to the end of this school term. So many people have worked extremely hard to make this term a success: parents, teachers and support staff and of course the children. All will soon be ready to rest and enjoy the Easter break.



Lent

We are also moving through the season of Lent, a wonderful time of renewal. As you know Lent began on Ash Wednesday 18th February (it falls earlier in the year this year).



Maybe these weeks of Lent could be a time for us to make a big effort to change and grow as we get ready for the

feast of the Resurrection of Christ at Easter.

Spring Performance



The children in Year 3 are to be congratulated for their wonderful performance of 'Tuishi Pamoja' last half-term. All worked hard and co-operated so well to prepare. The singing, dancing and speaking were of such a high quality. We could see from the faces of all in the audience how much parents and friends of the school enjoyed the performances. Thank you very much children for your hard work. Also a sincere thank you to the teachers, teaching assistants and volunteers who spent many hours of their own time planning and preparing and then guiding the children through. Thank you to the parents who helped with practices, scenery and costumes. £175 was earned in voluntary contributions for tickets.

Wednesday Word

Starting on Wednesday 17th April 2013 (a long time ago) children began to bring *The Wednesday Word* leaflet home from school. *The Wednesday Word* is a gift to you and your family because of your connection with our Catholic school.

Every weekend, a 'word' (inspired by the Sunday Gospel) is 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. The Wednesday Word is currently available online:

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

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 day would do just as well.



Re-establishing the Friday Penance

As you are aware a key resolution of the Catholic Bishops of England and Wales, released after their May 2011 plenary meeting, was "to re-establish the practice of Friday penance in the lives of the faithful as a clear and distinctive mark of their own Catholic identity".

This act of common witness formally came into effect on Friday 16th September 2011

(the anniversary of the visit of Pope Benedict XVI to the UK).

As many of you know we formally began our practice of not serving meat to the children / staff on a Friday right from the start of September in 2011. Thank you parents for not including meat as part of your child's packed lunch on a Friday.

Although our children are young we know that you agree that it is good to establish the practices of our faith right from the start. This good habit formed when young will hopefully be part of your child's way of life as he / she grows up. He / she will see abstaining from meat on a Friday as a distinctive mark of his / her Catholic identity.

Parents thank you for your wonderful support with the re-establishment of the Friday penance.



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Pupil Progress

You should have had a call home from the teacher / meeting in school with the teacher during the Open Evening to update you on your child's progress before half-term.

Any parent who wishes to meet in person with the teacher at any stage during this term is welcome to do so. Just contact the school office to arrange a time.



Illegal Parking

We had the zig-zag lines outside the school re-painted a few years ago. Although we think they are very visible there are still a number of adults parking on the zig-zags however generally in order to drop off or collect children from school.



Parents parking on the zig-zags are parking illegally and putting our children in danger. To avoid this please park legally away from the zig-zag lines and walk a little bit with your child in order to keep the road in front of the school clear. This is also

a healthier option as we focus on children having the option to walk a little bit each day and enjoy our school street.

Please try not to park across the driveways of our neighbours in the roads around Durants Road (this causes problems for the school) or in the car park which belongs to the Italian Centre and Mary Mother of God. I know the majority of our parents and others who bring children to school don't do this.

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

If you are late for school please do not abandon your child on the road outside. You must come in to school with your child and sign your child in as the classroom registers will already have been taken.



Tissues

We are no longer able to provide tissues for classrooms. Donations of boxes of tissues would be gratefully received. There are still lots of runny noses!



School Uniform

A very small number of children are still wearing the wrong trousers (not grey tailored) and hair colours which is a pity as our uniform is part of our identity as a school.

Please remember trainers (except for use in PE lessons -children change into their plimsolls or trainers before the lesson) or jewellery (except any noted on the uniform list) are not permitted.

Thank you to the majority of our parents who show their support for the school by ensuring their children are always in the correct uniform.

Please continue to remember!

Try very hard to ensure your child is on time for school i.e. before 9am when registers are taken and lessons begin. It is very important that your child has enough time to walk from the school gate to the classroom before 9am.

Please be very clear about who is picking up your child at the end of the day. If your child is on occasions picked up by the after school club, try to sort these arrangements out in advance so that your child is not confused or anxious at the end of the day.

Please try hard to pick your child up on time at the end of the day (The infants finish their lessons at 3pm and the juniors at 3.15pm. Children will normally leave the classroom just after their lessons finish.).

Please also try hard to collect your child up on time after Homework Club or any of the after school activities. It can be difficult when children are left really late as staff are also trying to get home at a reasonable time.

School Organisation Reminder

We are enjoying another new year in school with the children this year.

Reception, Years 1 and 2:
8.40am-3pm (Registers are at 9am).

Years 3-6: 8.40am-3.15pm
(Registers are at 9am).

It is really helpful to your child to be in the classroom before 9am so they are settled and ready to begin their day. Teachers use the time early in the morning to read with children, follow up on work from previous lessons, practise phonics etc. We have found over the years that the children enjoy the early morning settling in time in their classrooms.

Each year group (Y1-6) also has a supervised homework club after school each week (1 hour) to support their learning further.

Children enter the school site via the gate next to the bicycle shed.

For safety reasons children are asked to walk, rather than to cycle or scoot, once they are inside the school gates.

Parents will collect from the playground at the end of the school day. Please do your best to move right into the playground as once you turn the corner at the end of the building the area is narrow and if you stand or sit there you will block the way for others. Space is limited in our playground as you know so try your best to continue to be patient with one another and with the school staff.

Children are encouraged as before to bring a bottle of water to school and are allowed to fill up their water bottles during the day.

If you are visiting the school office at the end of the day please access the office from the front of the building via the main entrance

Online Safety

Information from the Department for Education: New kids online safety website launched as part of government campaign

The government needs your help in keeping children safe online. A new website was launched on 16 February 2026 to support families and encourage regular conversations about what they're seeing online, asking simple questions, like "who shared this" and "why?". Based on parents' main concerns and needs, it provides:

- tips for parents' conversations with their children
- actions to support each stage of their child's life
- parental controls information

The website is also signposting to trusted resources from charities and third parties, where parents can access other forms of support (like speaking to an expert).The

website will continue to grow and be developed this year, supporting the [Online Safety Act](#) and wider government aims.

Please take a look at [Kids online safety](#) for parents.

You can find the resources here: <https://kidsonlinesafety.campaign.gov.uk/>

PEGI Ratings

PEGI (Pan European Game Information) ratings are a crucial system used to classify video games and apps based on their content and suitability for different age groups. Established in 2003, PEGI helps consumers, particularly parents, make informed decisions when purchasing games.

In addition to age ratings, PEGI uses content descriptors to indicate specific types of content, such as violence, drugs, and online interactions. These descriptors help consumers understand why a game received its rating.

PEGI ratings are widely used across Europe and are an essential tool for ensuring that video game content is

appropriate for players of different ages. By understanding these ratings, parents and guardians can better protect their children from unsuitable content and promote a safe and enjoyable gaming experience for all.

[| Pegi Public Site](#)

There is a Childline resource available on YouTube to share with older children to empower them to take action. It lets them know it is ok to ask for help if a nude image of them stops being something they are in control of.

<https://youtu.be/zhKwpdv6vQQ>

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



Nude image of you online?
We can help take it down.

The figures from the IWF (Internet Watch Foundation) are not easy to read and digest but the latest figures are showing how prevalent self-generated child sex abuse images have become. The more we know, the better we can support children to build up their digital literacy.

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

Parental Controls

The more you know the better:

[Parental controls - UK Safer Internet Centre](#)

[Homepage - UK Safer Internet Centre](#) - this site has guides and resources for parents and carers.

Manipulative marketing in games (Better Internet for Kids)

Children's online experiences increasingly intersect with potential financial and psychological risks.

Manipulative marketing tactics are commonly employed in digital platforms, games, and apps that target children. Understanding these tactics is crucial for safeguarding professionals, as they can lead to unauthorised spending, privacy breaches, and impacts on mental wellbeing.

There are three important areas to consider: persuasive features (such as 'dark patterns' and variable rewards), subscription traps, and product placement. As digital safeguarding becomes increasingly complex, children need support to recognise and respond to manipulative online marketing strategies.

To read more about how manipulative marketing affects children and young people, go to:

<https://better-internet-for-kids.europa.eu/en/learning-corner/parents-and-caregivers/marketing-games>

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/>

Sacrament of Reconciliation

[Sacrament of Reconciliation Explained - YouTube](#)

This video explains this Sacrament through drawings and Scripture in a straightforward and detailed way which can be used with children from KS2. It also explains how this sacrament was passed down from Christ to his Apostles and then to priests.

Music Lessons - Enfield Music Service



Parents are now able to renew and book music lessons and activities for Summer 2026 from the Music Store:

<https://traded.enfield.gov.uk/musicstore>

The deadline for booking lessons and instrument hire is Sunday 8th March.

Health for Kids

Health for Kids (www.healthforkids.co.uk/Enfield) is aimed at primary school children, aged four to 11 years old and their grown-ups. It contains four exciting worlds of fun and games to help kids learn about their health. For grown-ups, it covers important features of a child's health and development, including healthy minds, healthy bodies, health issues and where to get professional help and support.

Health for Teens

Health for Teens (www.healthforteens.co.uk/Enfield) is aimed at 11 to 19-year-olds. It features bite-sized information on a comprehensive range of physical and emotional health

topics for teenagers, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more. Please see the attached email which includes posters and information for social media.

Measles cases continue to rise in Enfield!

The confirmed number of measles cases in Enfield has risen again, according to the latest data. It is very important that you check whether you and your children are protected. The only way to do this is to ensure you have had two doses of the MMR / MMRV vaccine.

If you think you or your child have missed a jab, contact your GP who can check your records and arrange an appointment. Alternatively, Vaccination UK are running catch-up clinics for school-aged children who need a jab. [View the dates and locations on their website.](#) [Catch-up clinics | Enfield](#)

Volunteers

A sincere thank you to any parents who have volunteered to help in classes this term. We really value the time and support you give to children and staff.

Remember if you have time to spare that we always need volunteers. All who work in classes must be police / DBS checked.

We do ask volunteers not to use the staffroom but arrangements are made to provide tea /coffee/ water for any volunteers who work across breaks.



Spring Term Reminder!

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

Easter Holiday = 30th March - 10th April 2026.

Summer Term Reminder!

School opens for the summer term on Monday 13th April 2026.

Half -term holiday = 25th May - 29th May 2026.

May Bank Holiday= Monday 4th May 2026.

INSET Day (no school for children) = 5th May 2026.

Last Day of the School Year = 17th July 2026.



Early Closing

Friday 27th March is the last day of the school term and the school will be closing at **12.45pm for EYFS and Key Stage 1 pupils and for Key Stage 2 pupils at 1pm.** We would be very grateful if you could ensure that your children are collected promptly on that day. This is also an OWN CLOTHES DAY.

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. Unfortunately there are some nasty sickness bugs still going around at the moment. Please support us in helping them not to spread.

Don't forget to log on to the school website - stmarysenfield.co.uk

We are trying to learn / say The Angelus each day at 12 noon in the Junior classes. 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.

These are the prayers we say each day with the children. You might like to say these prayers with your child at home. It's good practice to have a little quiet prayer time each day. I know many of you already encourage your child to pray at home.

Morning Offering

O My God, you love me,
You are with me night and day.
I want to love you always in all I do and say.
I'll try to please you Father.
Bless me through the day.
Amen

Night Prayer

God our Father, I come to say,
Thank you for your love today.
Thank you for my family,
And all the things you give to me.
Guard me in the dark of night.
And in the morning send your light. Amen.

Grace Before Meals

Bless us O Lord as we sit together,
Bless the food we eat today.
Bless the hands that make the food.
Bless us O Lord. Amen.

Grace After Meals

Thank you God, for the food we have eaten,

Thank you God for all our friends.
Thank you God for everything,
Thank you God. Amen.

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

Phone calls

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



Thinking Skills

Remember to ask your child which thinking hats they have

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



Recycling!

If you have any used printer cartridges please send them in for recycling.

We are still recycling shoes too. Send in any old pairs.



Future Dates

5th March - Pasta Making Workshop for School Council.
Year 3 classes to Parish Mass at 9.30am.

6th March - We celebrate **World Book Day at St. Mary's!**

11th March - Mass in School Hall at 9.30am. Infants to attend.

17th March (St. Patrick) - Years 3 to 6 Mass in the church at 9.30am.

19th March - Feast of St. Joseph, School Mass at 9.30am in the church (Years 2-6 to attend the Mass)

20th March - Year 4 Production AM (parents with babies and toddlers)

23rd March - Year 4 Production AM (adults).

25th March (Annunciation of the Lord) - School Mass. Years 2-6 to attend.

End of Term Class Parties PM
26th March - Years 5 and 6 classes to parish Mass at 9.30am followed by Reconciliation.

27th March - End of Term School Mass (Years 3-6 to attend the Mass).

Last day of Spring Term. Own Clothes' Day. Early Closing at 12.45pm EYFS and Key Stage 1 and Key Stage 2 at 1pm.

Holidays begin until 13th April

29th March - British Summer Time begins (clocks go forward one hour).

Return to school on Monday 13th April for the summer term.

Palm Sunday, 29th March (Palm Sunday of the Passion of the Lord- Blessing of Palms at all Masses.

Holy Week begins- In Holy Week the Church celebrates the mysteries of salvation accomplished by Christ in the last days of his earthly life, from his messianic entry into Jerusalem, until his blessed Passion and glorious Resurrection. Lent continues until Maundy Thursday.

Maundy / Holy Thursday, 2nd April

The Paschal Triduum of the Passion and Resurrection of the Lord begin with the evening Mass of the Lord's Supper (on Maundy Thursday), has its centre in the Easter Vigil, and closes with Vespers (Evening Prayer) of the Sunday of the Resurrection. Good Friday, 3rd April

Holy Saturday, 4th April

*Easter Sunday, 5th April
The Paschal Candle remains near the altar for the whole of the Easter Time until the end of Pentecost Sunday (24th May 2026). It should be lit for the more solemn liturgical celebrations during this season.*

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



Holidays and Absences

I would urge you to try not to book holidays during term time

as time away from school can unsettle children and affect their progress.

Any requests for time off must be put in writing to the Headteacher and only very special circumstances will be considered.

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

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

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

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

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

	15 per cent	10 per cent
Half-term	10 or	7 or

1	more sessions	more sessions
Half term 1-2 (autumn term)	22 or more sessions	14 or more sessions
Half term 1-3	30 or more sessions	20 or more sessions
Half-term 1-4 (autumn term and spring term combined)	38 or more sessions	25 or more sessions
Half term 1-5	46 or more sessions	31 or more sessions
Half term 1-6 (full academic year)	56 or more sessions	38 or more sessions

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

In the autumn term 84 children had 100% attendance. Well done!

Please remember that your child's absence from school affects our total absence figures.

It was 5% at the end of the autumn term (4.29% at the end of the autumn term 2024, 5.68% at the end of autumn 2023 and 7.21% at the end of the autumn term 2022) and was 4.9% at the end of the

first half of the spring term (4.49% at the end of the first half of the spring term 2025, 5.38% at the end of the first half of the spring term 2024 and 6.65% at the end of the first half of the spring term 2023).

Hopefully we will soon be over the worst of the surge of viruses and of course measles and all of the usual bugs that tend to hang around.

The classes with the highest attendance at the end of the first half term in spring were:

Year 6, St. Christopher (97.4%),

Year 6, St. Catherine and Reception, Hope (97.1%),

Year 4, St. Peter and Year 3, St. Bernadette (96.7%),

Year 3, St. Cecilia (96.3%),

Year 5, St. Anthony (95.3%),

Year 5, St. Joseph (94.9%) and

Year 1, Rosary (94.6%).

Play Equipment

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

Children are also asked not to cycle or use their scooters / bicycles / tricycles while on the playground after school. As the area is very crowded it is easier and safer for all if children walk with their bikes or scooters until they leave the school premises. Parents / childminders please keep your children with you once you have collected them from the classroom / teacher.

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

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

These are the prayers we say each day with the children. You might like to say these prayers

with your child during the holidays. It's good practice to have a little quiet prayer time each day. I know many of you already encourage your child to pray at home.

Morning Offering

O My God, you love me,
You are with me night and day.
I want to love you always in all I do and say.
I'll try to please you Father.
Bless me through the day.
Amen

Night Prayer

God our Father, I come to say,
Thank you for your love today.
Thank you for my family,
And all the things you give to me.
Guard me in the dark of night.
And in the morning send your light. Amen.

Grace Before Meals

Bless us O Lord as we sit together,
Bless the food we eat today.
Bless the hands that make the food.
Bless us O Lord. Amen.

Grace After Meals

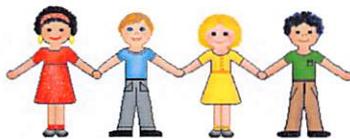
Thank you God, for the food we have eaten,
Thank you God for all our friends.
Thank you God for everything,
Thank you God. Amen.

Own Clothes

Thank you to all who supported the Own Clothes' Day before the half-term. £196.85 was donated.

NSPCC Number Day

- Dress in your favourite numbers day: £135.56 was donated. Thank you everyone.



Measles: Be aware please.
This infection is around currently -- [Measles - NHS \(www.nhs.uk\)](https://www.nhs.uk/condition/s/measles/)
<https://www.nhs.uk/condition/s/measles/>

NSPCC: Promoting mental health and wellbeing:
[Promoting mental health and wellbeing | NSPCC Learning](#)

NHS UK: Every Mind Matters:
[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

Dealing with Body-Confidence for Young People - ChildLine

The world is now more superficial than ever before.

To help young people with this, ChildLine has created a page on their site with advice on these issues. If you're interested please follow the link below:

<https://www.childline.org.uk/in-fo-advice/you-your-body/my-body/how-you-look/>

Worried Children - How Can We Help?

Growing up is no easy task. We can all remember times when we were children, or maybe a little older when everything seemed too much.

Save the Children have published expert led guidance aimed at aiding educational professionals and parents, in their endeavours to understand and uplift their children when they're down.

<https://www.savethechildren.org.uk/blogs/2023/what-to-do-if-a-child-is-worried>

Best Wishes

Thank you for your continued support for our school. It is greatly appreciated by all members of our school community and I know contributes greatly to the happy atmosphere we are so fortunate to have in our school.

Mrs R. Martin
Interim Headteacher



ADMISSIONS FOR ACADEMIC YEAR 2026/2027

We need your help to remind friends, neighbours, relatives to apply for places in our Nursery and Reception classes for their children for September 2026!

It is not too late to apply!



A Lenten Challenge

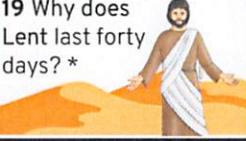
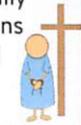
Fasting

Fast from hurtful words and speak kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your heart with joy.
Fast from selfishness and be compassionate.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.

Pope Francis

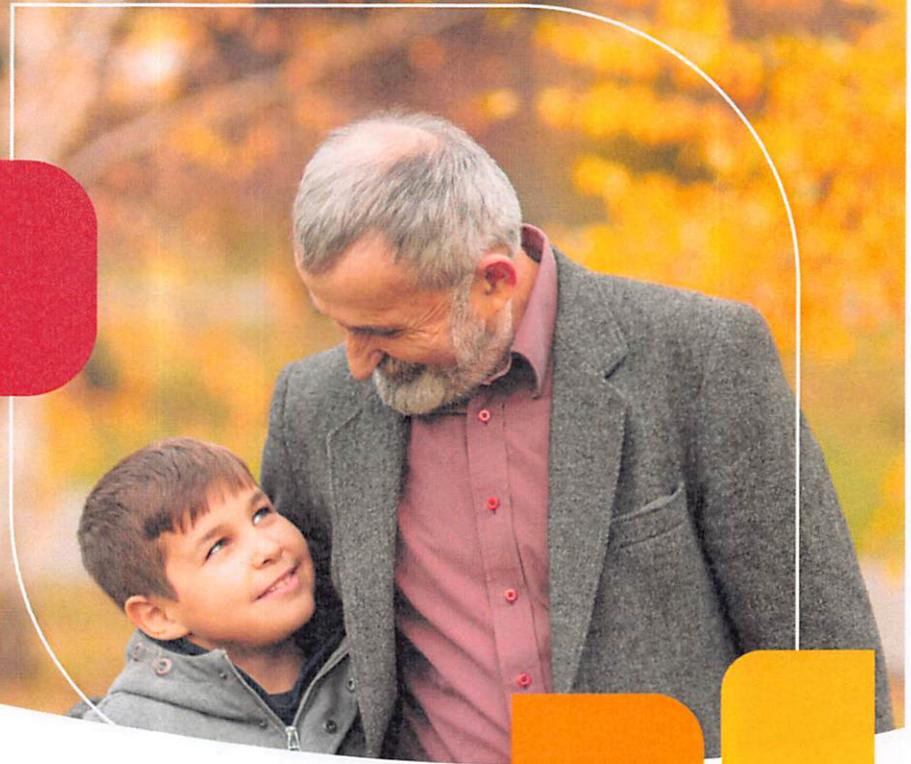
Mission Together Lenten Calendar 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
We will soon begin our Lenten journey to Easter. We pray that we may use this time to grow in faith, hope, and love.	17 Shrove Tuesday Why do we eat pancakes the day before Lent starts? * 	18 Ash Wednesday Why are ash crosses traced on our forehead today? * 	19 Why does Lent last forty days? * 	20 With your class, reflect and pray with the 1st and 2nd Stations of the Cross. + 	21 In Lent, we give things up to put God and others first. What could you give up today? 	22 Find a quiet place and ask God to help you pray and share more this Lent. 
23 Sunday's Gospel (Mt 4:1-11) told us how Jesus spent time in the desert. Is there a still place you can go to be with God?	22 Many years ago, <i>Lent</i> was a name for <i>Spring</i> . Capture both in Mission Together's <i>Lent through a Lens</i> photo challenge.*	25 Jesus showed us how to be silent and still. Spend a minute being both now. 	26 Find out what the word <i>sacrifice</i> means and why we practice this in Lent. 	27 With your class reflect and pray with the 3rd & 4th Stations of the Cross. + 	28 Tell your family about the Stations of the Cross and why we pray them in Lent. 	1 Find a quiet place and spend a little time talking to Jesus, our God and our friend. 
2 Sunday's Gospel (Mt 17:1-9) told us how, on a mountain top, Jesus shone like the sun. Where can you see God's light?	3 The start of March marks the feast of St David . Find out why he is the patron of Wales.* 	4 Hear God speak to you today through: *Loved ones *The Bible *Creation 	5 In Lent, we listen to God and others more carefully. How can you listen well today? 	6 With your class reflect and pray with the 5th & 6th Stations of the Cross. + 	7 Tell a family member three things you have learnt about Lent this week. 	8 Find a quiet place and pray the <i>Our Father</i> for all hungry children in the world. 
9 Sunday's Gospel (Jn 4:5-42) spoke of the importance of welcome and dignity. How can you show respect to others?	10 Jesus taught us to respect and include everyone. Who can you invite to play today? 	11 In Lent we give more time to help others. Look for ways to help today. 	12 During Lent we share more of what we have. Why is sharing important? 	13 With your class reflect and pray with the 7th & 8th Stations of the Cross. + 	14 Tell a family member why we pray more in Lent. Teach them your favourite prayer. 	15 Mothering Sunday Ask God to bless mums and grandmas today. 
16 Sunday's Gospel (Jn 9:1-41) told us how Jesus healed a blind man. How can we help others to see their goodness today?	17 Today is the feast of St Patrick . Find out why he is the patron of Ireland.* 	18 Write a Lent prayer. Include the words: <i>mercy, pray, share, Jesus, God, Holy Spirit.</i> 	19 Today is the feast of St Joseph . Find out why he is the patron of workers.* 	20 With your class reflect and pray with the 9th, 10th and 11th Stations of the Cross. + 	21 Tell a family member about God's love and mercy and why it is important to trust in both. 	22 Find a quiet place and ask God to help you be someone who says sorry and forgives. 
23 Sunday's Gospel (Jn 11:1-45) told us how Jesus brought his friend back to life. How can we raise the spirit and hope of others?	24 In Lent we reflect on God's mercy. Why is it important to be sorry and to forgive? 	25 Pray a <i>Hail Mary</i> for people who feel worried today. Ask Mary to pray with us for them. 	26 We're coming closer to Holy Week. Why is it the most special week of the Church's year? 	27 With your class reflect and pray with the 12th, 13th and 14th Stations of the Cross. + 	28 Tomorrow is Palm Sunday. Tell a family member about the first Palm Sunday. 	29 Palm Sunday Find a quiet place and thank God for sending Jesus to love and guide us. 
30 Sunday's Gospel (Mt 21:1-11) told us how Jesus entered Jerusalem on a humble donkey. What kind of king does this?	31 Holy Week Today we recall Judas' bad choice. Ask God to help you make good choices this week. 	1 Today Jesus and his disciples planned the Last Supper. Thank God for the food you'll eat today. 	2 Maundy Thursday Why do Priests wash the feet of others at Mass tonight? 	3 Good Friday Sit quietly, be still, and thank Jesus for loving us all so much. 	4 Holy Saturday Today we wait as Jesus lies in the tomb. Say a prayer for those who are grieving today. 	5 Easter Sunday 

Calendar symbols: + refers to scriptures and reflections found in Mission Together's Lenten Celebrations of the Word, also to our Stations of the Cross. The * symbol refers to Lenten activities or Five Fact Saints Assemblies. These and additional Lent resources are available at missiontogether.org.uk Missio's registered Charity No. 1056651

Measles



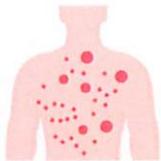
What is measles?

Measles is a serious illness caused by a virus

It can be dangerous for:

- Babies
- Young children
- Pregnant women
- People with weak immune systems

Signs and symptoms



Rash



Fever



Loss of appetite



Sore, red eyes



Cough

Measles often starts like a bad cold:

- Runny nose
- Cough
- Red, watery eyes
- Fever
- White spots inside the mouth
- Feeling tired and unwell

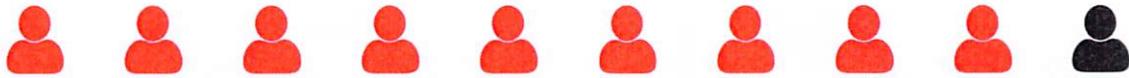
After 2 to 4 days, a red rash appears

- The rash starts on the head and spreads down the body
- The rash is not itchy

Why is measles dangerous?

Measles spreads very easily

- If 10 unvaccinated people are near someone with measles, 9 will catch it



- The virus spreads when someone coughs or sneezes
- It can stay in the air for up to 2 hours

Measles can lead to serious problems, such as:

- Hearing loss
- Swelling of the brain
- Eye problems and blindness
- Death
- Chest infections (pneumonia)

How to stay safe?

- The best way to stop measles is the MMR vaccine
- You need 2 doses for the best protection
- The vaccine works for 99% of people
- You can get the MMR vaccine at any age

If you think you or your child has measles:

Call NHS 111 or contact your GP urgently

Stay away from others until you get medical advice

Where to get the vaccine?

- If you are unsure whether you or your child has had the MMR vaccine, ask your GP

Children can get the vaccine at Vaccination UK catchup clinics:

www.schoolvaccination.uk/catch-up-clinics/catch-up-enfield

For more advice about measles:

www.nhs.uk/conditions/measles

A photograph of a woman wearing a red hijab and a light blue striped shirt, smiling and hugging a young child from behind. The child is also smiling. The background is a soft-focus indoor setting. In the top left corner, there are two overlapping rounded squares, one orange and one yellow. A white speech bubble containing the text 'Join Us' is positioned over the top left of the image.

Join Us

Measles Webinar

Morning webinar

Tuesday 10th February | 9.30am - 10.30am

[Join here](#)

Evening webinar

Tuesday 10th February | 6pm - 7pm

[Join here](#)

Translated captions will be available in 4 languages
Romanian, Bulgarian, Polish and Turkish

Online
Course

strengthening families strengthening communities

For parents and other adult carers; **for Parents of Year Six Students Only**, group starting on Thursday 19 March at 10:00am

Want to get some new ideas to help
you be the best parent you can be?

Enhance your relationship with your children?

Learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

- Information on strategies and child development.
- Hear from other parents.
- Worksheets and hand-outs.
- Videos, quizzes and fun activities.
- Do sessions at a time that works for you.
- Expert help from a real person each week.
- Choose a course that suits your child's age.

Topics covered...

- Healthy relationships.
- Understanding and managing behaviour.
- Enhancing children's self-esteem.
- Emotions and empathy.
- What to expect for the age of your child.
- Being part of a community.



Group discussion...

1. Speak to a course expert and get answers to any questions you might have.
2. Talk about how the strategies are going at home and how to adjust them for you.
3. Address other difficulties relating to parenting.
4. Hear from others about what works for them.

Online
Course

strengthening families strengthening communities

For parents and other adult carers; **for Parents of Year Five Students Only**, group starting on Thursday 16 April at 10:00am

Want to get some new ideas to help you be the best parent you can be?
Enhance your relationship with your children?
Learning at a time that suits you?



6 online sessions



6 group discussions



Certificate on completion

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ENFIELD
Council



Find out more or register for the course by scanning the QR code or emailing us at: sfscparent@racefound.org.uk

YOUTH & FAMILY
HUB
HELPING CHILDREN, YOUNG
PEOPLE AND FAMILIES THRIVE

Online
Course

Stronger Relationships

For parents and other adult carers living together or apart. **For Parents of Year Six Students Only, group starting Monday 9 March at 1:00pm**



Online

- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

- Information on strategies to identify and reduce arguments.
- Hear from other parents and carers.
- Downloadable worksheets and hand-outs.
- Videos, quizzes and interactive activities.
- Do sessions at a time that works for you.
- Weekly support from our course experts.

Topics covered...

- Healthy adult relationships.
- Identifying and managing disagreements.
- Understanding how conflict affects your children.
- Enhancing parent-child relationships.
- Managing stress, anger and emotions.
- Strategies to resolve conflict and create a parenting agreement

Group discussion...

1. Speak to a course expert and get answers to some of the questions you might have
2. Talk about how the strategies are going at home.
3. Address other difficulties relating to your relationships.
4. Hear from others about what works for them.

Find out more or register for the course by scanning the QR code or emailing us at: sfscparent@racefound.org.uk



Online
Course

Stronger Relationships

For parents and other adult carers living together or apart. **For Parents of Year Five Students Only, group starting Wednesday 1 April at 6:00pm**



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?



6 online
sessions



6 group
discussions



Certificate on
completion

What to expect...

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Sessions in 2026 for Parents & Carers

Craig Park Youth & Family Hub
2 Baxter Road, N18 2HN

SAFE

Course of 7 sessions
 10am – 12noon

Wednesday 7th January
 Wednesday 14th January
 Wednesday 21st January
 Wednesday 28th January
 Wednesday 4th February
 Wednesday 11th February
 Wednesday 11th March

SUPPORTING INDEPENDENCE IN SELF CARE



Course of 5 sessions
 10am – 12noon



Wednesday 22nd April
 Wednesday 29th April
 Wednesday 6th May
 Wednesday 13th May
 Wednesday 3rd June

PARENT DROP IN

10am – 11:30am

Wednesday 4th March
 Wednesday 10th June

No need to book, Just drop-in!

WORLD AUTISM ACCEPTANCE CELEBRATION

10am – 11:30am
 Wednesday 25th March



NEN (AET) MAKING SENSE OF NEURODIVERGENCE

School age – Wednesday 25th February, 10am – 11:30am

(schools and professionals also welcome to book a place)

NEN (AET) MAKING SENSE OF AUTISM

Early Years – Wednesday 17th June, 10am – 11:30am
 School age – Wednesday 20th May, 10am – 11:30am
 Post 16 – Wednesday 18th March, 10am – 11:30am

(schools and professionals also welcome to book a place)



Scan to book your place
 on our website

Please reply to:

Email: haf@enfield.gov.uk

Phone:

Textphone:

Date: 25th February 2026

Dear Parents / Carers

HAF Easter 2026

We would like to inform you that as part of Enfield Council's Holiday Activities and Food Programme (HAF), children in receipt of benefits related Free School Meals (FSM) will be able to access free holiday camps during the Easter school holidays. HAF is for children in Reception through to Year 11 only.

Activities will include a range of sports and physical activities, enrichment activities, healthy living activities and lunch each day. You can book to attend up to 4 sessions between 30th March - 10th April 2026.

How to book:

- Please view the parent guides [I'm a parent – Holiday Activities](#)
- The booking platform will go live on **Monday 2nd March 2026 at 10am. You will not receive your voucher before this date.**
- If you have not used holiday activities before you will need to create an account using your email address. You will then be asked to add your mobile number and child's date of birth. Once added click 'save details.' If you have used holiday activities before your details will already be saved.
- Your voucher will now link to your account and show the available credits you have to use.
- Please share your location to see activities in your local area. Click 'search activities' to search by date, provider or SEND suitable activities.
- When you're ready to book, click on the 'select date' button.
- Complete the requested details.
- Confirm you have read and understood the terms and conditions, then click 'complete booking'. You will receive a confirmation email notifying you that your booking is either confirmed or awaiting approval.

Tony Theodoulou
Executive Director – People
Enfield Council
Civic Centre, Silver Street
Enfield EN1 3XY

www.enfield.gov.uk

 If you need this document in another language or format contact the service using the details above.

We look forward to welcoming your child/children at one of the many activities and sessions in the borough this Easter.

If you have any further questions, you can contact the Enfield HAF Programme directly on the details below:

Email: haf@enfield.gov.uk

Web: <https://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes>

Sincerely,

Enfield Holiday Activities and Food Programme team

Join the thousands of people who receive the latest updates from Enfield Council through our 16 e-newsletters — including more than 53,000 who have signed up for News from the Council. Register at www.enfield.gov.uk/enewsletters to get the latest Council news and service updates.

HAF Enfield Easter 2026

30th March
- 10th April

Reception
to Year 11

FREE* places available on
Enfield's Holiday Activities
and Food (HAF) programme
this Easter. For more
information visit

**Holiday activities and
Food programme
| Enfield Council**

**Free for those in receipt of
benefits related free school meals*

Arts &
Crafts

Get
Active

Free
nutritious
meals

Cooking

Day
Trips

Plus
much
much
more!

www.enfield.gov.uk/haf

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