

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

JANUARY 2022

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.



We were sad to say goodbye to Mrs Healy (Reception Team) at Christmas. Mrs Healy, who had worked with the school via an agency, unexpectedly informed us that she was moving away from agency work for personal reasons and thus would no longer be

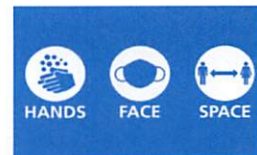
working at St. Mary's. We wish her and her family well as she begins a new path in her life journey.

We are fortunate as you know to have a strong early years team across Nursery and Reception under the capable guidance of Mrs Rowley. Both Mr Brailsford and Mrs Linnane have increased their working days in Reception and Mrs Utshunga, who left the school for a while to complete a university degree course in Early Years, is now back working with the team.

As I know you are aware there are very high rates of coronavirus in our community currently and sadly this virus affected some members of our community (families and staff) over the Christmas holiday period. As the new term has started increased numbers of families and staff have contracted coronavirus. 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 wear a face covering and maintain a safe distance from others.



Parents, although we continue to be extremely careful in school, washing our hands before and after we touch any letters, packs etc. which go home 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.

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.

Expect a phone call home from the teacher to update you on your child's progress during the week before half-term. Teachers will be in contact closer to the time.

Any parent who wishes to meet in person with the teacher at any stage during this half-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.

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

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 £515.33 was donated before Christmas (the highest ever received and we are living in difficult times currently). This is wonderful.

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. £212.15 was collected for 'Save the Children'. Well done children, parents and school staff.



Own Clothes Day - 17th December

£156.73 was donated.
Thank you parents and children.

Handwashing Advice



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.

Safer travel guidance for children

It continues to be a requirement to wear a face covering when travelling in England on public transport including a bus, coach, tram or

train. Where travel with children is necessary, such as to an education setting, consider whether children could walk or cycle, accompanied by a responsible adult or carer, where appropriate. Face coverings should not be used by children under the age of 3, for safety reasons.

The Department for Transport's guidance can be found here:

<https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>

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 link helpful:

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

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

There is some really useful help to understand apps, games and parental controls.



Guidance for parents and carers on online sexual harassment and

keeping children safe online

The Children's Commissioner has launched [a guide for parents and carers on online sexual harassment and how they can support children to stay safe online.](#)

"The things I wish my parents had known" draws together advice from 16 to 21 year olds on how parents should manage tricky conversations around sexual harassment and access to inappropriate content, including pornography.

A surprising but overriding message from young people is that parents should start these challenging conversations early. They suggest broaching topics before a child is given a phone or a social media account, which is often around the age of 9 or 10.

Infographic: Building resilience in children and teens (Family Lives)

The Family Lives charity aims to offer all parents somewhere to turn before they reach crisis

point. Crisis support, provided for over 40 years through their helpline, has always been at the heart of what they do.

Family Lives also have an excellent website to help parents with the ups and downs of family life. One useful infographic is this one about building resilience in children and teens. You can download it here: <https://www.familylives.org.uk/advice/your-family/wellbeing/building-resilience-in-children-and-teens/>

The Family Lives parents' helpline is available Monday to Friday, 1.30 - 9pm on 0808 800 2222.

The website can be found here: <https://www.familylives.org.uk/>

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 [Click here](#)

NHS UK: Every Mind Matters: [Click here](#)

Mental Health

Foundation: Make it count guide for parents and carers: [Click here](#)

NSPCC: Promoting mental health and wellbeing: [Click here](#)

MIND: Looking after your wellbeing for young people: [Click here](#)

The Clay Centre for Young Healthy Minds: 11 Self-Care Tips for Teens

and Young Adults: [Click here](#)

Very Well Family: How to Improve Your Child's Mental Health [Click here](#)

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/>

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 2021**

114 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 3.74% at the end of the autumn term (This is much higher than we would wish it to be but we know we are living in times which continue to be difficult currently for a number of our families).

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 3, St. Bernadette had the highest level of attendance for the term (97.8%) closely followed by Year 6, St.

Christopher (97.59%), Year 4, St. Paul (97.4%), Year 4, St. Peter (97.29%), Year 2, Faith (96.79%), Year 6, St. Catherine (96.71%), Year 1, Rosary (96.69%) and Year 3, St. Cecilia (96.67%).

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.



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

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 = 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.

Nursery Times from Spring Term 2022

Morning Session: 8.30am-11.30am

Afternoon Session: 12.15pm-3.15pm



With all of our good wishes for you and your family for this New Year ahead. May 2022 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.



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 2022

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

4th January - Return to school for spring term

6th January - Epiphany 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>)

19th January- SATs Meeting for parents of children in Years 5 and 6, 6pm (online meeting).

21st January - Bring your Bike / Sparkle your Scooter Parade in school.

25th January - Conversion of St. Paul School Mass (Years 3-6 to attend the Mass (face coverings needed) and others to attend via the streaming service

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

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 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.

SCHOOL UNIFORM

SCHOOL SWEATSHIRTS

SIZE	PRICE EACH
AGE 3-4 (24)	10.00
AGE 5-6 (26)	10.00
AGE 7-8 (28)	10.00
AGE 9-10 (30)	10.00
AGE 11-12 (32)	10.00
AGE 13 (34)	10.00
S (36)	13.50
M (38-40)	13.50
L (42-44)	13.50

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)	8.00
AGE 5-6 (26)	8.00
AGE 7-8 (28)	8.00
AGE 9-10 (30)	8.00
AGE 11-12 (32)	8.00
AGE 13 (34)	8.00

	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 _____

ST MARY'S UNIFORM IS AS FOLLOWS

WINTER	SUMMER
GIRLS	
Grey skirt/pinafore Dark grey tailored trousers St Mary's Sweatshirt White Polo Shirt White/Grey Socks Grey or Navy tights Black Shoes (no trainers)	Dark blue/white check dress Royal blue cardigan White socks Black Shoes (no trainers) Black/White/Navy Sandals (no open toe sandals)
BOYS	
Grey trousers/shorts White polo shirt Grey socks St Mary's Sweatshirt Black shoes (no trainers)	Grey trousers/shorts White polo shirt Grey socks St Mary's Sweatshirt Black shoes/sandals (no open toe sandals)
PE KIT BOYS AND GIRLS	
Dark blue shorts White crew neck t-shirt Black Plimsoles White socks	

Trousers should be smart grey and tailored without any logos or splits.

Long hair must be tied back in accessories of school colours, ie blue or white.

Short hair must be in a plain, neat style. Lines, logos or designs are not permitted.

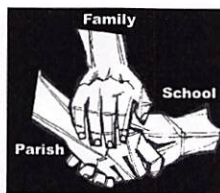
Pupils may wear one small stud or earring in each ear. Please ensure studs are removed on PE days.

Jewellery of any other type is not permitted in school.

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

Please ensure that all items of uniform are clearly marked with the child's name.

Linking School, Home and Parish



St. Mary's Catholic Primary School



Newsletter for Parents – Years 1-6

Unit 3: Being a Sacramental People

Spring (first half-term 2022)

Religious Education

Key Idea: Being a Sacramental People

Having learned something of the nature of God we now ask where God is - and find out that God is with us in our world, bidden or not! Being sacramental means that we can know God in our everyday lives – the highs and lows, the joys and fears. There is nowhere that God is not! In this resource we look for God in the world and come to understand that knowing God in our everyday helps us to see how the Sacraments celebrate and express this. In this resource our need for healing, physical and social, in the Sacraments of Healing, is studied.

Attitudes and Spiritual Dispositions

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

- An appreciation of God's presence in the world
- A respect for relationships which bring God's presence to us
- An attitude of openness to the Sacraments: words, actions and symbols
- A willingness to seek God in their own lives
- A recognition of the need for healing in the world.

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.

- Healing is for body, mind and soul. It settles our fears, it takes away the sadness of our wrong-doing and it clears the way of

Love Listen and Learn

obstacles which bind us. The best way to teach your children about healing is to be open and generous in your healing: your gift of it and your reception of it from those who love you.

An idea for prayer at home

Prayer Activity

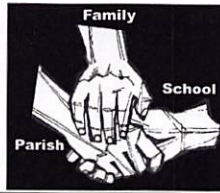
Loving God,



At every moment of our lives you are present to us, God, in gentle compassion, in strengthening guidance and in 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.



Linking School, Home and Parish



St. Mary's Catholic Primary School

Newsletter for Parents – Early Years

Unit 3: Being a Sacramental People
Spring (first half-term) 2022



Religious Education

Topic Theme: Being a Sacramental People

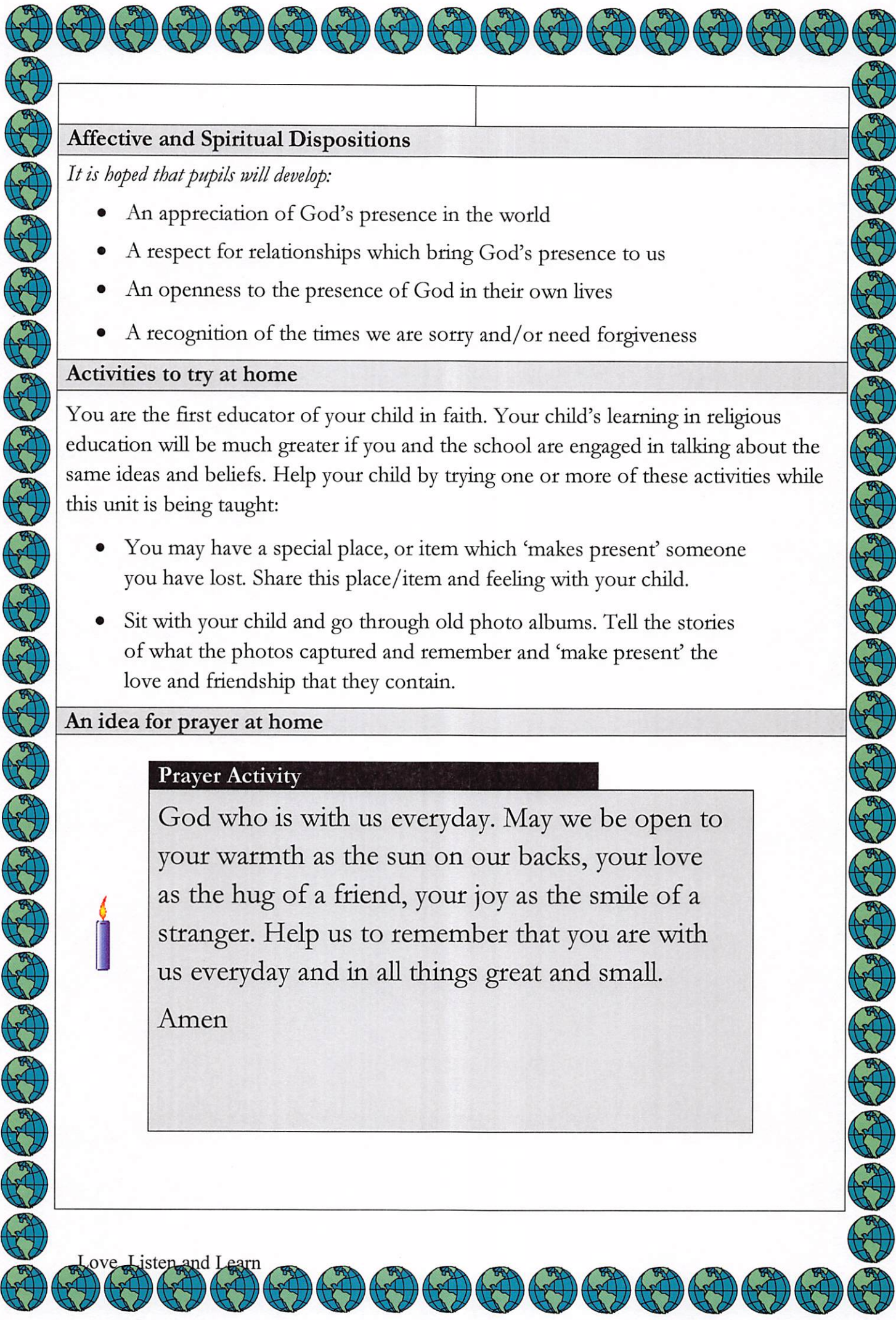
The children will explore the presence of God in the world; in people and the rituals of Church. They will learn to give and receive expressions of sorrow.

Learning opportunities include:

- 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.
- Coming to know that Jesus helps us to choose the good
- Experiencing liturgical celebrations in a variety of simple settings.
- Experiencing and recognise prayer is talking and listening to God
- Learning to say 'sorry'
- Considering ways in which a Christian family and parish share and celebrate life, and showing care for one another.

Monitoring opportunities:

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



Affective and Spiritual Dispositions

It is hoped that pupils will develop:

- An appreciation of God's presence in the world
- A respect for relationships which bring God's presence to us
- An openness to the presence of God in their own lives
- A recognition of the times we are sorry and/or need forgiveness

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:

- You may have a special place, or item which 'makes present' someone you have lost. Share this place/item and feeling with your child.
- Sit with your child and go through old photo albums. Tell the stories of what the photos captured and remember and 'make present' the love and friendship that they contain.

An idea for prayer at home

Prayer Activity



God who is with us everyday. May we be open to your warmth as the sun on our backs, your love as the hug of a friend, your joy as the smile of a stranger. Help us to remember that you are with us everyday and in all things great and small.

Amen



Online Safety Newsletter January 2022

Smart TV / Streaming services

There are so many TV streaming services available now such as Netflix, Prime, Apple TV, Now TV and Disney as well as more families having Smart TVs, which connect to the internet and allow you to download apps and access YouTube for example.

This means our children potentially have access to a lot more content, some of which may not always be appropriate to watch.

If your child does access content through these services then, as always, make sure you set parental controls so they can only view content that is suitable for their age.

Each service will have their own parental control settings with most of them using a Parental PIN so you can restrict what can be viewed (and purchased in some cases).



TikTok

You must be over 13 years of age to use TikTok. Users can watch musical clips, record clips (it includes lots of lip synching and dancing), edit them and add special effects.

Why should I be concerned?

You need to be aware that some of the videos may contain explicit language and sexual imagery, which may not be suitable for your child to view. There is also the risk of strangers contacting your child so make sure you have set up the appropriate settings.

If your child is using TikTok then we recommend setting the account as private (this is the default setting for users under 16 since Jan 2021). Even with a private account, your child's profile information such as their photo and bio are still visible so ensure your child understands the importance of not adding personal information (e.g. location, age and phone numbers) to this area. This article explains how you can strengthen your privacy settings and what features are turned off by default for accounts for children aged 13 – 15: <https://newsroom.tiktok.com/en-us/strengthening-privacy-and-safety-for-youth>

Family Pairing

This allows parents to link their own TikTok account to their child's account. This will allow you to set controls such as restricted mode (limit the appearance of inappropriate content) and screen time management (control how long they can spend on TikTok each day). You can find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>

Challenges and Trends

Lots of them are fun and not harmful but sometimes they can be risky. TikTok have produced this resource to help you talk to your child about challenges and the potential risks: <https://www.tiktok.com/safety/en-sg/online-challenges/>.

Blocking and Reporting

As with similar apps, there is the ability to report and block other users so ensure your child knows how to use these features:

- <https://support.tiktok.com/en/safety-hc/report-a-problem>
- <https://support.tiktok.com/en/using-tiktok/followers-and-following/blocking-the-users>



Fortnite

An update

Is your child playing Fortnite? It is rated **PEGI 12 for frequent mild violence which means it is not suitable for persons under 12 years of age.**

It is important to remember that when rating games, PEGI do not take into consideration the communication features of a game. Fortnite does include a chat facility, which adds further risks.

What is Fortnite?

There are different versions of Fortnite, including a free-to-play Battle Royale game (although money can be spent within the game) where up to 100 players compete against each other.

What do I need to be aware of?

- **Chatting to strangers and inappropriate language:** Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any inappropriate behaviour.
- **In app purchases:** All users can purchase V-Bucks directly through the game. This currency can be used to purchase items in the Fortnite store so make sure you don't store your payment details within the game/device and restrict purchases.

Parental Controls

Fortnite includes several parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings. Find out more about parental controls here: <https://www.epicgames.com/fortnite/en-US/parental-controls>. Also, remember to set up age-appropriate parental controls on the device your child is playing on as well.

Further information

<https://www.internetmatters.org/parental-controls/gaming-consoles/fortnite-chapter-2-battle-royale-parental-controls-guide/>

LEGO Build and Talk

LEGO® have created Build and Talk to help you chat to your child about digital safety and wellbeing. Firstly, you pick an activity to do and then you read a story, which includes questions and conversation prompts, whilst they build with their LEGO®. This is a great way to start talking about online safety with your child! <https://www.lego.com/en-gb/sustainability/children/buildandtalk/>

Whilst you're there, view their guides on key topics related to online safety <https://www.lego.com/en-gb/sustainability/children/digital-child-safety/> or play Doom the Gloom with your child, which will support them in using the internet safely: <https://www.lego.com/en-gb/campaigns/kids/doom-the-gloom>.

BBC Own it keyboard and App

Did you know BBC Own It has a keyboard and app? Download the app on your child's phone to access the special keyboard, which will offer advice as they type and intervenes for example, if they're sharing their mobile number, the app will tell your child to 'think safe' before they send the message. Find out more here: <https://www.bbc.com/ownit/take-control/own-it-app>

BBC Own it also has a dedicated area for you with video guides on useful topics such as 'the transition from primary to secondary school' and 'supporting children with social media apps' and links to other useful sites. Click below to access:

<https://www.bbc.com/ownit/curation/parents>

Apple Guided Access / Android Screen pinning

Does your child use your phone at times? Both Apple and Android give you the ability to restrict what can be accessed when they are using it, so you can restrict your device to the one app that your child would like to use (so all other features are disabled).

Use the following links to find out how to set it up:

Apple:

<https://support.apple.com/en-gb/HT202612>

Android:

<https://support.google.com/android/answer/9455138?hl=en-GB>



ENFIELD
Council



JALALIA JAMME
MASJEED ENFIELD



Community Helping Hand
"Community Serving Humanity"



**Pop-up clinic at Jalalia Jamme Masjeed
228 High Street, Ponders End, Enfield EN3 4EZ**

**Get vaccinated
against COVID-19**

**Monday 17 January 10am to 2pm
Everyone over 12 welcome!**

<https://northcentrallondonccg.nhs.uk/my-health/covid-19/walk-in->

HEY, FAMILIES OF ENFIELD!

Want to make healthy habits together as a family (and have fun doing it?)

We are BeeZee Bodies, and we're here to help improve your family's health and wellbeing. Our team are experts at engaging kids around healthy eating and healthy habits (we've even won awards to prove it!) and now we're offering support to families in Enfield for FREE!

FREE SERVICES AVAILABLE IN ENFIELD



Self guided online learning

BeeZee Academy

An online portal full of healthy living resources to help you learn about healthy lifestyles at a time that works for you.



12 week online course

BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help your family create healthy habits and routines at home.



Community groups

BeeZee Families

Join us in your local community to learn about healthy living; including cooking lessons and activity sessions.



One-to-one support

BeeZee Lite

A one hour chat with us, to support you with a specific challenge around maintaining healthy habits at home.

WHO IS ELIGIBLE?

Families with at least one child who is 5-15 years old, has a BMI > 91st centile and lives/goes to school/is registered with a GP in Enfield...but the whole family is encouraged to participate together!

SIGN UP TODAY AT
BEEZEEBODIES.COM/FAMILIES



“ I think BeeZee Families is great and totally worth your time! I became a lot healthier and discovered I love playing Basketball! ”

PRABHUV

