

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

JANUARY 2023

Welcome back to a new term at St. Mary's. I hope you all enjoyed a happy and peaceful time together over the Christmas holiday.

Thank you so much for all of the good wishes, cards and gifts you sent both to me and to individual staff members. We noticed that the staffroom had a continual supply of boxes of chocolates, biscuits and cakes again this year (still quite a few boxes to be eaten!) as the holiday approached. Thank you for your wonderful generosity.

Thank You!

It was good to see so many of the children coming back to school this term looking well rested, full of stories about Christmas presents, happy and ready for work.

A Time To Remember

Thank you to all who so generously supported the

school's collection for the Nightingale Hospice in memory of all loved ones in our community who have died or needed hospice care.

The money collected was given to Father John to be added to the Parish collection for the Hospice. A total of £192.82 was donated before Christmas. Many thanks for your donations.

Christmas Jumper Day

Thank you for your wonderful support for this day which was organised by the Year 6 children. We had a wonderful variety of both shop bought and home decorated jumpers. £178.63 was collected for 'Save the Children'. Well done children, parents and school staff.



**Farewell to Benedict XVI:
'Humble worker in the
vineyard of the Lord'**



The 95-year-old Pope Emeritus Benedict XVI passed away on Saturday 31st December at 9:34 AM in his residence at the Vatican's Mater Ecclesiae Monastery.

From Diocese of Westminster

Pope Emeritus Benedict XVI, who served as Supreme Pontiff from April 2005 to February 2013, has died aged 95, the Vatican has confirmed.

A short statement from Matteo Bruni, Director of the Holy See's Press Office, said: 'With sorrow I inform you that the Pope Emeritus, Benedict XVI, passed

away today at 9:34am in the Mater Ecclesiae Monastery in the Vatican.'



On hearing the news, Cardinal Nichols wrote: 'I am deeply saddened to learn of the death of Pope Benedict. He will be remembered as one of the great theologians of the 20th century.'

'I remember with particular affection the remarkable Papal Visit to these lands in 2010.

'We saw his courtesy, his gentleness, the perceptiveness of his mind and the openness of his welcome to everybody that he met. He was through and through a gentleman, through and through a scholar, through and through a pastor, through and through a man of God, close to the Lord and always his humble servant.

'Pope Benedict is very much in my heart and in

my prayers. I give thanks to God for his ministry and leadership.'

Bishop Nicholas Hudson presided at a Requiem Mass in Westminster Cathedral on Saturday 31st December. Masses for the repose of the soul of Pope Benedict are also taking place in parishes across the diocese.

Pope Benedict's body will lie in St Peter's Basilica from Monday 2nd January, where the faithful can pay their respects.

Pope Francis will preside at Pope Benedict's funeral on Thursday 5th January in St Peter's Square. The funeral will take place at 9.30 am (8.30 am GMT).



A prayer for the soul of Pope Emeritus Benedict XVI:

Father, eternal shepherd, hear the prayers of your people for your servant Benedict,

who governed your Church with love.

In your mercy, bring him with the flock once entrusted to his care to the reward you have promised your faithful servants.

May he who faithfully administered the mysteries of your forgiveness and love on earth, rejoice with you for ever in heaven

In your wise and loving care, you made your servant teacher of all your Church. He did the work of Christ on earth.

May your Son welcome him into eternal glory.

May your servant whom you appointed high priest of your flock be counted now among the priests in the life of your kingdom.

Give your servant the reward of eternal happiness and let your mercy win for us the gift of your life and love.

*We entrust your servant
to your mercy with faith
and confidence.
In the human family he
was an instrument of
your peace and love.*

*We entrust your servant
to your mercy with faith
and confidence.
In the human family he
was an instrument of
your peace and love.*

*May he rejoice in those
gifts for ever with your
saints.*

*Through Christ our Lord,
Amen*

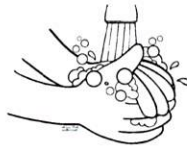


<https://www.cbcew.org.uk/benedict-xvis-last-words-lord-i-love-you/>

<https://rcdow.org.uk/news/pope-emeritus-benedict-requiescat-in-pace/>

<https://www.cbcew.org.uk/cardinal-nichols-benedict-xvi-could-see-god-in-everything-that-is-beautiful/>

Handwashing Advice



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

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

Safe Parking

Thank you to all parents and carers who continue to support the school by parking safely away from Durants Road and walking with their children. This really helps and the support we receive from so many parents always with everything we do is a great strength of our school.

We continue periodically to deal with complaints from some of the local residents due to a minority of parents / carers and child minders who behave in a disrespectful manner.

Please remember that if you do the wrong thing our whole community suffers the consequences.

Please try hard to:

- Park away from Durants Road and walk with your child. This is better for your general health and reduces the fumes and pollution around the school. If you can, leave the car at home and try to build the walking time into your child's day. If a child minder

or another family member brings your child to school please encourage them to park away from Durants Road.

- Please do not sit in the car with the engine running. This is not good for the health of others.
- Never park in / across any of the driveways even for a minute. This is disrespectful and causes a lot of problems.
- 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.

Parents a huge thank you again 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 parking away from the school and walking with their children.

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



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 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.

Thinking Maps

Our teaching staff have been trained in the use of Thinking Maps.

Thinking Maps were designed by Dr. David Hyerle in the late 1980's. Hyerle based his ideas on the initial research and development of a model of thinking processes by Dr. Albert Upton. He revised the Upton model as the foundation for Thinking Maps as a set of tools for learning. They are a visual tool to aid thinking. There are eight thinking maps, each based on a fundamental thinking process and used together as a set of tools for showing relationships.

We hope that you will soon see these maps being used across the curriculum.



Habits of Mind

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

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

Persisting,
Managing impulsivity,
Listening with understanding and empathy,
Thinking flexibly,
Metacognition,
Striving for accuracy,
Questioning and posing problems,

Applying past knowledge to new situations,
Thinking and communicating with clarity and precision,
Gathering data through all senses,
Creating, imagining, innovating,
Responding with wonderment and awe,
Taking responsible risks,
Finding humour,
Thinking independently,
Remaining open to continuous learning.

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

Online Safety at Home



You might find the following links helpful:

Parents & Carers - KIDSONLINEWORLD.COM

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

This site has been created by ECP, the

company which has provided our staff safeguarding training for many years and has provided numerous sessions of online safety for our children. 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.



Internet Matters have provided updated resources for schools and parents, with information packs and teaching resources.

There are age specific resources for early years, primary and secondary aged children.

Each section has:

- teaching resources
- a parent pack
- common online safety issues for that age group
- popular social media platforms

- for that age group
- a list of additional resources

[Early years online safety resources - Internet Matters](#)

[Modules - Digital Matters \(internetmatters.org\)](#)

What is mental health?

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

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

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

Young Minds: Guides and advice on mental health and wellbeing for young people [Mental Health Support For Young People | YoungMinds](#)

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

Mental Health

Foundation: Make it count guide for parents and carers: [Publications \(mentalhealth.org.uk\)](#)

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

MIND: Looking after your wellbeing for young people: [Information for 11-18 year olds on looking after your wellbeing - Mind](#)

The Clay Centre for Young Healthy Minds: 11 Self-Care Tips for Teens and Young Adults: [11 Self-Care Tips for Teens and Young Adults - MGH Clay Center for Young Healthy Minds](#)

Very Well Family: How to Improve Your Child's Mental Health [How to Improve Your Child's Mental Health \(verywellfamily.com\)](#)

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.cathchuld.org.uk/meditation-with-children-young-people/>

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 lots of sickness bugs going around as well as everything else at the moment. Please support us in helping them not to spread.



Also a very small number of parents have reported finding nits in their child's hair. Unfortunately these are easily spread and can be quite difficult to eradicate. We would appreciate it if you could check your child's hair regularly. Please also ensure that all long hair is tied back at all times.

Uniform

Again a big thank you to all parents who assist us by encouraging their children to wear the correct uniform. Our uniform is part of our individual identity as a school.



Wearing the correct uniform proudly is an outward sign of our support for our school. Please read the attached list so you can ensure your child is wearing the proper clothes to school.

Boots or trainers (children change into their trainers for PE at school) are not to be worn.

Please encourage your child to tie long hair back in school colours only. Also in the interests of Health and Safety only small stud earrings may be worn in school - these must be removed for P.E.

Nails

False nails or nail polish are not permitted in school.



Music Lessons

EMS offers instrumental tuition to pupils in Enfield schools within the school day and on Saturdays. Please enquire at the office if you (or your child) are interested.

After School / Lunchtime Activities

These will resume this term. The teachers running the various activities will be in touch

with you / your child very soon.

Tissues

It's runny nose weather again! We don't have any tissues!



Please, if you can, send in a box to your child's classroom / school's Medical Room.

School Meals

We started our 'right choice' menu a number of years ago. As I know you are aware we have worked with our provider of school meals to improve the quality of the cooked meals given to our children at lunchtime.



Our cook works to ensure that the contents of our school meals meet National Nutritional Guidelines.

As you know our kitchen has been completely refurbished.

School meals cost £2.50 per day / £12.50 per week (from September 2016).



Please pay *in advance* (at least a week in advance) online using the Parent Pay system or ask the Office staff for a Pay Point card.

Remember that if your child has school meals (and is not entitled to free meals) and you don't pay for them the school has to find the money to pay your debt. Always pay for your child's meals.

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

- Income support
- Income based job seekers allowance
- Asylum seekers subsistence payment (support under part VI of the Immigration and Asylum Act 1999)
- Child tax credit (but not working tax credit) only and have an

annual income of less than £16,190

Please contact the school office if you feel your child qualifies for free meals.

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. The office staff are always happy to make a call to you if your child needs anything from home.



Please encourage your child to leave all toys, football cards, jewellery, mobile phones etc. at home. Children become very upset if their personal belongings are lost or broken at school.

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
Autumn 2022**

38 pupils had 100% attendance! Well done children and parents!



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.

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

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

Please remember that your child's absence from school affects our total absence figures. It was 7.3% at the end of the autumn term (This is much higher (almost double) than what is normal for our school but we know we are living in times which have been difficult recently for a number of our families especially due to the high number of sickness

bugs which have been circulating).

Please (unless of course your child is ill) ensure your child is in school each day. Thank you to the parents who work hard to ensure their children are in school each day.

At the end of the autumn term Year 4, St. Peter had the highest level of attendance for the term (94.50%) closely followed by Year 5, St. Anthony (94.47%), Year 4, St. Paul (94.18%), Year 6, St. Catherine (93.77%), Year 6, St. Christopher (93.72%), Year 2, Fatima (93.50%), Year 2, Faith (93.40%) and Year 5, St. Joseph (93.23%).

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

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

Pages 72-73 of the DfE's guidance, linked to

above, contains a table which sets out the estimated thresholds that will be used to define persistently absent pupils.

	15 per cent	10 per cent
Half-term 1	10 or more sessions	7 or more sessions
Half term 1-2 (autumn term)	22 or more sessions	14 or more sessions
Half term 1-3	30 or more sessions	20 or more sessions
Half-term 1-4 (autumn term and spring term combined)	38 or more sessions	25 or more sessions
Half term 1-5	46 or more sessions	31 or more sessions
Half term 1-6 (full academic year)	56 or more sessions	38 or more sessions

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. With the support of their parents or child minders this will easily be sorted out.



Shoe Recycling

Remember if you have any old shoes that there is a shoe bin in the main

corridor by the school office.

Spring Term Reminder!

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

Half -term holiday = 13th - 17th February 2023.

INSET Day (no school for children) = 20th February 2023.

Easter Holiday = 3rd April - 14th April 2023.



Summer Term Reminder!

School opens for the summer term on Monday 17th April 2023.

Half -term holiday = 29th May - 2nd June 2023.

May Bank Holiday= Monday 1st May 2023

INSET Day (no school for children) = 2nd May 2023.

King's Coronation Bank Holiday = 8th May 2023 (announced last term).

Last Day of the School
Year = 21st July 2023

With all of our good wishes for you and your family for this New Year ahead. May 2023 bring you peace, happiness and many blessings.

Miss M. Creed
Headteacher



Reflection

Today, in my own private way, I want to join in the message that the angels sang: 'Glory to God in the highest, and on earth peace to people of good will.'

I am happy that you, Christ, were born for me and for all humankind. I'd like my life to reflect your peace and your good will. I'd love to be fully aware of the meaning of the mystery of your birth on earth.

You are the true light that enlightens all. All that comes into the world has light through you. Every living thing has life through you, the Light that shines in the dark, the Light the

powers of darkness cannot overcome. You came to your people, who did not accept you. But to those who did accept you, you gave them power to become children of God. I am one of those children.

I accepted you in baptism. I need your help to remain a faithful follower and to relish all the days of my life the full meaning of this tremendous phrase: 'the Word was made flesh, he lived among us.' Amen

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.

POWER of PRAYER

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.

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



History of the Feast of the Epiphany

Like many of the most ancient Christian feasts, Epiphany was first celebrated in the East, where it has been held from the beginning almost universally on January 6.

Today, among both Eastern Catholics and Eastern Orthodox, the feast is known as Theophany—the revelation of God to man.

Epiphany: A Fourfold Feast

Epiphany originally celebrated four different events, in the following order of importance: the Baptism of the Lord; Christ's first miracle, the changing of water into wine at the wedding in Cana; the Nativity of Christ; and the visitation of the Wise Men or Magi.

Each of these is a revelation of God to man: At Christ's Baptism, the Holy Spirit descends and the voice of God the Father is heard, declaring that Jesus is His Son; at the wedding in Cana, the miracle reveals Christ's divinity; at the Nativity, the angels bear witness to Christ, and the

shepherds, representing the people of Israel, bow down before Him; and at the visitation of the Magi, Christ's divinity is revealed to the Gentiles—the other nations of the earth.

The End of Christmastide

Eventually, the celebration of the Nativity was separated out, in the West, into Christmas; and shortly thereafter, Western Christians adopted the Eastern feast of the Epiphany, still celebrating the Baptism, the first miracle, and the visit from the Wise Men. Thus, Epiphany came to mark the end of Christmastide—the Twelve Days of Christmas (celebrated in the song), which began with the revelation of Christ to Israel in His Birth and ended with the revelation of Christ to the Gentiles at Epiphany.

Over the centuries, the various celebrations were further separated in the West, and now the Baptism of the Lord is celebrated on the Sunday after January 6, and the wedding at Cana is commemorated on the

Sunday after the Baptism of the Lord.

Epiphany Customs

In many parts of Europe, the celebration of Epiphany is at least as important as the celebration of Christmas. While in England and her historical colonies, the custom has long been to give gifts on Christmas Day itself, in Italy and other Mediterranean countries, Christians exchange gifts on Epiphany—the day on which the Wise Men brought their gifts to the Christ Child.

In Northern Europe, the two traditions have often been combined, with gift-giving on both Christmas and Epiphany (often with smaller gifts on each of the twelve days of Christmas in between). (In the past, though, the main gift-giving day in both Northern and Eastern Europe was usually the feast of Saint Nicholas.) And in the United States in recent years, some Catholics have tried to revive the fullness of Christmastide.



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



Some Dates for Spring 2023

1st January - Solemnity of Mary, the Holy Mother of God

3rd January - Return to school for spring term

6th January - Epiphany of the Lord - School Mass (Years 2-6 to attend the Mass (and others to attend via the streaming service

<https://www.churchservices.tv/enfield>)

18th January- SATs Meeting for parents of children in Years 5 and 6, 5pm (online meeting).

25th January - Conversion of St. Paul School Mass (Years 2-6 to attend the Mass and others to attend via the streaming service)

2nd February - The Presentation of the Lord School Mass (Years 2-6 to attend the Mass and others to attend via the streaming service)

3rd February -Year 3 Spring Performance Dress Rehearsal AM (parents with babies and toddlers welcome).

7th February - Year 3 Spring Performance AM (adults).

OPEN EVENING
(1.30pm-4.30pm and 5.30pm-6.30pm) **Early Closing at 12.30pm Infants and 12.45pm Juniors.**

10th February - Own Clothes' Day.

13th - 17th February - **Half - Term Holiday. No School!**

20th February - **INSET Day. No School!**

22nd February -Ash Wednesday, School Mass School Mass (Years 2-6 to attend the Mass and others to attend via the streaming service)

23rd February - Years 4 and 6 classes to parish Mass at 9.30am

1st March - St. David's Day - Mass in School Hall at 9.30am. Years 4 and 6 to attend.

2nd March - Year 3 classes to the parish Mass at 9.30am.

8th March - School Photographs

9th March - Mass in School Hall at 9.30am. Years 3 and 5 to attend.

13th March - Year 4 Production AM (parents with babies and toddlers)

15th March - Year 4 Production AM (adults)

16th March - Mass in School Hall at 9.30am. Infants to attend.

Book Fair (in small hall)

17th March - Feast of St. Patrick School Mass (Years 2-6 to attend the Mass and others to attend via the streaming service)

Book Fair (in small hall)

20th March - Feast of St. Joseph, School Mass (Years 2-6 to attend the Mass and others to attend via the streaming service)

Book Fair (in small hall)

21st March - Book Fair (in small hall)

22nd March - Year 2 classes to parish Mass at 9.30am

Book Fair (in small hall)

28th March - Year 4 classes to parish Mass at 9.30am.

End of Term Class Parties PM

31st March - Last day of Spring Term. Own Clothes' Day. School Mass (Years 2-6 to attend the Mass and others to attend via the streaming service. **Early Closing at 12.45pm EYFS and Key Stage 1 and Key Stage 2 at 1pm. Holidays begin until 17th April.**

Palm Sunday - 2nd April

Good Friday - 7th April

Holy Saturday - 8th April

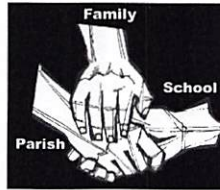
Easter Sunday 9th April

Monday 17th April - Summer Term begins!

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



People of Prayer (Year A) - Linking School, Home and Parish



St. Mary's Catholic Primary School

Newsletter for Parents – Early Years

Unit 3: People of Prayer
Spring (first half-term) 2023



Religious Education

Topic Theme: People of Prayer

This unit is intended as the first for the spring term in the academic year 2022-2023. Continuing the Liturgical Year, Year A, this framework explores the Epiphany of the Lord (the visit of the Wise Men, Matthew 2:1-12) and the Escape to Egypt before moving to teaching about the Beatitudes and the Lord's Prayer. Scripture passages are all taken from the Gospel of Matthew.

Learning opportunities include:

- Coming to know Jesus is God the Father's Son
- Experiencing that a Church is a special place where God's people gather to pray.
- Experiencing and recognising prayer is talking and listening to God
- Experiencing praying with others as a celebration
- Joining in simple prayers and hymns
- Exploring ways in which a Christian

Monitoring opportunities:

A child's development will be monitored through observation and the collection of work samples for their portfolio.

family and parish share and celebrate life, and show care for one another

Affective and Spiritual Dispositions

It is hoped that pupils will develop:

- A willingness to pray
- An openness to people of other faith traditions
- An appreciation of the role of prayer in deepening a relationship with God
- A sense of wonder about the different styles of prayer

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much greater if you and the school are engaged in talking about the same ideas and beliefs. Help your child by trying one or more of these activities while this unit is being taught:

- Make a list of all the blessings your family experiences: small and large. Write them on strips of paper (one on each) and place them in a jar or bowl on the table. Take one out at each mealtime and thank God for the wonderful blessing in your life. Make sure the name of each family member is included!

An idea for prayer at home

Prayer Activity

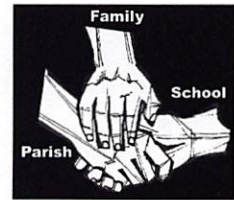
Loving God,

We thank you for the blessings we enjoy, especially for ... Help us to remember how we are blessed and to look for ways in which we can help and support those who do not enjoy the things we take for granted. We ask this through Jesus who taught us to know and love God.

Amen

People of Prayer - Year A

Linking School, Parish and Home



St. Mary's Catholic Primary School



Newsletter for Parents – Years 1-6

Unit 3: People of Prayer

Spring (first half-term 2023)

Religious Education

Key Idea: People of Prayer

This framework of learning is intended as the first in the spring term in the academic year 2022-2023. At this time of the year the resource looks at the prayer life of the Church. This resource studies the Feast of the Epiphany and two prayers found in Matthew's Gospel: the Beatitudes and the Lord's Prayer. It asks pupils to consider the people they think are Beatitudes People, including St. Teresa of Calcutta.

Attitudes and Spiritual Dispositions

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

- A willingness to pray
- An openness to people of other faith traditions
- An appreciation of the role of prayer in deepening a relationship with God
- A sense of wonder about different styles of prayer

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much greater if you and the school are engaged in talking about the same ideas and beliefs.

- Pray the Lord's Prayer with your child each night at bedtime. Find a copy of it online (or use the copy on the next page) and print it out as a mini poster for their room or the fridge.

An idea for prayer at home

Prayer Activity

Loving God,



At every moment of our lives you are present to us, God, in gentle compassion, in strengthening guidance and in and loving forgiveness. Help us to recognize you around us, especially in our actions and words so that our being in the world helps heal it of fear and hurt and doubt. We ask this through Jesus who taught us to love. Amen.

The Lord's Prayer is the Our Father

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.



Love Listen and Learn



Online Safety Newsletter

January 2023

Broadband set up

Have you set up appropriate settings on your broadband/Wi-Fi? Most broadband providers include parental controls for free as part of their broadband package, which means that any device that connects to your Wi-Fi will be protected by any controls you set up. Find out how to set yours up here:

Sky:

<https://www.sky.com/help/diagnostics/sky-broadband-buddy/sky-broadband-buddy>

BT:

<https://www.bt.com/help/security/how-to-keep-your-family-safe-online-with-bt-parental-controls-an>

Talk Talk:

<https://community.talktalk.co.uk/t5/Keeping-your-Family-Safe/bd-p/kfshub>

Virgin:

<https://www.virginmedia.com/broadband/parental-control>

Remember, children may have devices that use mobile data, so they won't always be connected to your wifi. Ensure you set up parental controls on these devices too.

Further information:

<https://saferinternet.org.uk/guide-and-resource/parental-controls-offered-by-your-home-internet-provider>

Test Your Internet Filter

SWGfL have created a tool to test your filtering to give you an indication that your broadband is blocking certain categories. Access it here: <http://testfiltering.com/>

Minecraft

Check the age ratings: Minecraft is rated by PEGI as 7+ or 12+ depending on which game version you are playing. The App store rate it as 9+ and the Google Play store rate it as 10+.

It is important to remember that when rating games, PEGI do not take into consideration the communication features of a game. Minecraft does include a chat facility, which adds further risks of seeing inappropriate language/content. This can be switched off.

Minecraft remains ever popular and can be a great learning tool that is often used in schools to teach planning skills, recreate famous buildings in 3D and coding. Players use building blocks (a bit like Lego) to create their own worlds.

Which mode?

You can choose between Creative or Survival mode - creative mode removes the survival elements of the game (no mobs appearing at night) so may be a more appropriate mode for your child to play.

What else do I need to be aware of?

- **Multiplayer** – children can interact with others (including strangers), you can switch this option off within settings or choose to play offline.
- **Block and report players** – if your child is playing with others, make sure they know how to block and report players within the game.
- **Additional purchases** – be aware of in app purchases and the purchase of additional items (skin packs) to support (although not needed) game play.

In addition, protect your child's privacy by using a nickname (don't include their age/birth year) rather than their real name for their profile and chat to your child to make sure that when playing online they know not to share personal information.



Also, make sure they know they can talk to you or a trusted adult if anybody or anything is making them feel uncomfortable.

Do not forget to make sure you have set up appropriate parental controls on the device your child is using to play Minecraft as well.

Further information

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/is-minecraft-safe-for-children/>

WhatsApp

You must be at least 16 years old to register for and use WhatsApp. WhatsApp is a free messaging app that allows you to send messages, voice notes, photos and videos.

What are the features of WhatsApp?

Group chats: One of the key features is the group chat function. Everybody in the group, even if they are not one of your child's phone 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.*

In settings, you can change who can add your child to groups, for example, you can change it to 'my contacts', which means that only those in your child's contacts can add them to a group. You can leave a group chat at any point so talk to your child and encourage them to leave any chat that makes them feel uncomfortable. You can leave groups silently (only the admin will be notified).

Location sharing: you can share your location on WhatsApp. Talk to your child about when this would be appropriate to use but also the potential danger of sharing their location, for example with strangers.

Blocking/Reporting: Show your child how to block and report.

Online Bullying: WhatsApp has been used in instances of online bullying, e.g. to send nasty messages or share images of other children without their permission. It is important to have regular chats with your child about their online life and that they understand that they must talk to you or another trusted adult if they are being bullied. This is a helpful article from Family Lives, which talks about what to do if you are being bullied:
<https://www.familylives.org.uk/advice/bullying/cyberbullying/what-to-do-if-you-re-being-bullied-on-a-social-network>

Disappearing messages: With disappearing messages, you can control how long a message can be seen for before it is deleted – 24 hours, 7 days or 90 days (once set, this will only work for new messages).

View once messages: when sending a photo or video, you can set it so it can only be viewed once by respondents. Screenshots are also blocked when using this function.

Choose who can see your profile pic and when you're online: In settings (privacy), you can choose who can and can't see when you're online and your profile pic. You can choose either Everyone, My Contacts, My Contacts except and nobody.

Further information

<https://parentzone.org.uk/article/whatsapp>



Whizz – Make new Friends App



Wizz is a social networking platform and is rated for 'Teens' on the Google Play store and as 12+ on the App store. It is free to download but does have in-app purchases ranging from £0.89 to £44.99.

Users swipe through the app to find people who are currently online and who they would like to chat with. **Users will be chatting with strangers, which can present risks.** Internet Matters have produced advice around chatting with strangers here:

<https://www.internetmatters.org/connecting-safely-online/advice-for-parents/tackling-the-hard-stuff-on-social-media-to-support-young-people/chatting-to-strangers-online/>

Is YouTube safe?

The NSPCC have produced this article discussing the risks associated with using YouTube and the safety settings and features that are available depending on how old your child is and what they do on YouTube. You can access the article here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/how-to-keep-your-child-safe-on-youtube/>

TikTok refresh

Parent Zone have worked with TikTok to produce a series about safety when using TikTok. You can find out more here:

<https://parentzone.org.uk/article/tiktok>

SCHOOL UNIFORM

SCHOOL SWEATSHIRTS

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

SCHOOL JOGGERS

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

REVERSIBLE SCHOOL COAT

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

PE KIT

SIZE	PRICE EACH
AGE 3-4 (24)	9.50
AGE 5-6 (26)	9.50
AGE 7-8 (28)	9.50
AGE 9-10 (30)	9.50
AGE 11-12 (32)	9.50
AGE 13 (34)	9.50

	PRICE EACH
SCHOOL CAP	3.00
WINTER HAT	4.00
BOOK BAG	4.35
BACK PACK	5.00

ALL PAYMENTS MUST BE MADE THROUGH PARENTPAY IN ADVANCE

Uniform received

Child's Name _____

Signature _____

Date _____

School Uniform

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

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

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

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

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

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

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

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

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

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

Food Support in Enfield

Food Pantries

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

Enfield Town Pantry

Enfield Town Library
66 Church Street
Enfield
EN2 6AX

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

Edmonton Green Pantry

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

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

Ordnance Road Pantry

Ordnance Road Methodist Church
100 Ordnance Road
Enfield
EN3 6BW

Open Saturdays, from 1pm to 3pm. No referral required. For more information, email ordnancepantry@gmail.com

Bounces Road Pantry

229 Bounces Road
Edmonton
N9 8LN

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

Fore Street Pantry

Edmonton Methodist Church
Fore Street
Edmonton
N9 0PN

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

Food Co-ops

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

Other Support with Food

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

Parents / Guardian / Carers

My Ref:

Your Ref: DSA/da

Date: 5th December 2022

Dear Parent, Guardian and Carers

Re: Group A Streptococcal Infection/ Scarlet Fever

The UK Health Security Agency has recently identified an increase in cases of scarlet fever (caused by Group A streptococcal infection) and invasive Group A Streptococcal infection (pneumonia or other serious infections). We are reaching out to clarify what this means and how best to keep children safe.

These infections and the associated illnesses are not new and most infections are mild. A small number of children will become seriously unwell and require health care. With an increased number of infections, there will likely be an increase in the number of sick children. However, early identification and treatment can help to prevent this.

Signs, symptoms and what to do if your child is unwell.

Scarlet fever can cause a sandpapery rash that appears pink/red on lighter skin but can be more difficult to see on darker skin. Children may also develop a red tongue and cheeks along with a sore throat, headache and high temperature.

If you notice these signs, please stay at home, and contact your GP or 111 who can support you with a diagnosis, antibiotic treatment, and advice to reduce household spread. It is important that any antibiotic course is completed, even if the child feels better.


As a parent, if you feel that your child seems seriously unwell, you should trust your own judgement.

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's [skin, tongue or lips are blue](#)
- your child is floppy and will not wake up or stay awake

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.

How can I prevent infection?

Scarlet fever/ Group A streptococcal infection is spread by inhaling droplets from coughs and sneezes of an infected person. Spread of infection can be prevented by;

- washing your hands often
- not share eating utensils with an infected person
- wash, or dispose of, handkerchiefs and tissues contaminated by an infected person
- keeping children who are ill away from school for at least 24 hours after starting antibiotic treatment

Additional information:

<https://www.gov.uk/government/publications/scarlet-fever-symptoms-diagnosis-treatment>

<https://www.gov.uk/government/news/ukhsa-update-on-scarlet-fever-and-invasive-group-a-strep>

Yours faithfully



Dudu Sher-Arami
Director of Public Health
London Borough of Enfield

Enfield Council has launched a series of 14 e-newsletters covering a range of topics that provide residents with more frequent Council news and service updates. More than 40,000 people have already signed up, make sure you're one of them. You can register at www.enfield.gov.uk/enewsletters



Scarlet fever: frequently asked questions

What is scarlet fever?

Scarlet fever (sometimes called scarlatina) is an infectious disease caused by bacteria called *Streptococcus pyogenes*, or group A streptococcus (GAS). The same bacteria can also cause impetigo. These bacteria can be found on the skin or in the throat, where they can live without causing problems. However, under some circumstances, they can also cause diseases like scarlet fever.

Scarlet fever is characterised by a rash, which usually accompanies a sore throat, and is sometimes confused with the measles rash. The bacteria that cause the infection produce toxins (poisons), which cause a rash, a red and swollen tongue and flushed cheeks.

Scarlet fever is mainly a childhood disease and is most common between the ages of two and eight years. It was once dangerous, but antibiotic treatment means it is now much less common and much less serious, although 2,000 to 4,000 cases are diagnosed each year in England.

It is highly contagious and bacteria are carried in saliva and mucus in the nose. The disease is spread by sneezing, coughing, or breathing out. It can also be caught by direct contact with the mucus or saliva of an infected person. It takes around two to five days to develop symptoms after being infected.

If you think your child has scarlet fever, you should consult your GP.

The disease tends to be most common in the winter and spring and the treatment consists of a 10-day course of antibiotics.

How do I protect myself from scarlet fever?

Scarlet fever is spread via the mucus and saliva of infected people. It can also be caught from any drinking glasses, plates or utensils they have used. To protect yourself from getting the illness you should:

- wash your hands often
- not share eating utensils with an infected person
- wash, or dispose of, handkerchiefs and tissues contaminated by an infected person
- be aware that you can catch scarlet fever by inhaling airborne droplets if someone with the illness coughs or sneezes in the air near you

If you think you, or your child, have scarlet fever:

- see your GP or contact NHS 111 as soon as possible
- make sure that you/your child takes the full course of any antibiotics prescribed. Although you or your child will feel better very quickly after starting the course of antibiotics, you must complete the course of treatment to ensure that you do not carry the germs in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent handwashing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues or handkerchiefs should be washed, or disposed of immediately.

What are the symptoms?

The symptoms are:

- the first symptoms of scarlet fever often include a sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours the characteristic fine red rash develops (if you touch it, it feels like sandpaper). Typically, it first appears on the chest and stomach, rapidly spreading to other parts of the body. On more darkly-pigmented skin, the scarlet rash may be harder to spot, although the 'sandpaper' feel should be present
- fever over 38.3° C (101° F) or higher is common
- white coating on the tongue, which peels a few days later, leaving the tongue looking red and swollen (known as 'strawberry tongue')
- swollen glands in the neck
- feeling tired and unwell
- flushed red face, but pale around the mouth. The flushed face may appear more 'sunburnt' on darker skin
- peeling skin on the fingertips, toes and groin area, as the rash fades

It usually takes two to five days from infection before the first symptoms appear. However, the incubation period may be as short as one day and as long as seven days.

Scarlet fever usually clears up after a week, but it is advisable to visit your GP to get a full diagnosis and proper treatment.

How do you get it?

Scarlet fever is highly contagious. The bacteria are present in the mouth, throat and nose of the infected person and are spread by contact with that person's mucus or saliva. These might even be on cups, plates, pens, or surfaces, such as tables that might have been used or touched by someone carrying the bacteria.

You can also catch the disease by breathing infected airborne droplets produced through an infected person's coughing or sneezing.

Who is most at risk?

Scarlet fever is mainly a childhood disease, with around 90% of cases occurring in children under 10 years old. It is most common in children between the ages of two and eight years, with four-year-olds most likely to develop the illness. Occasionally, outbreaks of scarlet fever occur in nurseries and schools. Adults of all ages can also catch scarlet fever, but the disease is much less common in adults.

How is it diagnosed and what is the treatment?

Most mild cases of scarlet fever will clear up on their own, but it is still best to see your GP if you, or your child, are showing symptoms. Having treatment for the illness speeds recovery and reduces the risk of complications. You will also become non-contagious more quickly.

In most cases, doctors can diagnose scarlet fever from the symptoms alone. The diagnosis can be confirmed by taking a throat swab, which is then sent to a laboratory to identify the bacteria causing the infection. In some cases, a throat swab is not enough and a blood test may be needed.

The usual treatment for scarlet fever is a 10-day course of antibiotics. The fever will usually subside within 24 hours of starting this, but it is important to take the whole course to completely clear the germs from your throat.

If scarlet fever is not treated with antibiotics, it can be infectious for two to three weeks after the symptoms appear. Provided all prescribed antibiotics are taken as directed, most cases will not infect other people after 24 hours of treatment.

Current guidance advises that children should not return to nursery or school and adults to work until a minimum of 24 hours after starting treatment.

If you have a high temperature you should drink plenty of fluids. You can also take paracetamol or ibuprofen to bring down your temperature and relieve discomfort.

Once you have had scarlet fever you are unlikely to get it again.

What are the potential complications?

Most cases of scarlet fever have no complications at all. However, in the early stages, there is a small risk that you might get one of the following:

- ear infection
- throat abscess
- pneumonia
- inflammation of the sinuses (sinusitis)
- meningitis

On rare occasions, at a later stage the disease could lead to:

- bone or joint problems
- liver damage
- kidney damage
- acute rheumatic fever (which can damage the heart)

Patients, or their parents, should keep an eye out for any symptoms that might suggest these complications in the first few weeks after the main infection has cleared up and, if concerned, seek medical help immediately.

Where can I get more information?

If you would like more information about scarlet fever, please visit the NHS Choices website: <http://www.nhs.uk/conditions/Scarlet-fever/Pages/Introduction.aspx>.

If you have any concerns about your health see your GP or contact NHS 111.

First published: March 2014

© Crown copyright 2014

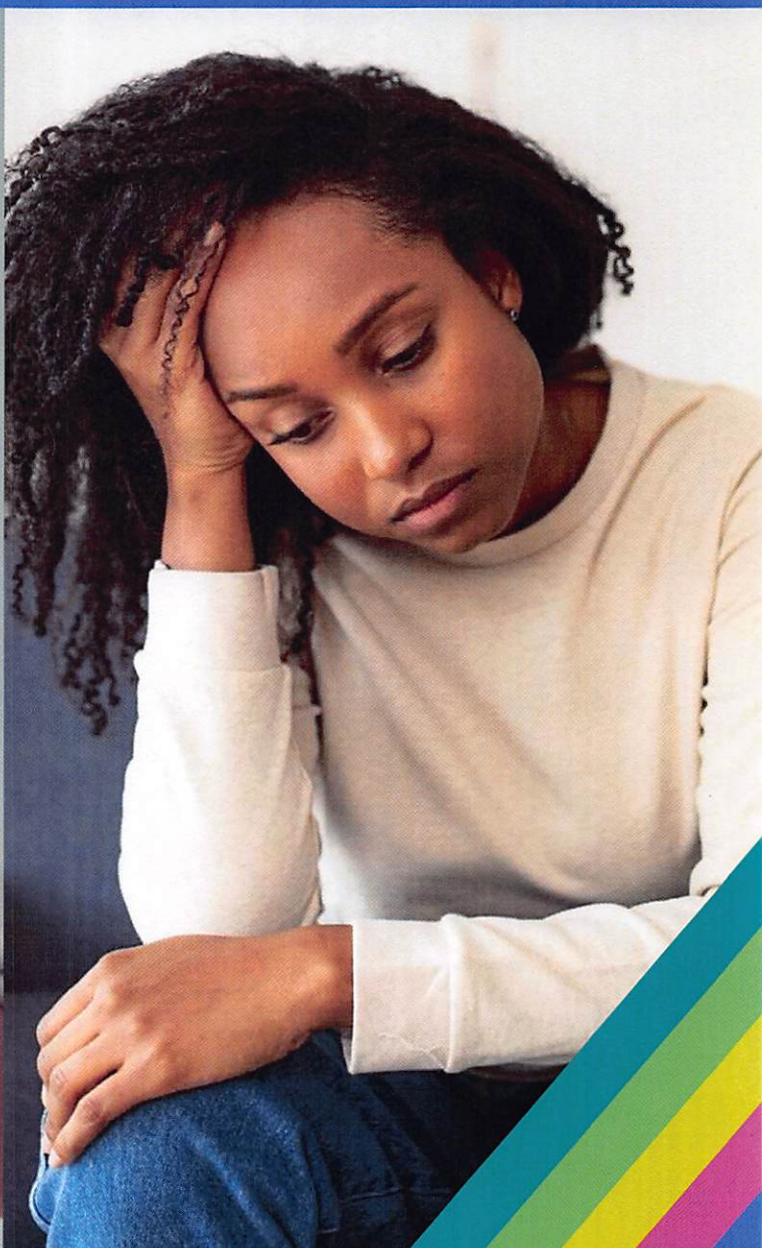
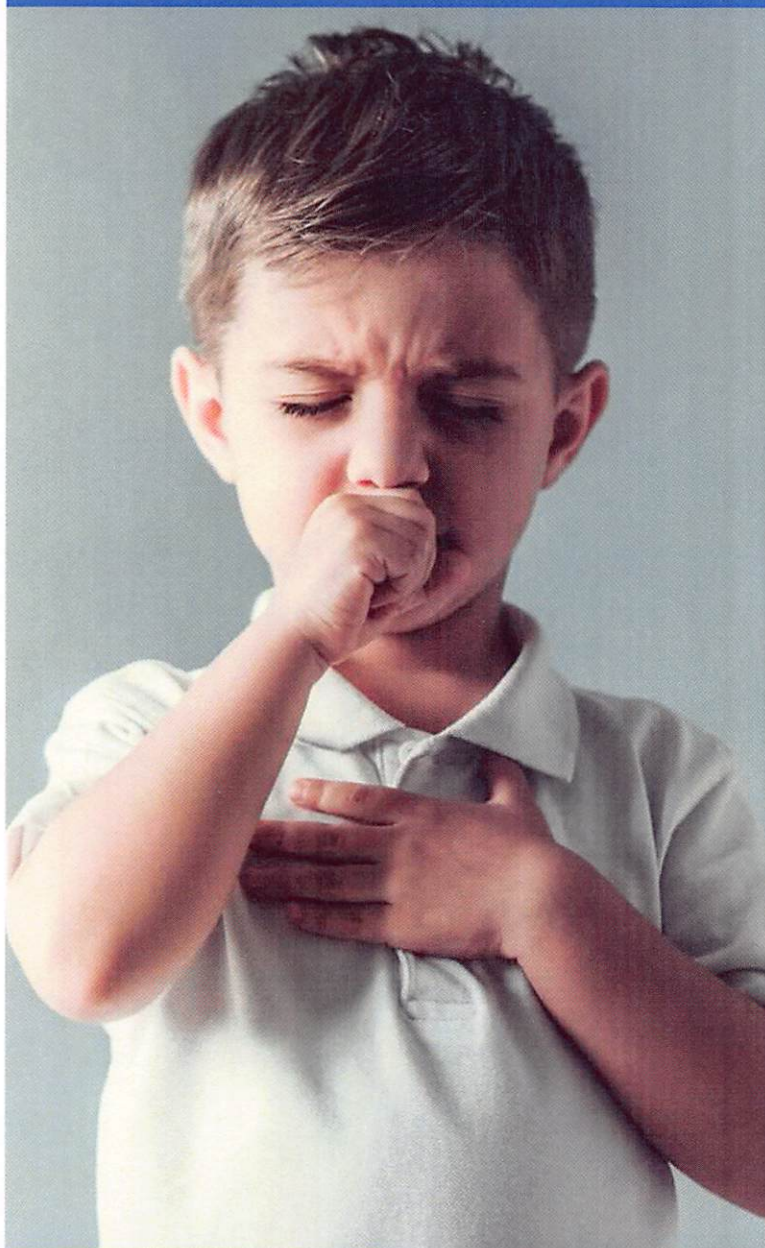
Re-use of Crown copyright material (excluding logos) is allowed under the terms of the Open Government Licence, visit www.nationalarchives.gov.uk/doc/open-government-licence/version/2/ for terms and conditions.



North Central London
Integrated Care System



Health advice for parents and carers



When should you worry?



We want to help parents, carers, and families to know when and how to use local health services safely. This booklet explains where and when to seek advice and help if you are concerned about your child's health. It aims to help make sure your child receives the care and support they need at the right time and in the right place.

This winter we may see an increase in respiratory, or breathing, infections in children. These infections are quite common in children and most of the time your child can be looked after safely at home, with support from your local pharmacist, without seeing a doctor. Inside this booklet, you will find a handy guide from the Healthier Together website which explains symptoms to look out for in children and where and when to seek help for your child if they are unwell.

You may have heard about a viral infection called bronchiolitis or RSV. This is a very common viral infection in children that circulates most years. Most cases of bronchiolitis are not serious, and we have included information on symptoms and treatment, and when to seek help from a healthcare professional.

On pages six and seven you can find information on local mental health support and advice services for children, young people and their families - including where to get urgent help if needed.

Dr Oliver Anglin,

Local GP and North Central London and NHS England London
Clinical Lead for Children and Young People



RED

If your child has any of the following:

- Is pale, mottled and feels abnormally cold to touch
- Has pauses in their breathing lasting more than 10 seconds, makes a **grunting** noise every time they breathe out or has blue lips
- Is stiff or rigid or makes repeated, jerky movements of arms or legs that doesn't stop when you hold them (a fit or seizure)
- Is extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Has a rash that does not disappear with pressure (the 'Glass Test')
- Is under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other red or amber features)

You need urgent help.

Go to the nearest **Hospital Emergency (A&E) Department** or phone 999



AMBER

If your child has any of the following:

- Difficulty breathing, including breathing fast all of the time; widening their nostrils or **pulling in of the muscles below the ribs** when breathing
- Not interested in feeding and/or looks dehydrated (dry mouth, sunken eyes, no tears, drowsy, no wet nappies in the last 8 hours or sunken fontanelle (soft spot on the head))
- Is drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) – especially if they remain drowsy or irritable despite their fever coming down
- Is 3-6 months of age with a temperature of 39°C / 102.2°F or above (but fever is common in babies up to 2 days after they receive vaccinations) or continues to have a fever of 38.0°C or above for more than 5 days
- Is getting worse or if you are worried

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, recheck that your child has not developed any red features.



GREEN

- None of the above features are present
- It is normal for a baby to take slight pauses in their breathing for a few seconds, or to breath rapidly for a short period. By 6 weeks of age they should have a more regular breathing pattern.
- Addition information is available about infant crying and how to cope – click [here](#)

Self care

Continue providing your child's care at home. If you are still concerned about your baby, speak to your **health visitor, local pharmacist** or call NHS 111– dial 111

For parents from ethnic minority groups, you can contact the **Barnado's Boloh advisors** who can provide practical advice and support in many different languages. Call **0800 151 2605** or click [here](#) for the **web chat function**.

Bronchiolitis in babies



Bronchiolitis is a common lower respiratory tract infection that affects babies and young children under 2 years old. Most cases are mild and clear up within 2 to 3 weeks without the need for treatment, but some children have more severe symptoms and need hospital treatment.

Bronchiolitis is caused by a virus known as the respiratory syncytial virus (RSV), which is spread through tiny droplets of liquid from the coughs or sneezes of someone who's infected.



Symptoms of bronchiolitis

The early symptoms of bronchiolitis are similar to those of a common cold, such as a runny nose and a cough. Further symptoms then usually develop over the next few days, including:

- a slight high temperature (fever)
- a dry and persistent cough
- difficulty feeding
- rapid or noisy breathing (wheezing).



Treating bronchiolitis

There's no medication to kill the virus that causes bronchiolitis, but the infection usually clears up within 2 weeks without the need for treatment.

Most children can be cared for at home in the same way that you'd treat a cold.

Make sure your child gets enough fluid to avoid dehydration. You can give infants paracetamol or ibuprofen to bring down their temperature if the fever is upsetting them. Always check the label.



When to get medical help

Most cases of bronchiolitis are not serious, but see your GP or call NHS 111 if:

- you're worried about your child
- your child has taken less than half their usual amount during the last 2 or 3 feeds, or they have had a dry nappy for 12 hours or more
- your child has a persistent high temperature of 38C or above
- your child seems very tired or irritable.



Dial 999 for an ambulance if:

- your baby is having difficulty breathing
- your baby's tongue or lips are blue
- there are long pauses in your baby's breathing.



Preventing bronchiolitis

It's very difficult to prevent bronchiolitis, but there are steps you can take to reduce your child's risk of catching it and help prevent the virus spreading.

You should:

- wash your hands and your child's hands frequently
- wash or wipe toys and surfaces regularly
- keep infected children at home until their symptoms have improved
- keep newborn babies away from people with colds or flu
- avoid smoking around your child, and do not let others smoke around them.

For more information visit the NHS website: [nhs.uk/conditions/bronchiolitis](https://www.nhs.uk/conditions/bronchiolitis)

Mental health support for children, young people and their families

We have seen an increase in the numbers of children and young people seeking help from the NHS for their mental health.

We are working with our local authority partners and other NHS organisations to ensure children, young people and their families in North Central London – Barnet, Camden, Enfield, Haringey and Islington – get the advice and support they need.

Where to get urgent help



24/7 mental health crisis support line

If you are a child or young person aged under 18 in crisis and living in Barnet, Camden, Enfield, Haringey or Islington, or if you are the parent or carer of a child or young person in crisis, you can call the mental health crisis support line available 24 hours a day, seven days a week on **0800 151 0023**.



Children and Young People's Mental Health Services (or CAMHS)

If your child is currently being supported by mental health services for children and young people (CAMHS), you can contact your care coordinator or the duty number for the team during office hours. Out of hours and on weekends, please contact the mental health crisis support line on **0800 151 0023**.



Accident and Emergency Department (A&E)

If a child or young person needs emergency medical help, is seriously ill or their life is at risk, then call **999** or take them to the nearest Accident & Emergency (A&E).



NHS 111

If you are not sure what to do, you can check **NHS 111 online** or call **111** for advice.

Mental health support for children, young people and their families

Other support including websites for children and young people

If a child or young person would like further information or advice on their mental health or difficulties they are experiencing, they could try one of the following websites or organisations:

Kooth – provides free, safe, anonymous online emotional and mental health support for young people aged 11-25 years across London.

As an online service, it is available seven days per week, 365 days a year for 24 hours. The Kooth team is available every day from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays (reduced cover during holidays).

www.kooth.com

Shout 85258 – provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying. Text 'Shout' to 85258 to speak to a trained volunteer who will listen and work with you to solve problems.

www.giveusashout.org

Papyrus – provides confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person:

- call **0800 068 41 41** for free – every day, 9am to 12am (midnight)
- you can also text **07860 039967** (charges may apply)
- you can email pat@papyrus-uk.org

www.papyrus-uk.org

Childline – is a free, private and confidential service for children where you can talk about anything. Available online, on the phone, anytime. You can:

- call Freephone **0800 11 11**
- have an online chat with a counsellor – go to

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

www.childline.org.uk

The Mix – provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem. You can:

- call **0808 808 4994** for free – every day, 3pm to 11pm
- access the discussion boards
- email **The Mix**

www.themix.org.uk

- access group chats
- find local services
- get urgent help
- speak to The Mix team.

Every Mind Matters – includes advice for young people on how to look after their mental health and wellbeing and deal with the issues that matter to them.

www.nhs.uk/oneyou/every-mind-matters/youth-mental-health

Published by NHS North Central London Integrated Care Board

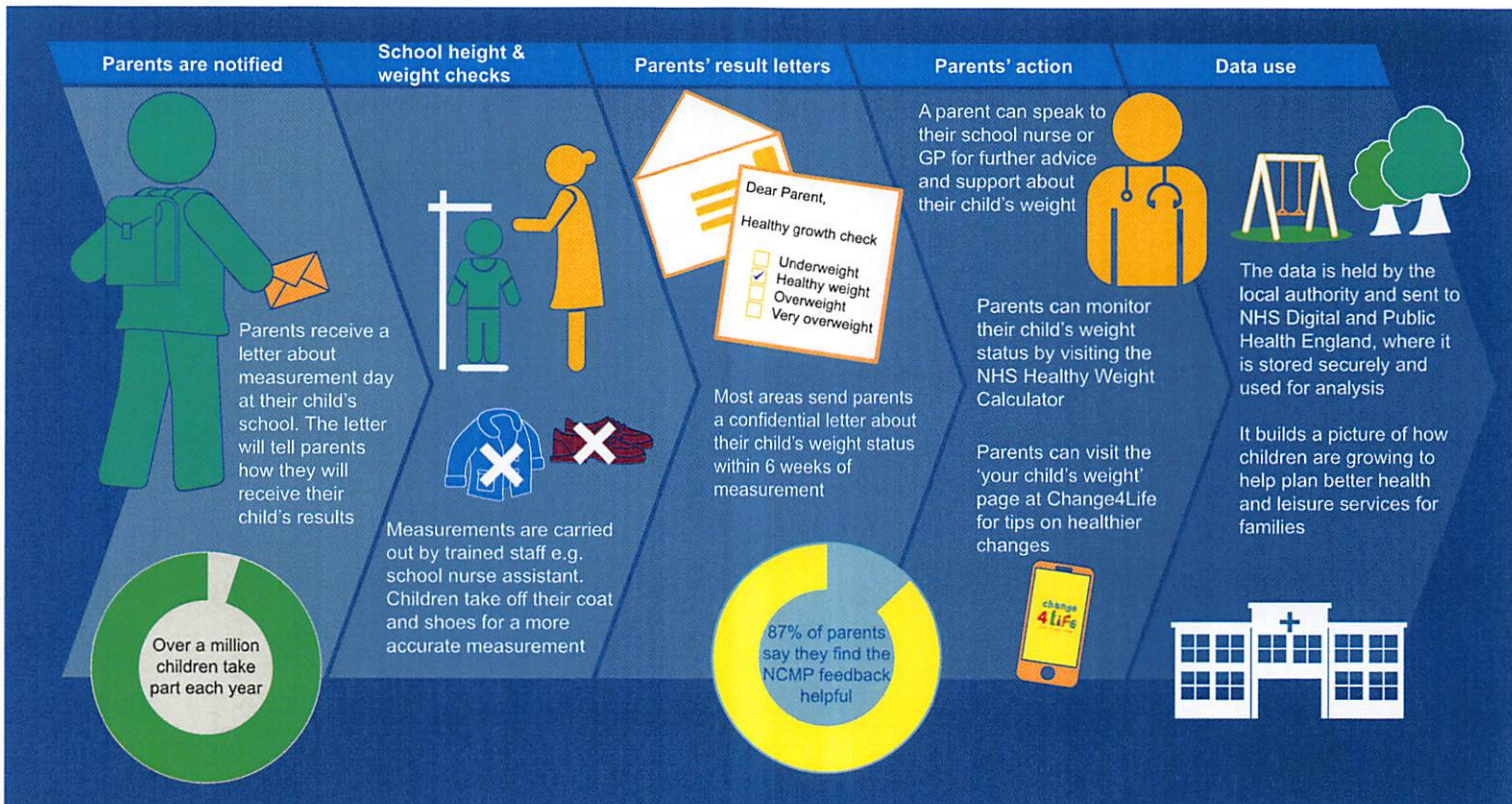
Email: nclicb.communications@nhs.net

Phone: 020 3198 9743

Website: www.nclhealthandcare.org.uk

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year.
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy weight is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

Change4Life is here to help your family be healthy and happy

change
4 life

Be Sugar Smart

Kids are having nearly three times more sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.

- 1** Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.
- 2** Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 A DAY by adding in chopped fruit.
- 3** Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.



See what's really inside your food and drink

Download our food scanner app for FREE and see for yourself the amount of sugar, salt and saturated fat in everyday food and drinks.



change 4 life is here to help.

Search Change4Life and sign up for loads of healthy eating tips, tasty recipes, easy lunchbox ideas, fun activities and much more!



We're on Facebook too and want to hear from you!

URGENT MENTAL HEALTH SUPPORT 24/7

Worried about your mental health?

Young people and their parents can get urgent support and advice from trained NHS mental health advisors, any time, day or night.

Every mental health trust in London has put in place a telephone line for people in urgent need – including children, young people and their parents. The lines are free to call and open 365 days a year.

AREA	BOROUGHES COVERED	24/7 SUPPORT NUMBERS
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 023 4650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0800 995 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590