

# ST MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER MARCH 2021

Spring is here and it is now only just under four weeks to the end of this school term.

We are very much looking forward to having all of the children back at school on Monday 8<sup>th</sup> March.



Despite the lock down so many people have worked extremely hard to date to make this term a success: parents, teachers and support staff and of course the children. Well done for all of your efforts with the home learning. All of the way through this time of lock down, as is always the case in our school, parents have worked hard to support the teachers in the online lessons and the children with their learning. Well done everyone!

**Nursery:** 8.30am → 11.45am (lessons begin at 8.45am)

**Reception:** 8.45am → 2.30pm (lessons begin at 9am)

- Please enter through the Nursery entrance when invited by staff.

- Please queue on the pavement outside keeping a 2 metre distance from others. Do not obstruct the pathway.
- Please do not bring additional family members or friends with you when dropping off/collecting your child.
- Please be on time. I know you understand that you may have to wait your turn to drop off/collect your child. Please park safely and legally.

**Year 1:** 8.30am → 2.15pm (lessons begin at 8.45am)  
**Year 2:** 8.45am → 2.30pm (lessons begin at 9am)

- Please enter through the main entrance when invited by staff.
- Please queue on the pavement outside keeping a 2 metre distance from others. Do not obstruct the pathway.
- Please do not bring additional family members or friends with you when dropping

off/collecting your child.

- Please be on time. I know you understand that you may have to wait your turn to drop off/collect your child. Please park safely and legally.

**Year 6:** 8.20am → 2.15pm (lessons begin at 8.30am)

**Year 5:** 8.30am → 2.25pm (lessons begin at 8.40am)

**Year 4:** 8.40am → 2.35pm (lessons begin at 8.50am)

**Year 3:** 8.50am → 2.45pm (lessons begin at 9am)

- Your child will enter the school by the gate at the opposite end of the school (gate next to the bicycle shed) when invited by staff.
- Please queue with your child on the pavement outside keeping a 2-metre distance from others. Do not obstruct the pathway.
- Please do not bring additional family members or friends with you when dropping

off/collecting your child.

- Please be on time. I know you understand that you may have to wait your turn to drop off/collect your child. Please park legally and safely.

**I regret that siblings from different year groups will not be able to enter/leave school together as each child must follow the times set for their own group.**



**Please keep yourself safe!**

Try to keep a safe distance from others when you drop off and pick up your child. There are markings on the bars of the fence to help you and your child to keep a safe distance from others. Consider wearing a mask when you are waiting outside. Avoid car sharing.

If you are coming into the school office / lobby area please wear a mask 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.

#### Handwashing Advice



We know that it is essential that everyone continues to wash their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to 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 always 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.

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 is now the law that you must 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>

**Asymptomatic testing information for parents and**

**adults in households with children at school or college**

NHS Test and Trace announced earlier this week, that all adults in households with school and college age children without symptoms can now access regular rapid coronavirus (COVID-19) testing.

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus.

Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles.

Tests are fast, easy and completely free. There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly:

through your employer, if they offer testing to employees

by collecting a home test kit from a local test site - anyone aged 18 or over can collect 2 packs of 7 tests

by ordering a home test kit online - please do not order online if you can access testing through other routes, this frees up home delivery for those who need it most

If you have any queries about the tests, and you live in England, please call 119 (free from mobiles and landlines). Lines are open every day from 7am to 11pm.

Children of primary school age (and below) without symptoms are not being asked to take a test.

Testing is voluntary, but strongly recommended to all who are eligible. Alongside the vaccine, washing hands, wearing face coverings, and

maintaining social distancing, rapid testing plays a vital role in reducing transmission rates. Getting into the habit of regular testing as part of our everyday lives will help us all to play our part and do what we can to protect each other.

### Year Group Addresses

If you have any questions about the children's work, arrangements in the classroom, need any support or just want to say hello please contact the teacher via the year group e-mail address or via the school address. I know the teachers would love to hear from you.

It is a good idea to copy in the office address when you e-mail the year group address as the office staff can also pass messages on to the teachers.

[nursery@stmarys.enfield.sch.uk](mailto:nursery@stmarys.enfield.sch.uk)

[reception@stmarys.enfield.sch.uk](mailto:reception@stmarys.enfield.sch.uk)

[year1@stmarys.enfield.sch.uk](mailto:year1@stmarys.enfield.sch.uk)

[year2@stmarys.enfield.sch.uk](mailto:year2@stmarys.enfield.sch.uk)

[year3@stmarys.enfield.sch.uk](mailto:year3@stmarys.enfield.sch.uk)

[year4@stmarys.enfield.sch.uk](mailto:year4@stmarys.enfield.sch.uk)

[year5@stmarys.enfield.sch.uk](mailto:year5@stmarys.enfield.sch.uk)

[year6@stmarys.enfield.sch.uk](mailto:year6@stmarys.enfield.sch.uk)

You can always just phone the office too of course.



### Lent

We are now in the season of Lent, a wonderful time of renewal. As you know Lent began on Ash Wednesday 17<sup>th</sup> February.



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.

### Relationships and Sex Education (RSE)

In the summer term, Relationships Education and Health Education will become statutory in all primary schools in England. This for us will build on the non-statutory lessons we have always taught in RSE at St. Mary's.

As a Catholic school, our mission is to support the spiritual, moral, social and cultural development of all of our pupils, rooted in the wisdom and teaching of the Church. The education of children in human sexuality is an important, precious and privileged responsibility. The Church teaches us that this is very much a partnership with parents, in which parents are the 'first educators' of their children on these matters; ultimately, you confer on us the right to co-educate your children with you.

We have been researching various programmes that are available and have decided to adopt **Life to the Full** by Ten Ten Resources. We actually originally purchased this programme for use in the 2019-2020 school year as we felt it supported the work the school was already doing but then the world went into lock down and other priorities took over.

Ten Ten is an award-winning Catholic educational organisation that is well-respected and very experienced in this field of work.

Life to the Full has been approved by our diocese. Furthermore, Ten Ten have entered into a partnership with the Catholic Education Service and the Department

for Education to provide training for teachers in Catholic schools on the subject of the new statutory curriculum. Therefore, we are confident that this programme is a very good fit for our school.

Through their programme, Ten Ten understand the foundational role that parents have in educating and nurturing their children on these matters. Within the programme, they have built in resources which will not only keep you informed about what is being taught in school, but will also give you the opportunity to engage your children in discussion, activity and prayer.

We are required to consult when a new statutory subject is introduced into the curriculum and would like to have your feedback on our approach so please don't hesitate to contact us with any comments, questions etc.

Please refer to the school website for the policy and curriculum for RSE.

As part of the subscription to Life to the Full an Online Parent Portal is provided for parents.

Parents should visit the following webpage <https://www.tentenresources.co.uk/parent-portal/>

The parent login is as follows:

**Username:** st-marys-en3  
**Password:** lady-3

### Staying Active

As you know Joe Wicks started his exercise sessions again at 9am on Monday 11<sup>th</sup> January 2021 - these are on every Monday, Wednesday and Friday  
<https://t.co/XD2awaqAI5?amp=1>

We were all very proud to receive a shout out from Joe to mark the first day of February. Well done children (and parents) for earning that shout out.

Just click on the school website page and have a look if you missed it:

<https://www.stmarysenfield.co.uk/about-us/welcome>

### **Enfield Move iT – Put your dancing shoes on!**

Disco week!

[https://youtu.be/m\\_U07ftE4GA](https://youtu.be/m_U07ftE4GA)

Musical week -

<https://youtu.be/ZJz4S13LugQ>

Greek theme -

<https://youtu.be/CwuR7PR37A8>

Charleston theme –

<https://youtu.be/C7dHdn83pIE>

Spanish theme -

<https://www.youtube.com/watch?v=XnllbRLcT3Q&feature=youtu.be>

Hip hop theme -

<https://youtu.be/eN2JUa0uAxU>

Or maybe have a look at the links on the PE page of our school website:

<https://www.stmarysenfield.co.uk/about-us/pe-and-sport>

### Stories at Home



Sooperbooks have extended their library and added high quality audiobooks to all of their stories. You can access their free stories and audiobooks here:

<https://sooperbooks.com/bedtime-stories>

### Storytime Videos (Islington Libraries)

Islington Library Service have

recorded lots of story-time videos for children from Nursery to Year 6.

<https://www.youtube.com/c/islingtoneducationlibraryservicebookvideos>

### Blue Peter on You Tube



The Blue Peter Team have launched [Blue Peter on YouTube](#) at CBBC. You might be interested in this, for entertainment outside of home-schooling hours.

Blue Peter is the longest running children's TV show in the world and the team are uploading videos to it that are suitable for 5-11 year olds. They have world record breaking challenges, arts and crafts, environmental videos, cooking and baking 'how tos', inspirational films, gaming, celebrity appearances, dance routines and music performances. They also feature ways of getting a Blue Peter badge, behind the scenes footage and extra content about their presenters Adam, Lindsey, Mwaksy, Richie and Henry the Blue Peter dog.

If you wish you can subscribe to <https://www.youtube.com/bluepeter> - (it's completely free to subscribe!) and you can if

you wish watch the live programme on CBBC at 5.00pm every week, or on BBC iPlayer.

### CBBC on You Tube

The BBC have informed us that they have also made an exciting revamp to the [CBBC YouTube Channel](#).

They are uploading videos to it daily that are suitable for 5-11 year olds.



They have all the top CBBC brands on there, with a wide range of genres from factual shows, news, dramas, comedy to entertainment. Programmes like *Horrible Histories*, *Blue Peter*, *Newsround*, *The Next Step*, *Saturday Mash-Up*, *Operation Ouch*, *the Playlist*, *the Dumping Ground*, *Heirs of the Night* and *Jamie Johnson*. They are also welcoming back Dani Harmer in the brilliant new programme 'My Mum Tracy Beaker'.

You may want to subscribe to [www.youtube.com/cbbc](http://www.youtube.com/cbbc) - (it's completely free to subscribe!).

### Wednesday Word



The Sunday Gospel through School on Wednesday

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

Every 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.

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

*“The University of Salford is conducting some research looking at children between 7-17 usage of personal electronic devices (PED) and their effects on postural, physical and musculoskeletal systems and the impact of COVID 19 restrictions on PED usage and physical activity. Please could your children complete this questionnaire? <https://tinyurl.com/gcqlnqyp> thank you”*

The student’s participation in this research project will involve following the link provided below, which will take them to an online questionnaire. Participation in this research project is voluntary, and their anonymity and confidentiality will be ensured and respected.

Link to the online questionnaire on:

<https://salford.onlinesurveys.ac.uk/childrens-technology-usage-during-covid-lockdowns>

Participating in the questionnaire the children are eligible to be entered into a randomised draw to win an iPad.

If you have any questions regarding the research project or the online questionnaire, please contact:

Researcher – Anna Clark [a.clark23@edu.salford.ac.uk](mailto:a.clark23@edu.salford.ac.uk)  
Research Supervisor – Anna Cooper-Ryan [A.M.Cooper-Ryan@salford.ac.uk](mailto:A.M.Cooper-Ryan@salford.ac.uk)

These new video guides explore the positives and the risks of sharing images online and offer practical advice for parents and carers on:

- What they can do to reduce risks and;
- How they can seek help if they're concerned about an image that's been shared.

[Access the videos](#)

### Online Safety at Home



You might find the following links helpful:

**Sharing images: new video guides for parents and carers**

### Screen time and boosting digital resilience

Surveys have shown that screen time has been a key concern for many parents and carers over the lockdown period.

However, high-quality screen time can offer opportunities for learning, staying connected and boosting digital resilience.

Two Parent Info articles to take a look at:

- [What questions parents and carers should be asking about screen time](#)
- [6 fun online activities to boost your child's digital resilience](#)

*Also please follow the links on our own school website within the 'Online Safety and ICT' tab. There is a lot of useful information for parents as well as activities for children.*



To whom it may concern,

I am writing on behalf of Citizens Advice Enfield regarding the impact of Brexit on EU parents.

Brexit will affect the lives of EU citizens and their children. Parents, legal guardians and those with any responsibility for a child/children may need to take action to ensure they secure the rights of those children in the UK. According to The Migration Observatory, there are over 900,000 children of non-Irish EU citizens living in the UK. In many cases, parents, carers or legal guardians may not know that these children can and need to apply. This includes 239,000 children born in the UK, many of whom may not be British citizens.

(info: <https://www.london.gov.uk/what-we-do/european-londoners-hub/brexit-impact-children-eu-citizens-living-uk>)

All applications must be made to the EU settlement scheme by 30 June 2021.

Visit our website:  
<https://citizensadviceenfield.org.uk/>

Citizens Advice Enfield is providing advice to those EU/EASS and Swiss citizens living in Enfield that need support with applications. Your support would be greatly appreciated.

Best wishes,  
Daisy Bryant  
Campaigns and Research

### 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/>

### Participating in Mass online

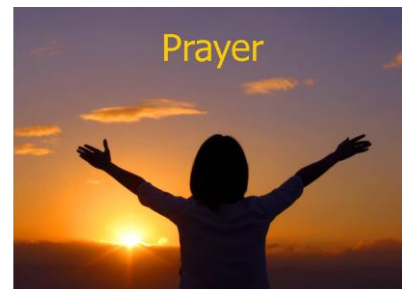
As you are probably aware there is still no obligation to attend Mass on Sunday.

Please see the website for the Diocese of Westminster <https://rcdow.org.uk/> for links and further information or follow the links on our school website (Our Parish page or Parents' page).

Since Saturday 4th July 2020 there has been live streaming of our parish services, The link is:

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

### Prayer and Worship



### Mark 10 Mission

The Mark 10 Mission, in partnership with *The Franciscan Friars of the Renewal*, is a brand new project for Catholic primary schools in England and Wales.

We have used the Mark 10 mission resources in school. Your child may be familiar with this resource.



What does The Mark 10 Mission involve?

Each episode of The Mark 10 Mission is made up of 5 key elements:

1. Welcome from a host
2. The reading of the Sunday Gospel
3. A reflection unpacking the Scripture
4. A time of guided prayer
5. A song of worship

[Series Four - Lent 2021 – The Mark 10 Mission.](#)



Redemptorist Publications is pleased to introduce **Celebrate**: an initiative designed to help children grow in their faith.

Each week they will provide a Children's Liturgy in the form of a video of the week's Gospel reading, a reflection and a final prayer.

Fun, engaging and practical worksheets/resources will also be provided to help children continue to practise their faith during this time.

[Watch Here](#)

The Focus for March is on the Holy Family: [godwhospeaks.uk/the-holy-family](http://godwhospeaks.uk/the-holy-family)

**Year of St. Joseph**



Our Holy Father has proclaimed this year as a year of St Joseph. To read more about this year and Pope Francis' words, see [HERE](#).

For assembly slides and notes on St Joseph created by Mission Together see [HERE](#).

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

Morning Offering

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

Bless me through the day.  
Amen



Night Prayer

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

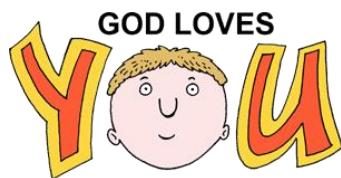


Grace Before Meals

Bless us O Lord  
As we sit together.  
Bless the food we eat today.  
Bless the hands that made the food.  
Bless us O Lord. Amen.

Grace After Meals

Thank you God  
For the food we have eaten.  
Thank you God  
For all our friends.  
Thank you God  
For everything.



### **The Angelus**

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.



### **Best Wishes**

Thank you for your continued support for our school. It is so greatly appreciated by all members of our school community especially in this time when we have been separated from one another.

I wish you well for this new month in school.

Stay safe and well.

Miss M Creed  
Headteacher

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

### **ADMISSIONS FOR ACADEMIC YEAR 2020/2021**

*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 was the case at Christmas a number of our families were moved out of London over the period of lock down) we currently have places in our Nursery and Year 1 2020/21 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. Please continue to do this. We need your help!**

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*

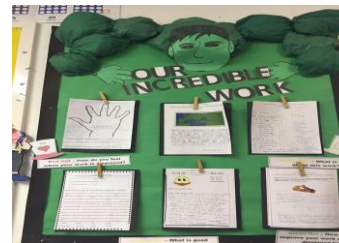
*to develop and celebrate their gifts and talents.*

- 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).*

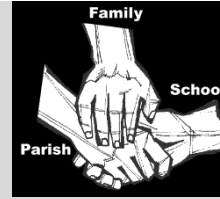
## **ADMISSIONS FOR ACADEMIC YEAR 2021/2022**

**We need your help to remind friends, neighbours, relatives to apply for places in our Nursery and Reception classes for their children for September 2021!**

**It is not too late to apply!**



St. Mary's Catholic Primary School – Religious  
Education Newsletter Spring (second half-term) 2021  
– Nursery and Reception



**Religious Education**

**Topic Theme: Lent and the Passion of Jesus**

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.

<b>Learning opportunities include:</b>	<b>Monitoring opportunities:</b>
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<ul style="list-style-type: none"> <li>• Hearing the story of Easter</li> <li>• Coming to know that God loves each one always and at all times</li> <li>• Experiencing that a Church is a special place where God's people gather to pray.</li> <li>• Experiencing liturgical celebrations in a variety of simple settings.</li> <li>• Experiencing and recognising prayer is talking and listening to God</li> <li>• Considering ways in which a Christian family and parish share and celebrate life, and show care for one another.</li> </ul>	<p>Student's development will be monitored through observation and the collection of work samples for their portfolio.</p>
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**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 higher 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 practices.
- Celebrate the Passion of Jesus in the liturgical life of the Parish.

### An idea for prayer at home

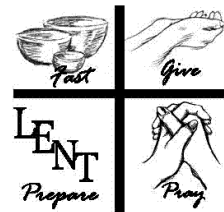


#### Prayer Activity

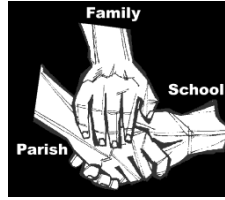
Pray with your children at meals.

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



*St. Mary's Catholic Primary  
Religious Education Newsletter  
Spring 2021 (second half-term) -  
Years 1-6*



**Religious Education**

**Key Idea: From Lent to Easter**

This topic is intended for the Spring Term of 2021 and as the conclusion to the previous resource. Having been presented with the story of the Exodus and within it, the Passover, pupils are now taught how it acts as foundation for our own Eucharist. As this is the Year of Mark, pupils will focus on Mark's account of the Last Supper of Jesus.

This resources also teaches the Examen, the Jesuit prayer form, as part of preparation during Lent.

**Attitudes and Spiritual Dispositions**

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

It is hoped that pupils will develop:

- A sense of the sacred presence of God in life
- An appreciation of/for Jewish ancestry

- An openness to learning from other faiths
- A willingness to pray

**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.

- Make mealtimes a time of celebration and ritual. Be more conscious of sitting at the table, of saying grace and of talking together about your shared, family story.
- Ask your children to talk to you about the class Drawer of Life!

**An idea for prayer at home**

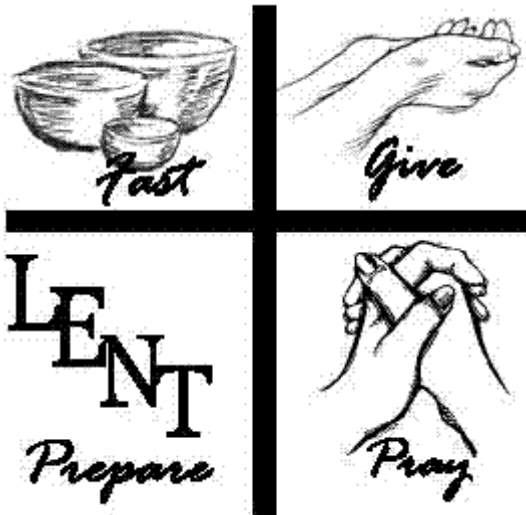


## Prayer Activity

Pray at bedtime with your children:

God of our day. Thank you for all those who have brought us your love, kindness and care. May tomorrow be filled with a sense of your presence and may we be for others the God you are for us!

Amen.







# Online Safety Newsletter

March 2021

## Omegle

You must be 18+ to use or 13+ with parental permission.

Omegle is a social networking/chat website that connects two strangers together for either a text or a video chat. Chats are anonymous unless a user provides this information.

### What should I be aware of?

- No registration is required to access Omegle (therefore no age verification) and there are no reporting facilities.
- Users are given an option to save the chat's log and share the link. It is always possible for other users to take screenshots of text and video chats.

We recommend that Omegle is not used by children due to the potential imagery shared and language used which can be particularly explicit.

Further information is available here:  
<https://www.thinkuknow.co.uk/globalassets/omegle-parents-guide.pdf>



## Instagram update

You should be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but this isn't verified). Instagram is used to post photos and videos and users can also DM (direct message), add to their stories (these disappear after 24 hours) and broadcast using IGTV.



### A guide to Instagram

If you child is using Instagram, then download a copy of 'A Parent's Guide to Instagram here: <https://help.instagram.com/377830165708421>

### Wellbeing toolkit

Instagram have collaborated with The Jed Foundation (JED) and Internet Matters to create a toolkit which includes tools and suggestions to make your child's experience of using Instagram more positive. The toolkit is designed to help you start conversations with your child about how they use Instagram.

More information can be found here:

<https://www.internetmatters.org/resources/wellbeing-and-safety-on-instagram-advice-for-parents-and-carers/>

### Additional Links

More tips from Instagram including how to manage privacy:

<https://help.instagram.com/154475974694511>

**Ensure that your child knows that they should talk to you or another trusted adult if they have any concerns.**

## Call of Duty

An update

Call of Duty games are predominantly rated 16 or 18+ by PEGI (<https://pegi.info/>), which means you should **be over these ages to play** them. Many of the games receive this rating because they contain **bad language and graphic violence**.

You should also be aware of in app purchases and in game chat.

Further information is available here:

<https://www.saferinternet.org.uk/blog/parents-guide-call-duty-warzone>

# Fortnite

## An update

Is your child playing Fortnite? It appears to remain popular, so we thought we'd provide an update for you. **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. More info here: <https://www.epicgames.com/help/en-US/fortnite-c75/battle-royale-c93/how-do-i-report-bad-player-behavior-in-fortnite-a3276>.

#### 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. More information about what in-game purchases are can be found here:

<https://pegi.info/page/game-purchases>

#### Addictive nature:

Games such as Fortnite can be addictive. It is important that children play games in moderation and that they continue to exercise and have other interests as well.

### 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.**

We always recommend playing the game with your child so you can see what they are playing and monitor the sort of chat that they are listening to/contributing to. Remind your child that they should talk to you or another trusted adult if they have any concerns.

### Further information

<https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-fortnite>



## Shaun the Sheep Farmageddon Glow Trail App

Get active in your garden or other outdoor space with this updated app from Forestry England which features Shaun the Sheep. You will have to complete challenges and solve puzzles. More information is available here:

<https://www.forestryengland.uk/s/haunthesheep>



## Honk App

Honk is a new messaging app available on iOS devices. Honk state that it should only be used by those over the age of 13+.

The app allows two people to chat, with the other person **being able to see your message as you type it**. You can chat, send images and emojis to each other. There is no send button and there are **only ever two live messages so when a user refreshes the message bubble, the previous message is permanently deleted**.

In settings, you can disable friend requests and select the option to hide from suggestions. You can also view users that you have blocked.

More information is available here including **key safety advice** when using this app: <https://www.net-aware.org.uk/networks/honk/>



## ***Empowering Women to make informed choices***



## **Online Activities & Support**

- Tuesdays 11:00 am-12:00pm -**Breathing & Stretching exercises (Workshops, Health Talks)**
- Tuesdays 12:15pm – 01:15 pm - **Art Therapy**
- Wednesdays 11:00am-12:30pm - **Chair based Exercises**
- Thursdays 11:00am-12:30pm -**Yoga / Activities**
- Fridays 10:30am-12:30 pm -**Bollywood Dance/Pranic Healing/ Singing/Workshops**

## **Advice, Information (A&I) and Advocacy**

Clients are supported with issues such as:

- Housing and Welfare
- Health needs
- Counselling
- Obtaining Services
- Outreach Support

Contact us if you need help to write letters, make phone calls, attend meetings and find appropriate support services. (All services FREE)

## **Wellbeing Services**

- Multi-lingual Counselling
- Mental Health Outreach Service
- Welfare checks by telephone
- Domestic Abuse Advocacy Service
- Well-being Support Group
- Awareness and Educational workshops
- Support with Smart Phones / Tablets



Visit us at: [www.enfieldsaheli.org](http://www.enfieldsaheli.org)

Facebook/ Instagram: Enfield Saheli

Twitter: @enfieldsaheli

Contact us: [info@enfieldsaheli.org](mailto:info@enfieldsaheli.org)

Tel: 0208 373 6218 / 07483166493

Supported by:



In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND





# WHERE TO GO FOR SUPPORT DURING LOCKDOWN BABIES & TODDLERS



## BOOKLET

Services available to you and  
your baby/toddler during  
lockdown.

See Informed Families website  
[click here](#)



Follow  
**INFORMED FAMILIES**  
on Facebook  
for regular updates  
[Facebook Page](#)  
[Informed Families website](#)



Parents of 0-2s  
Join us for weekly

## ONLINE COFFEE MORNINGS

to meet others, share experiences  
& seek support.

Link on Informed Families website  
[Sign up here](#)



## NEW BABY 0-6 MONTHS ONLINE PROGRAMME

Topics: wellbeing, feeding, sleep,  
emotional development, childhood  
illnesses, play & communication.

To sign up contact the  
Enfield Children's Centre  
0208 106 9996



**ENFIELD**  
EDUCATION  
SERVICE

# RAPID LATERAL FLOW TESTING

## Households and bubbles of all school pupils and staff

From 1 March 2021, if you're a member of a household, childcare bubble or support bubble of staff or a pupil you can get a twice-weekly test. Here is how:

# 1

### Take a test at a rapid lateral flow test site

Centres open 7 days a week 9-6pm

- Boundary Hall, 7 Snell`s Park, N18 2SY
- Brigadier Hall, Cedar Road, EN2 0NL
- British Alevi Federation Community Centre, Great Cambridge Road, N9 OLE
- Green Towers Community Centre, Plevna Road, N9 0TE
- Kempe Hall, Kempe Road, Enfield, EN1 4QS
- Southgate Library, High Street, Southgate, N14 6BP
- John Wilkes House, 79 High Street, EN3 4EN

# 2

### Collect test kits

You can collect 2 packs of home test kits at a local collection point. Each pack contains 7 tests.

Centres open daily 1.30pm-7pm

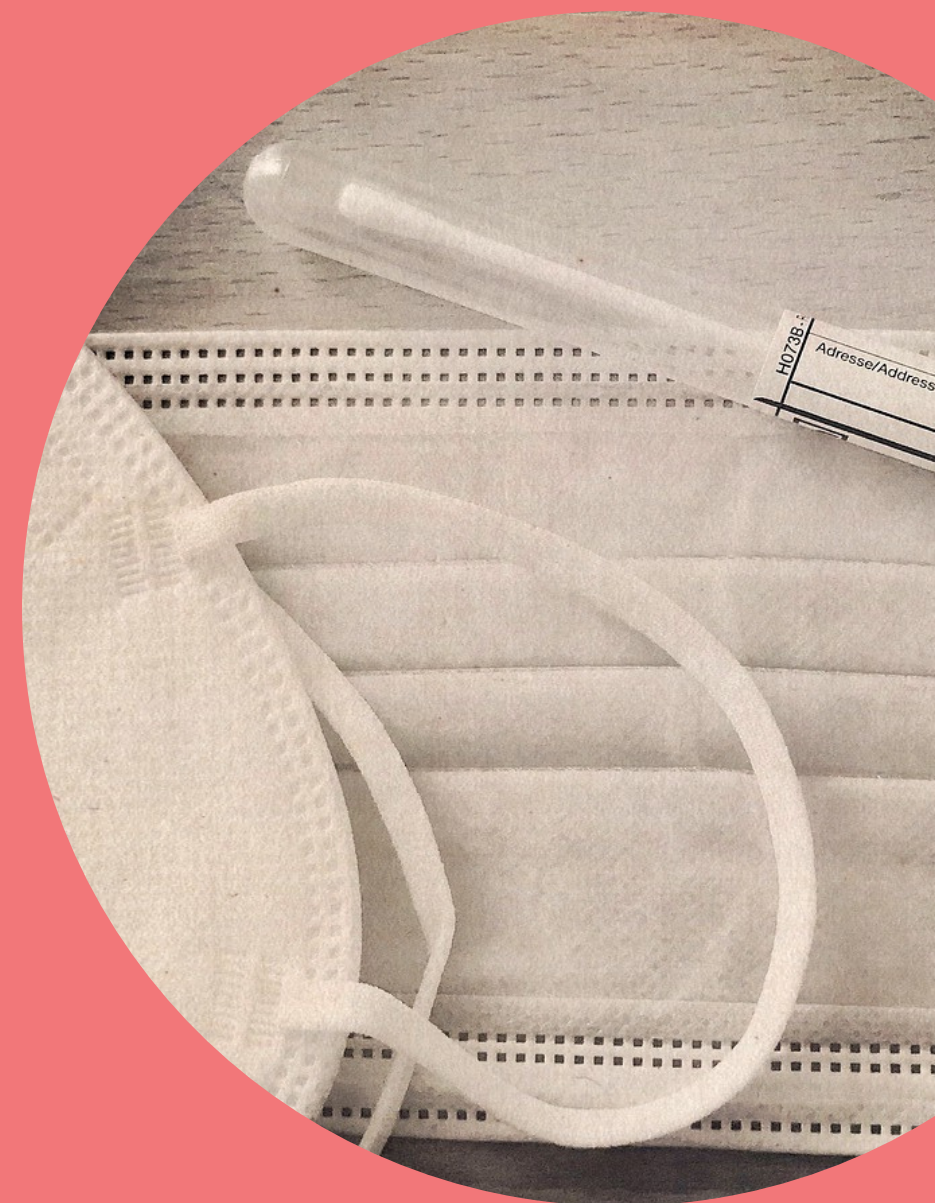
- Lea Valley Athletics Centre , N9 OAR
- Boleyn Hall, EN1 4HS
- Raynham Road Car Park, N18 2SJ
- Lodge Drive Car Park, N13 5UB

# 3

### Order home test kits online

If you cannot attend a test site to be tested or collect home test kits you can order online for home delivery at:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>



London Borough of Enfield

## St. Mary's Catholic Primary School



Durants Road  
Ponders End  
Enfield, Middx  
EN3 7DE  
Tel: 0208 804 2396  
Fax: 0208 292 2571

**Headteacher:**  
**Miss M Creed**

12.02.2021

Dear Parents & Carers,

We now have access to Yoga Home Learning. This is a unique package offering Yoga classes for children in Reception through to Year 6. You are led by Yoga specialists. Lessons require no experience of yoga and no additional resources.

Through fun, energetic and calming lessons, children learn Yoga & Mindfulness as a subject in a progressive way, building their skills and knowledge of it, whilst increasing their overall health of their bodies and minds.

This pack includes Eight Themed Online Sessions of fun packed online yoga - hopefully your child (and maybe you!) will love the themes including Space, Pirates and the Jungle.

There is also a package of guided SLEEP relaxations and you can watch these eight children / family yoga videos over and over again, at any time, on any device or even the TV.

[Click here to sign in to Kids Love Yoga Online](#)

**Login details:**

Email:

[yoga21@stmarys.enfield.sch.uk](mailto:yoga21@stmarys.enfield.sch.uk)

Password:

Allkidsloveyoga

Miss N. Mullahy  
PE Co-ordinator