

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

FEBRUARY 2022

Spring is nearly here and it's not many days to the end of this half-term. It's hard to believe that the children have now completed almost half of this school year. I hope you all enjoy the half-term break (14th - 18th February).

Remember Monday, 21st February is an INSET day so the school will be closed.

As the new term started increased numbers of families and staff contracted coronavirus. We continue to see some members of our community being affected by this virus. We pray all who are currently dealing with this illness will soon be well again. Please look after yourselves and stay as safe as you can.

If you are coming into the school office / lobby area please continue to wear a face covering and maintain a safe distance from others.



Parents, although we continue to be extremely careful in school, washing our hands / sanitising regularly and keeping handling to an absolute

minimum please ensure that you / your child washes your/their hands after touching anything which you receive from school as you would do with any post or delivery to your home. You might consider having a box just inside your front door for any uniform, school bags etc. so that everything is wiped down before it is brought in. We will try to scan and email as much as possible too to avoid too many bits going home.

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 be prepared to come a bit earlier, park legally and walk a little bit with your

child if necessary 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.

Please try not to park across the driveways of our neighbours 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.



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.

Lent

We are coming to the beginning of the season of Lent, a wonderful time of renewal. Lent begins on Ash Wednesday 2nd March.

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.

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

stmarysenfield.co.uk

Pupil Progress

Expect a phone call home from the teacher to update you on your child's progress before half-term. Your child's class teacher / a member of the office staff has probably been in contact already with you about this.

Any parent who wishes to meet in person with the teacher at any stage during this term rather than receiving a phone call is welcome to do so but we respectfully ask that you take a lateral flow device test before coming into the school. Just contact the school office to arrange a time.

Face coverings must be worn unless of course you are exempt.

School Fund

Each family is asked to make a contribution towards the School / Governors' Fund each year. Your contributions are used to pay towards the costs

of repairs and general school maintenance and improvements.

As our school is a voluntary aided school we depend in part for your voluntary donations to fund projects.

Each year if we build, extend or develop the school building in any way, we apply for and thankfully have been lucky enough to receive a capital funding grant from the Government. However in all works (when we receive grant funding) we are required to raise a percentage of the cost of the project ourselves. Over the past few years the school has had many improvements

All of the improvements to the school were of course completed with the aim of making the learning environment better for our children.

To date we have received £4,477.00 in school fund contributions. Thank you to all who have made contributions.

This year we have 259 families in our school. If each family paid its School Fund for one year we would have at least £23,000 in donations! This money would make a real difference to our school and to our provision for the children.

School Fund costs £2.00 per week / £25.00 per term / £76.00 per year for one child.

For two children School Fund costs £2.50 per week / £32.00 per term / £95.00 per year.

If you have three children in the school School Fund costs £3.00 per week / £38.00 per term / £114.00 per year.

Developments in the Curriculum

Thinking Hats - Our staff have completed training on Edward de Bono's Six Thinking Hats for Education. This is a whole school thinking programme which can be used across the curriculum in all subjects.



Dr. de Bono is a pioneer in the teaching of thinking in education. He has written 60 books in the general area of thinking and his material is used all over the world. We have re-launched our 'thinking hats' this term. Ask your child to tell you about the different hats.

As you may be aware the school community was awarded (following two days of rigorous assessment by an external assessor) the Dr. Edward de Bono Thinking Schools' Award.

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 have the opportunity to 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 have 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 / across the school.

Online Safety

Talking to your child about online sexual harassment: A guide for parents and carers

This guidance for parents and carers is based on the voices of children and young people and gives tips to adults about how they can support children to stay safer online.

The guide for parents and carers and summary poster are available to download from the [Children's Commissioner for England's website](#).

Resources for children and young people

As half term approaches, children and young people will spend more time online and many will play games for entertainment over the break.

Band Runner is a fun way for 8-10s to learn about safer use of technology.

They will learn to:

- distinguish between safe and unsafe behaviours online
- feel more confident to seek help from a trusted adult when they need it
- understand how they can use our 8-10s website to seek advice and support

The game can be accessed on the 8-10s website: www.thinkuknow.co.uk/8_10

Gambling (Young Gamers and Gamblers Education Trust)

The Young Gamers and Gamblers Education Trust (YGAM) is a national charity with a social purpose to inform, educate and safeguard young and vulnerable people, helping them build resilience and understand the potential harms caused by gambling and gaming.

Parents can often feel overwhelmed in a world of constantly advancing technology and YGAM is keen to provide simple, usable resources to help parents have honest and open conversations with their children around the topics of gaming and gambling.

There are supposed to be protections in place to keep children away from the risk of gambling. However, the way that online apps and games work, give rise to behaviours that might encourage children towards gambling.

In late 2019, the Gambling Commission published a report investigating the impact of gambling on 11-16 year olds in Great Britain. The report singled out the loot box as an example of the blurring of

gaming and gambling, finding that 44% of young people who are familiar with in-game items had paid money to open loot boxes in-game. Loot boxes can be bought within a game, and contain a random selection of items.

In August 2021, the House of Commons library published a Library Paper giving an overview of loot boxes and the concerns that have been raised about their possible role in encouraging children to gamble. You can read the paper here: <https://commonslibrary.parliament.uk/research-briefings/cbp-8498/>

The Young Gamers and Gamblers Education Trust (YGAM) has resources for parents and teachers and can be found here: <https://parents.ygam.org/about-ygam-parent-hub/>

What is mental health?

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

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

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

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

Christian Meditation

We appreciate what a challenging time this continues to be for many children and their families.

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/>

Holidays and Absences

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

Any requests for time off 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.

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	20 or more

	sessions	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.

Up to the end of January 2022 our overall school attendance was 95.91%, below our target of 98%, but considering the fact that we have been living through a pandemic we have not done too badly at all.

The classes with the highest levels of attendance up to the 31st January are Year 4, St. Paul (98.94%), Year 1, Rosary (96.88%), Year 3, St. Bernadette (96.46%) and Year 3, St. Cecilia (96.43%).

In the autumn term 114 children had 100% attendance. Well done children and parents!

Spring Term Reminder!

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

Half -term holiday = 14th - 18th February 2022.

INSET Day (no school for children) = 21st February 2022.

Easter Holiday = 4th- 18th April 2022.

School opens for the summer term on Tuesday 19th April 2022.

Tissues

We have very few tissues and hundreds of runny noses! We are no longer able to afford to provide tissues for classrooms. Donations of boxes of tissues would be so very gratefully received. If your child has a cold please try to send some tissues to school in his / her school bag.

School Uniform

Try very hard to ensure your child wears the correct uniform.

A very small number of girls are at present not wearing tailored trousers. The woollen effect grey trousers are not tailored and therefore not part of our uniform. (Remember your daughter does not have to wear trousers. A grey skirt or pinafore with

grey / navy tights or white / grey socks is perfectly acceptable, looks very well and is so much better than wearing the wrong trousers).

Some pupils also (again a very small few) are not wearing the correct colours in their hair or stud earrings. One or two are wearing trainer style shoes or boots. This really is not acceptable. Our uniform is part of our identity as St. Mary's School.

Thank you to the majority of parents who always encourage their children to wear the right uniform neatly in school every day.

Remember!

Try very hard to ensure your child is on time for school i.e. before 9am when school begins.

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 very nasty sickness bugs still going around at the moment. Please support us in helping them not to spread.

Also on occasions 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. Please also ensure that all long hair is tied back at all times.

We have also seen the occasional case of ringworm. Please check any unusual rashes and encourage your child to wash his / her hands thoroughly.

Volunteers

A sincere thank you to all who have volunteered to help in classes and with various activities in school. 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 checked for the safety of all children at St. Mary's.

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.

School Meals

We started our 'right choice' menu well over two 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.

Recycling!

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

Home School Agreement

Thank you to the great number of parents who have already returned their child's Home School Agreement. Remember if you haven't already done so to read, sign and return one of the copies as soon as possible (you should have received two copies - one is for you to keep at home). If you need a new copy just ask at the Office.

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 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.

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.



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

Some Dates for Spring 2022

2nd February - The Presentation of the
Lord School Mass (Years 3-6 to attend
the Mass (face coverings needed) and
others to attend via the streaming
service

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

4th February - Year 3 Spring

Performance Dress Rehearsal AM
(parents with babies and toddlers
welcome).

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

11th February - Own Clothes' Day.

14th - 18th February - Half - Term
Holiday. **No School!**

21st February - INSET Day. **No
School!**

1st March - St. David's Day - Year 6 to
Mass

2nd March - Ash Wednesday, School
Mass (Years 3-6 to attend the Mass
(face coverings needed) and others to
attend via the streaming service

14th March - Year 4 Production AM
(parents with babies and toddlers)

16th March - Year 4 Production AM
(adults)

17th March - Feast of St. Patrick
School Mass (Years 3-6 to attend the
Mass (face coverings needed) and
others to attend via the streaming
service

25th March - Feast of the Annunciation
of the Lord, School Mass (Years 3-6 to
attend the Mass (face coverings
needed) and others to attend via the
streaming service

30th March - End of Term parties PM

31st March - Mass followed by Benediction in Church - Years 5 and 6
1st April - Last day of Spring Term. Own Clothes' Day. School Mass (Years 3-6 to attend the Mass (face coverings needed) 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 19th April.

Palm Sunday - 10th April
Good Friday - 15th April
Holy Saturday - 16th April
Easter Sunday 17th April
Tuesday 19th April - Summer Term begins!

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



Best Wishes

Thank you for your continued support both for me and for the staff of St. Mary's. It is greatly appreciated.

Miss M Creed
 Headteacher

**ST. MARY'S CATHOLIC
 PRIMARY SCHOOL**

**ADMISSIONS FOR
 ACADEMIC YEAR 2021/2022**
Due to the fact that there are now fewer pupils in London (decrease in the population of children) and the issues with finding affordable housing (as is usually the case a number of our families were moved out

of London over the summer period and in the autumn term) we currently have places in our Nursery, Reception and Year 2 2021/22 year groups and some places in some of our other year groups.

Thank you parents for recommending our school and helping to build up our pupil numbers. Some new children have joined us again this term. Please continue to do this.

From our School Inspection Reports:

'The leadership team has maintained the good quality of education in the school since the last inspection...Pupils make good progress from their various starting points...Their willingness to come to school is evident in their well above average rates of attendance...You have successfully maintained the above-average attainment by the end of Year 6 in reading, writing and mathematics...Teachers form good relationships with pupils, providing them with a wealth of interesting activities across the curriculum. Pupils concentrate well in class and are keen to work with each other...Pupils say they feel safe at school and know how to avoid danger in the wider community'(OFSTED Inspection, June 2018).

'A. Classroom religious education is outstanding

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

her years of experience on the governing body she is clear in her role of both support and challenge in pursuing the special responsibility of governors of a Catholic school.

B. The Catholic life of the school is outstanding

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

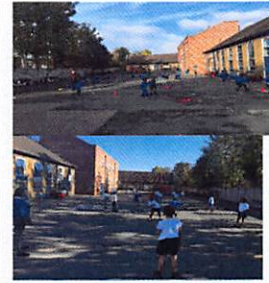
- Partnership with the parents is excellent; they appreciate and support all that the school provides for their children.
- The leadership and management of the school are very effective in promoting the Catholic life of the school. The head is strong and devoted in providing both oversight and support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

Our School Prayer

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

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

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



ADMISSIONS FOR ACADEMIC YEAR 2022/2023

We need your help to remind friends, neighbours, relatives to apply for places in our Nursery and Reception classes for their children for September 2022!

It is not too late to apply!

Prayer -From Parent to Child

I gave you life, but cannot live it for you.

I can teach you things, but I cannot make you learn.

I can give you attention, but I cannot be there to lead you.

I can teach you right from wrong, but I cannot always decide for you.

I can buy you beautiful clothes, but I cannot make you beautiful inside.

I can offer you advice but I cannot accept it for you.

I can teach you to share, but I cannot make you unselfish.

I can tell you about lofty goals, but I can't achieve them for you.

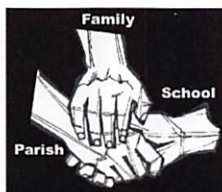
I can teach you about kindness, but I can't force you to be gracious.

I can love you as a child and I can pray for you.

I can teach you about Jesus and I can show you how to walk in the footsteps of the Lord.



Linking School, Home and Parish



St. Mary's Catholic Primary School

Newsletter for Parents – Early Years

Unit 4: From Lent to Easter
Spring (second half-term) 2022



Religious Education

Topic Theme: From Lent to Easter

Children will explore the season of Lent as a time of thoughtfulness (penance), prayer and generosity (almsgiving). The season of Lent officially ends on Holy Thursday when the Triduum, the three days – Holy Thursday, Good Friday and Holy Saturday, occur. This unit looks only at the Passion of Jesus, not the Resurrection. The Resurrection, post Resurrection experiences and Pentecost are covered in the next topic.

The word 'Easter' actually refers to the Sunday of the season, the day of the Resurrection and the season that follows it to Pentecost.

Learning opportunities include:

- Hearing the story of Easter
- Coming to know that God loves each one always and at all times
- Experiencing that a Church is a special place where God's people gather to pray.
- Experiencing liturgical celebrations in a variety of simple settings.
- Experiencing and recognise prayer is talking and listening to God

Monitoring opportunities:

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

- Considering ways in which a Christian family and parish share and celebrate life, and show care for one another.

Affective and Spiritual Dispositions

It is hoped that pupils will develop:

- An awareness of the events of the Passion
- A sense of prayerfulness
- A openness to God's love

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:

- Mark the season of Lent with appropriate activities or symbols: purple decorations on the table, Lenten prayer, charitable practises.
- Celebrate the Passion of Jesus in the liturgical life of the Parish.

An idea for prayer at home

Prayer Activity

Pray with your children at meals.

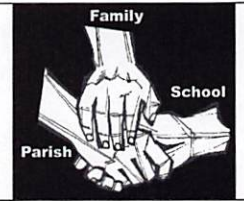


Loving God, in Jesus you often sat at the table with your friends and told stories to remind them of how much God loved them. May the stories we tell at this table remind us that we too are loved by you, and be a sign of the love and care we have for one another this Lent.

Amen



Linking School, Parish and Home



St. Mary's Catholic Primary School



Newsletter for Parents – Years 1-6

Unit 4: From Lent to Easter

Spring (second half-term 2022)

Religious Education

Key Idea: From Lent to Easter

This framework is intended as the second in the Spring Term 2022 –leading from the beginning of Lent to Good Friday. Students will explore the season of Lent as a time of thoughtfulness (penance), prayer and generosity (almsgiving). The season of Lent ends on Holy Thursday with the beginning of Holy Week. This unit continues to focus on the Gospel of Luke in inviting pupils to read and study Luke's account of the Passion of Jesus. During this unit, pupils will also learn about the Stations of the Cross.

Attitudes and Spiritual Dispositions

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

- A sense of reflection and prayer
- An openness to the presence of God in the Eucharist
- A willingness to be part of Lent and Easter celebrations

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 higher if you and the school are engaged in talking about the same ideas and beliefs.

- Adopt some Lenten practices at home this Lent. Pray, give alms (give to charity) and give up something. As a family decide to give up a negative attitude or behaviour this Lent such as being critical, thoughtless, nagging or avoiding responsibilities.

An idea for prayer at home

Love, Listen and Learn

Prayer Activity

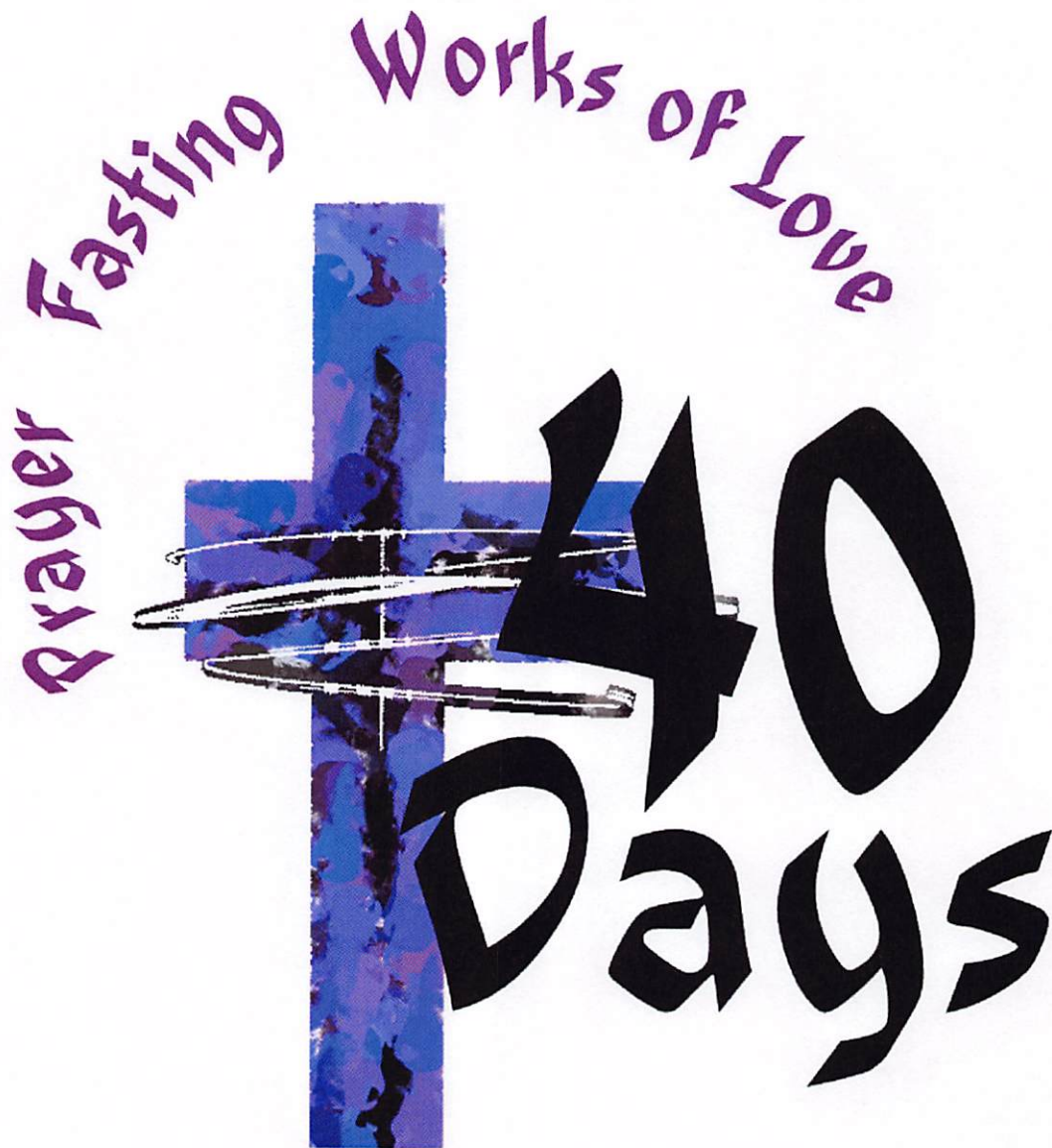


Lord,

As we begin (and continue) this journey with you to Easter, help us to remember to stay close to you in what we do, what we think and what we say.

Make us mindful of those around us, particularly those who suffer, and help us to give generously of our time, our thoughtfulness and our gifts this Lent.

We ask this prayer through Christ our Lord. Amen.



Parents & Carers

My Ref:

Your Ref: DSA/PN/da

Date: 31st January 2022

Dear Parents and Carers

Thank you for your ongoing support regarding management of COVID within Enfield's school community. Your support is extremely important in enabling as many pupils as possible to remain in school. Since the start of January COVID rates have thankfully been decreasing, however, rates remain high among young people. This is proving a significant challenge to schools impacting on staff capacity and pupil attendance. Enfield Council is working closely with schools to support them in all aspects of COVID management. Whilst every school setting is different in terms of space, staff capacity and such like, schools will be supported to take a range of the following measures (in line with government guidance) in the event of a significant COVID outbreak.

In the event of an outbreak the following temporary measures will be considered in both primary and secondary:


- Parents will be asked to increase the frequency of their child's testing from twice weekly to daily.

(Free tests are available at pharmacies or order home at <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>)

- Limiting the mixing of classes e.g., during lessons, breaks, wrap around care.
- Temporarily moving to remote learning as a very last resort (this will include for children of key workers as the purpose of this will be to break the chain of transmission).

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.

Additional secondary measures will include:

- Reinstating of mask wearing for pupils (depending on whether this is already required at the time in government guidelines).

Similar but bespoke measures will be introduced in special schools if a significant outbreak occurs.

Schools will cease additional measures at the earliest opportunity once case rates within the setting show improvement.

I would also like to remind parents to consent for the vaccination of their healthy over 12s or younger children with underlying conditions.

Over 12s are being offered vaccination at school and are able to use the national booking service <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/> .

Younger children with underlying conditions will be contacted by their GP.

Once again, we are very grateful for your ongoing support.

Yours faithfully



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



Peter Nathan
Director of Education
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



Online Safety Newsletter February 2022

Broadband controls

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>

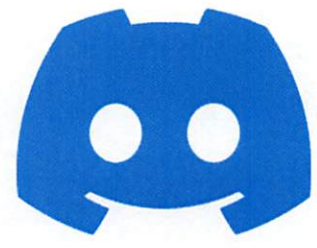
Virgin:
<https://www.virginmedia.com/broadband/parental-control>

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

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



Discord



Discord is a social networking app that is used by gamers to **chat to each other**. There can be in app purchases through Discord's premium subscription service. The minimum age to access Discord is 13. The Apple App store rates it as 17+.

How does it work?

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server and they can either be public or private. Users can video call and send direct messages to other individuals or groups.

How can I make it safer?

Discord have created this article, which outlines four steps to creating a safer account, including how to block users.
<https://discord.com/safety/360043857751-Four-steps-to-a-super-safe-account>

How is it linked to other games?

Children who play online games such as Fortnite may use Discord to chat about the game (**rather than the game's own chat facility**).

What do I need to be aware of?

We always encourage you to chat to your child to see why they use different apps/websites and ensure that they know how to block users and what to do if they see any inappropriate content. It's important to be aware that Discord does include video/voice calling which cannot be filtered. Discord is used by an array of users and therefore adult content can be found on Discord as well as inappropriate language. Discord have produced this article, which answers common questions:

- <https://discord.com/safety/360044149591-Answering-parents'-and-educators'-top-questions>

Further information

- Discord app safety – What parents need to know:
<https://www.internetmatters.org/hub/esafety-news/parents-guide-to-discord-on-how-your-kids-can-use-it-safely/>
- <https://discord.com/safety>

Being online

If your child is online (for example playing games, using Snapchat, Instagram etc), then it's important that we talk to our child about **being kind online**, for example only posting positive comments, don't say anything they wouldn't say in real life and treat others as they would expect to be treated.



Your child also needs to be aware that what they see online isn't always the full picture. People only share what they want you to see and images are often filtered. It is also important that your child knows how to block and report any inappropriate behaviour when they see it.

BBC Own It have curated a collection of videos, quizzes, and tips to help make the web a kinder place:
<https://www.bbc.com/ownit/curations/being-kind-online>



Further information

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/feeling-good-on-social-media/>

Yubo Social networking

Yubo is a social network, you must be over 13 years of age to join **although the App store rate it as 17+**. Those aged 13 to 18 years old must have parental permission and will join a separate Yubo community that is only for under-18s.

You make 'friends' by swiping right on someone's profile picture and if they do the same on yours then you can chat with them or stream live videos. **Due to the nature of this app, your child may come across content that is not appropriate to them.** Ensure your child knows how to use the app's reporting facilities.

If you follow the app store rating, then really children should not be accessing this app but Yubo have created the following guides to help make it a safer environment for your child. We really would recommend reading them before you allow your child to access this app. If you don't think this app is appropriate for your child, then talk to them and tell them why and what your concerns are.

Guide for Parents: <http://parents-guide.yubo.live/>

Guide for Teens: <http://teens.yubo.live/>

Further information

<https://www.internetmatters.org/parental-controls/social-media/yubo/>

What is your child playing online?

Is your child playing/viewing games through Twitch, Steam, Roblox etc? If so, they may be viewing inappropriate content, for example watching and playing horror survival games. **Make sure that what your child is accessing is age appropriate.**

Find my phone

Did you know that you can set up location settings on your phone (and for your child) so you can share your location and find out where they are? Talk to your child about why you are setting this up and when and why you will check their location. Find out more using the links below.

Apple:

<https://www.apple.com/uk/icloud/findmy/> or use this link if you have Family Sharing set up:

<https://support.apple.com/en-gb/HT201087>

Android:

<https://support.google.com/android/answer/3265955#zippy=%2Cstep-check-that-find-my-device-is-on> or use this link if you have Family Link set up:

<https://support.google.com/families/answer/7103413?hl=en>

Don't share passwords

Does your child understand that they should not share their passwords with others? The risks include the other user viewing personal information about your child, they could take control of your child's account by changing the password and then use the account inappropriately or they could spend money from your child's account.

Learn more here:

<https://www.childnet.com/help-and-advice/new-online-accounts/how-can-i-keep-my-account-secure/>

Gaming – has your child been offered gifts?

It has been known for offenders to gift children items (such as loot boxes) whilst playing online games. They may do this to develop trust and a relationship with your child. **This can be part of the grooming process.** Thinkuknow offer further guidance:

- <https://www.thinkuknow.co.uk/parents/articles/gaming/>
- <https://www.thinkuknow.co.uk/parents/articles/in-game-chat/>

THE THINGS I WISH MY PARENTS HAD KNOWN

YOUNG PEOPLE'S ADVICE ON TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARASSMENT

Summary of top tips

- 1 Start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.

Don't wait for the crisis.

- 2 Keep the conversation going. Adapt to your child so you can support them.

Don't mention it once and think that's enough.

- 3 Keep it casual, find everyday opportunities to speak about these issues with your child – like when you're walking or driving somewhere.

Don't scare them with 'the big talk'.

- 4 Focus on your child's emotions first and work out what they may have seen online. By listening to your child and understanding if they accessed harmful content, you can help to support them.

Don't punish them before listening and understanding.

- 5 Keep curious about the technology your child is using and stay up to date with platforms, apps and trends.

Don't pretend these issues don't exist

- 6 Set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.

Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.

THE THINGS I
WISH MY
PARENTS
HAD KNOWN

YOUNG PEOPLE'S ADVICE
ON TALKING TO YOUR
CHILD ABOUT ONLINE
SEXUAL HARASSMENT

Our full guide shares information
on each of these topics:



Pornography

"I feel like the best time for parents to have a conversation about porn is a bit earlier for boys than girls. From my experience of male friends, they definitely see porn earlier than my female friends. I mean like early: year 4, year 5, year 6."



Sharing nudes

"A lot of parents might just blame the child instantly instead of trying to support them."



Sexualised bullying

"A lot of my male friends feel like they can't do certain things as they feel like they will get bullied, or even worse than bullied... they feel like they're in danger if they don't do a certain thing."



Editing photos and body image

"It is still as damaging ... you know it's edited, you still wanna look that way. It is hard to get over the fact you don't look that way. It's hard to navigate through that."



Peer pressure

"You see people like those comments and get lots of likes. It makes you think to post more comments like that, you see people like them so you start posting more hateful comments."

All quotes from young people aged 16-21

HELLO!

We are BeeZee Bodies, and we are here to help families in Enfield lead healthier lives! We are commissioned by Enfield Council to provide these weight management intervention programmes for free.

SERVICES AVAILABLE IN ENFIELD



Self guided online learning

BeeZee Academy

An online portal full of healthy living resources to help families learn about diet, nutrition, exercise and more.



12 week online course

BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help families create healthy habits at home.



Community groups

BeeZee Families

Award-winning in-person programmes, including cooking lessons and activity sessions.



One-to-one support

BeeZee Lite

A one hour, 1:1 appointment to address specific challenges around maintaining healthy habits at home.

ARE YOU WORKING WITH A FAMILY WHO COULD BENEFIT FROM SOME WEIGHT MANAGEMENT SUPPORT?

[Just fill in the form at beezeebodies.com/refer-a-client](https://beezeebodies.com/refer-a-client)

We'll get in touch with the family directly to discuss which options may work best for them and get them booked on.

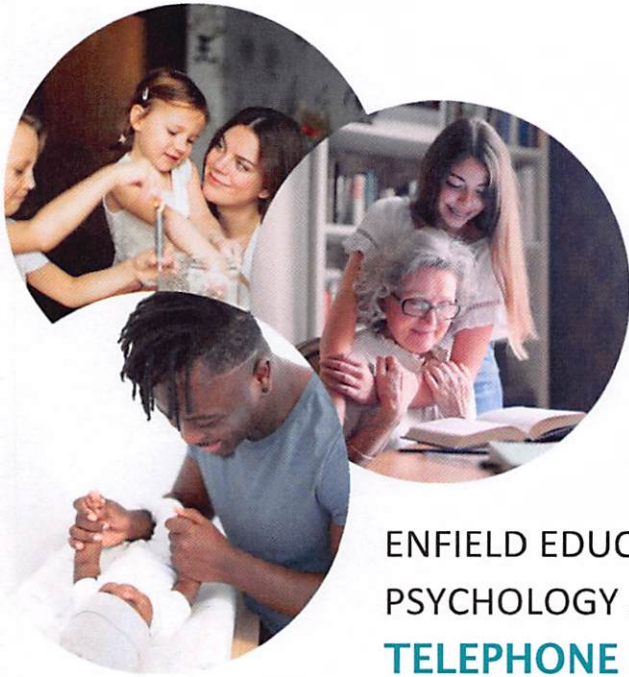
We will need: the child's name & date of birth, and the parent/carer's contact details and permission for us to contact them.

WHO IS ELIGIBLE?

Families with at least one child who:

- is 5-15 years old
- has a BMI > 91st centile
- Lives/goes to school/is registered with a GP in Enfield

...but the whole family is encouraged to participate together!



ENFIELD EDUCATIONAL
PSYCHOLOGY SERVICE:
**TELEPHONE SUPPORT LINE
FOR PARENTS & CARERS**

In response to COVID-19, Enfield EP Service is offering Enfield parents and carers the opportunity to speak to an Educational Psychologist (EP) about a concern or issue they may have in relation to their child.

Educational Psychologists are professionals concerned with the development, learning and social and emotional wellbeing of children and young people. Issues we can help you to think about include:

- Learning
- Emotions (e.g. fears and worries, low mood, anger)
- Transitions at school and home
- Parenting
- Resource seeking
- Signposting to appropriate services

Calls can be booked between 9.30am and 4.30pm Monday to Friday.

If you have internet access, [please fill in the online form here](#) to request a phonecall.

If you don't have access to the internet, please call us to request a phone call.

02083792000

We will do our best to respond to your request within ten working days.

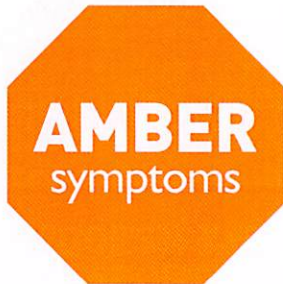
A telephone consultation is not a formal referral to our service.



EDUCATIONAL PSYCHOLOGY
SERVICE



If your child has:



SEEK MEDICAL ADVICE AND
JUST ASK
"COULD IT BE SEPSIS?"



GET YOUR CHILD TO HOSPITAL QUICKLY

Dial **999** for an ambulance if necessary

If you've been affected by sepsis, visit sepsistrust.org/get-support, or call **0808 800 0029** to speak to our specialist support team with many years' experience. They're passionate and dedicated to help those struggling with grief, having problems with recovery or trying to support a loved one.

SPOTTING SEPSIS IN CHILDREN

"WHY DOESN'T EVERYONE KNOW ABOUT THIS?"

"People often ask me if I'm angry about what happened to Sam. Mostly I feel bereft. What does make me angry is when I hear of the same mistakes that contributed to Sam's avoidable death happening again and again; more children who die because of delays in diagnosis and treatment; more parents who never had the opportunity to ask "could it be sepsis?" because no one told them it existed."

Sue Morrish (Sam's Mum)

This information is derived, with permission, from the SAM leaflet produced by NHS England (South West) to improve recognition of sepsis in children. Contributors include paediatricians, sepsis experts, nurses, GPs and parents of children who've had sepsis.



JUST ASK

"COULD IT BE SEPSIS?"

All content in this guide, including text and images, belongs to the UK Sepsis Trust. DNI10009 September 2021.

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THE UK SEPSIS TRUST



WHAT IS SEPSIS?

Sepsis is an emergency medical condition where the immune system overreacts to an infection. It affects people of all ages and, without urgent treatment, can lead to organ failure and death. The numbers are staggering – 245,000 people develop sepsis every year in the UK, and 48,000 die. That's 120 lives lost to sepsis every single day! But, crucially, sepsis is often treatable if caught quickly, so it's really important to be Sepsis Savvy and to just ask: 'could it be sepsis?'

Whilst the majority survive, 25,000 children are admitted to hospital with sepsis every year in the UK.

Please use this leaflet if you're concerned about your child's symptoms, especially if their illness seems unlike anything they've had before, and they're 'just not right' – even if their temperature falls again.

This information will help you monitor your child's condition so you know:

- When to ask for help
- Where to go
- How to describe the symptoms



AMBER SYMPTOMS

Some (but not all) children with these symptoms are seriously unwell.

Ask for an assessment TODAY from a trained health professional, and Just Ask: "Could it be Sepsis?"

TEMPERATURE

- Raised temperature (more than 37.5°C) for five days or more
- Shivering or shaking

BREATHING

- Nostrils change size with each breath
- Breathing that's noisy or sounds 'crackly'
- Cough that sounds like a seal barking

SKIN, LIPS & TONGUE

- Unusually pale skin
- Dry mouth, lips and/or tongue

EATING & DRINKING

- Baby who is not feeding (taking less than half their usual amount of milk)
- Eating much less than normal
- Has vomited (been sick) more than twice in the last 24 hours

TOILET/NAPPIES

- More than five watery poos (diarrhoea) in the last 24 hours in babies younger than one year of age
- Only one wee or wet nappy in eight hours

ACTIVITY & BODY

- Less interested than usual in playing
- Difficult to wake up or unusually sleepy
- Swelling of a limb or joint
- Not using/putting weight on an arm, leg, hand or foot

It's sometimes hard to be sure about particular signs and symptoms. If you feel that your child may be seriously ill, or if something that concerns you is not on these lists, call NHS 111, contact your GP, or go to your local Walk-in Centre or Minor Injury Unit depending on your level of concern.

RED SYMPTOMS

Many (but not all) children with these symptoms are seriously unwell.

TAKE IMMEDIATE ACTION. DIAL 999 STRAIGHT AWAY. DON'T DELAY.

- Temperature over 38°C in babies under three months
- Temperature over 39°C in babies aged three to six months
- Any high temperature in a child who cannot be encouraged to show interest in anything
- Low temperature (below 36°C, check three times in a 10 minute period)

BREATHING

- Finding it much harder to breathe than normal – looks like hard work
- Making 'grunting' noises with every breath (in newborns this may sound like a lamb bleating)
- Very fast breathing (more than one breath each second in babies)
- Can't say more than a few words at once (for older children who normally talk)
- Breathing that obviously 'pauses'

SKIN LIPS & TONGUE

- Skin is blue, mottled (purplish, red) or very pale
- Lips or tongue are bluish
- Eyes look 'sunken'
- Hands and feet are unusually cold to touch
- Rash that does not fade when pressed firmly (use a clear glass)

EATING & DRINKING

- New baby under one month old with no interest in feeding
- Not drinking for more than eight hours (when awake)
- Extremely thirsty
- Unable to keep fluids down
- Persistently vomiting for more than 24 hours
- Bile-stained (green), bloody or black vomit/sick

TOILET/NAPPIES

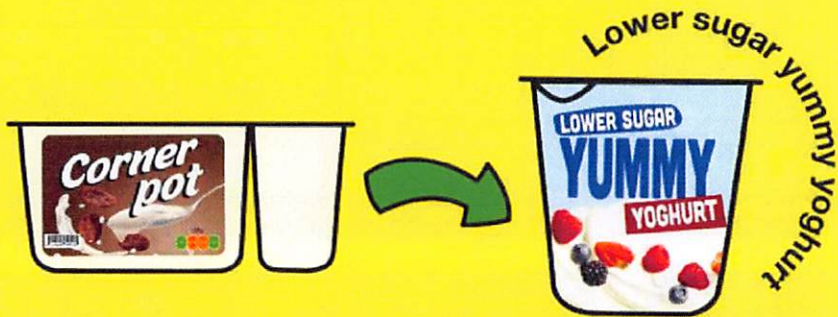
- Not had a wee or wet nappy for 12 hours

ACTIVITY & BODY

- Soft spot on a baby's head is bulging
- Child cannot be encouraged to show interest in anything
- Baby is floppy
- Weak, 'whining' or continuous crying in a younger child
- Older child who's confused
- Not responding or very irritable
- Hard to wake up, won't stay awake or doesn't seem to recognise you
- Stiff neck, especially when trying to look up and down



Find healthier swaps for the whole family



Just scan, swipe, swap



Now it's your turn to try!



Better Health

Let's do this

Download the FREE NHS Food Scanner App

Be a Swap Rockstar!



1 Scan the barcode on your favourite foods



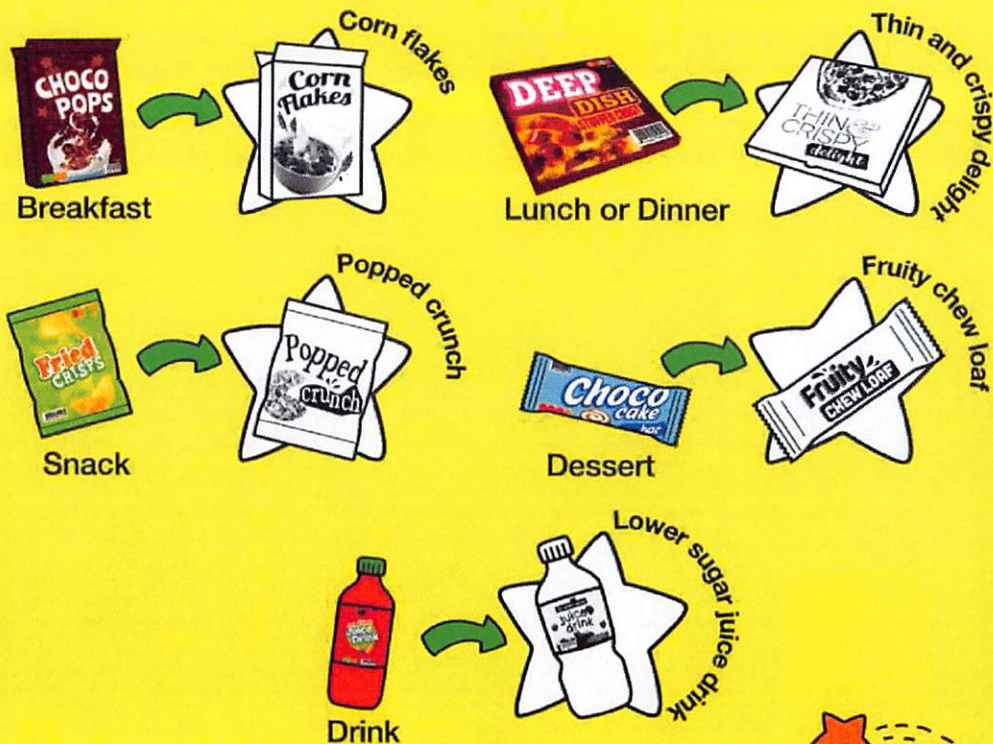
2 Swipe to see healthier choices



3 Swap next time you shop

Can you make swaps?

Try colouring them in as you go*



Name

has made 5 swaps and is a Swap Rockstar

*Cravings work best. If you use felt tips make sure you allow time to dry.