

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

November 2021

Welcome back to a new month and half term in school. I hope you have all had a restful break.

Thank you to all who made our first half term in school such a success. It has been wonderful to see our school community working together for the good of our children and it has been a joy to welcome the children back for their second half of the autumn term.



Our Faith

The "door of faith" (Acts 14:27) is always open for us, ushering us into the life of communion with God and offering entry into his Church. It is possible to cross that threshold when the word of God is proclaimed and the heart allows itself to be shaped by transforming grace. To enter through that door is to set out on a journey that lasts a lifetime. It begins with baptism (cf. Rom 6:4), through which we can address God as Father, and it ends with the

passage through death to eternal life (From Homily for the beginning of the Petrine Ministry of the Bishop of Rome (24 April 2005): AAS 97 (2005), 710).

On 11th October 2012, all around the world, Church communities marked the opening of the Year of Faith.



The Year of Faith was an invitation initially from Pope Benedict XVI and subsequently from Pope Francis to all Catholics throughout the world, both as individuals and as members of a Church community, to focus on their faith so as to deepen their understanding of what it means to have the Gift of Faith and live it each day. It was a time to nourish our understanding of Church teaching and to endeavour to develop our own spirituality.

Although the Year of Faith is now over we still need to continue to work on nourishing

our own faith and helping our children to grow in their faith. What could we as adults do?

- ❖ Take our children to Mass /access the streaming service and participate through joining in and responding. Children learn through our example.
- ❖ Encourage our older children through our example to attend the Sacrament of Reconciliation (Confession).
- ❖ Read the Bible / Bible stories with our children.
- ❖ Explore the lives of the saints with our children.
- ❖ Help our children to pray.
- ❖ Volunteer in school when it is safe again to do so or in the Parish.
- ❖ Encourage our children to contribute to Parish and School charity events.

Remember it's never too late to start.

Lord let me see your face,
Know your heart
And experience your love in my life.
Strengthen in me the precious gift of faith.
I believe Lord;
Help my unbelief. Amen

3 or more children £3.00 per week or £38.00 per term or £114.00 per year

These payments can be made on line using the 'Parentpay' system. Thank you for your support.

Year Group Addresses:

nursery@stmarys.enfield.sch.uk

reception@stmarys.enfield.sch.uk

year1@stmarys.enfield.sch.uk

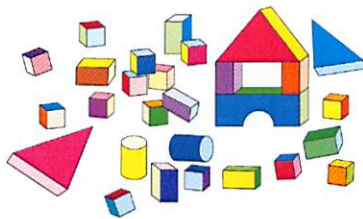
year2@stmarys.enfield.sch.uk

year3@stmarys.enfield.sch.uk

year4@stmarys.enfield.sch.uk

year5@stmarys.enfield.sch.uk

year6@stmarys.enfield.sch.uk



Thinking Skills

The current classroom displays include the use of the thinking hats.

As you know our thinking is usually affected by emotional responses, prior knowledge and experience and at times

confusion. The de Bono '6 Thinking Hats' method provides a framework for thinking. We think in one direction at the time. In the '6 Hats' method thinking is divided into six different modes, each of which is represented by a coloured hat.



White Hat - Information (facts, information, questions. What you have. What you need. Where to get it.).

Red Hat - Feelings (emotions, hunches, intuition, instincts, feelings).

Black Hat - Caution (caution, judgement, assessment, weaknesses, difficulties, dangers and potential problems).

Yellow Hat - Benefits (benefits, values, good points, likelihood).

Green Hat - Creativity (alternatives, possibilities, new ideas, options, new concepts).

Blue Hat - Organising the Thinking (thinking about thinking, next steps, summarising, clarifying).

Children are enjoying making use of the hats in class again this year. Ask your child to see

if he / she can tell you anything about the hats. Perhaps you might like to try it at home when coming to a decision about / discussing something with your child.

Habits of Mind

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



Staff have also been trained in the use of the '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 introducing these again gradually 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.

Own Clothes' Day - October 2021

£220.58 was donated. Thank you children and parents.

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.



Uniform

Our uniform is part of St. Mary's identity. I would be grateful if you could encourage your child to wear full neat

uniform each day including the correct socks, shoes, hair accessories and PE uniform. Children are encouraged to always try to have shirts tucked in and all buttons closed. They are asked not to tie sweatshirts around their waists.

Girls may wear school trousers if they wish. Trousers must be smart grey and tailored without any logos or splits.

Boots and brightly coloured coats are not encouraged.

For health and safety reasons only small stud earrings are permitted. These must be removed for PE.

So many children wear the correct uniform - thank you parents for your support with this.

Hair

Please ensure long hair is tied back in school colours only (blue / black / white). No highlights, designs, lines or dyes to be put in hair please. Remember nits love long free flowing hair too! Mohican hairstyles are not permitted.

Nails

False nails or nail polish are not permitted in school.

Please encourage your child to respect the uniform policy by leaving all jewellery at home.

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 (special circumstances will only be considered) must be put in writing in advance to the Headteacher.

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

We are required to ask for a written note to explain any absence from school.

Our overall attendance up to the end of the first half-term was 96.21%.

This is below our target of 98% but we know that we are living in difficult times and some families have had to deal with coronavirus and the usual bugs that are going around.

The class with the highest attendance in the first half-term was St. Christopher (98.41%) closely followed by St. Bernadette (97.9%), St. Cecilia and St. Peter (97.64%),

St. Catherine (97.6%) and St. Paul (97.33%).

Thank you to all parents for all you do to ensure that your child is in school each day.

Handwashing Advice



We know that it is 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/>

Safer travel guidance for children

It is still advised that you should 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>

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>



The Angelus

In the autumn term we try to learn / say *The Angelus*

each day at 12 noon in all of our junior classes from Year 3 - Year 6. 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.



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/>

Harvest

This year we again, in partnership with our parish, supported the Manna Centre, a centre for the homeless in London. Thank you for your very generous contributions.

Thank you for St Mary's Catholic Primary School's Harvest Festival gifts to the Manna Centre. The food that we have received will be used throughout the next twelve months to provide meals to some of the poorest members of our society.

The work we do here is a practical and compassionate response to poverty and homelessness. The majority of our funding and our foodstuffs come from the Christian community. Without the continuing generosity of our supporters, we would be unable to continue our work.

We are dependent on voluntary donations to raise approx. 85% of our annual budget. Without your support we would be unable to offer the services we do. Any help you can give, financially or

practically (food or men's clothing) throughout the year, will benefit some of the poorest members of our society.

On behalf of those who will benefit from your generosity please accept our thanks.

Best wishes,
Paddy
Paddy Boyle
Manna Society Administrator

Participating in Mass online

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 (Religious Education 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>

School Dinners



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.

Some Dates for this term

Tuesday 2nd November: Feast of All Souls - School Mass in church for Years 1-6 (face coverings are required).

Monday 8th November and Tuesday 9th November: Judaism workshops.

Thursday 11th November: Year 3 to parish Mass at 10am (face coverings are required).

Tuesday 16th November: Bring your Dad to School AM.

Friday 19th November: Children in Need Spotacular Pyjama Day.

Monday 22nd November: Year 1 Christmas Performance AM (parents with babies and toddlers).

Tuesday 23rd November: Year 4 to parish Mass at 10am (face coverings are required).

Reception Christmas Performance AM (parents with babies and toddlers).

Thursday 25th November: Reception Christmas Performance AM (adults).

Friday 26th November: Year 1 Christmas Performance AM (adults).

Monday 29th November: School Mass in church for Years 1-6 (face coverings are required) for Blessing of Advent Wreath.

Thursday 2nd December: Years 5 and 6 to Mass at 10am (face coverings are required).

Year 2 Carol Service for parents / relatives, 9.30am (for Nightingale Hospice).

Friday 3rd December: Nursery Christmas Performance.

Wednesday 8th December: The Immaculate Conception of the Blessed Virgin Mary - School Mass in church for Years 1-6 (face coverings are required).

Monday 13th December: Christmas Lunch.

Tuesday 14th December: Christmas Class Parties PM. Junior Carol Service in church, 6.30pm (for the Nightingale Hospice)

Friday 17th December: Last day of autumn term - School Mass (Mrs. Derwin's 17th anniversary Mass) in church for Years 1-6 (face coverings are required). Early Closing (12.45 Infants and 1pm Juniors). Own Clothes' Day. Tuesday 4th January 2022: Return to school for Spring Term.

On occasions it is necessary to change dates and in the current pandemic times it may be that some of what we have planned may not actually happen in the end. I apologise in advance for any inconvenience this may cause.

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.

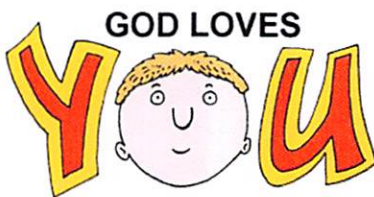


Grace Before Meals

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.



Thank you and Best Wishes!

Thank you for your continuous support. We are truly blessed with the support we receive from our families always.

Stay safe and well please in these times. You and your children remain in our prayers at school every day.

Miss M. Creed
Headteacher

St John Paul II Feast Day

We celebrated the feast of St John Paul II on 22nd October. For an entertaining animation on the life of this great saint see [Saint John Paul II, the Life of a Holy Pope - YouTube](#)

Some of St John Paul's own prayers including the one below can be found here:

[Pope John Paul II Prayers : University of Dayton, Ohio \(udayton.edu\)](#)

Mother Mary,
Be with us more and more.
Meet us more and more often because we need it so much.
Speak to us by your motherhood, by your simplicity and by holiness.
Speak to us by your Immaculate Conception! Speak to us continually!
And obtain for us the grace- even if we are distant- of not becoming insensitive to your presence in our midst. Amen

Year of the Word - The God who Speaks

The focus is on St Luke (Feast Day -18th October) [The God Who Speaks](#)

You might like to explore the following Luke resources:
An exciting new 'Serve with Luke' Poster - [The God Who Speaks](#)

A Whistlestop Tour of Luke's Gospel Poster - [The God Who Speaks](#)

A Day by Day Family Reading Plan with Luke's Gospel - [The God Who Speaks](#)

Talk PANTS resources for parents

We want all parents to talk PANTS. That's why we've created guides and resources to help them find the right words to talk to their children about staying safe.

[> Find Talk PANTS resources for parents on the NSPCC website](#)

Dangerous Toys

A recent investigation commissioned by the British Toy and Hobby Association (BTHA) found many of the toys tested could choke, strangle, burn, poison and electrocute children. Out of the 255 toys that were randomly selected, inspected and tested, 88% were illegal and 48% were unsafe for a child to play with.

The toys tested were bought from a range of online sellers. Currently, there is no legal requirement for online marketplaces to check the safety of the products that other sellers are listing on their site.

The report itself includes a list of toys that researchers found were illegal or unsafe.

As we move towards the Christmas season, parents will be buying toys, and so the advice given in Appendix 8 of the report, Consumer Tips, could be especially valuable.

You can find the report here: <https://toysafety.co.uk/>

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 first half of this term) we currently have places in our Nursery, Reception and Year 2 2021 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 half-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

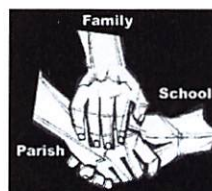
This is our school.
May we all live here
Happily together.
May our school be full of joy.
May love dwell here among us
Every day.

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



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



Religious Education

Topic Theme: Advent and Christmas

Students will explore the events, rituals and practices of Advent and Christmas, in time with the Church Liturgical Year.

Learning opportunities include:

- Hearing the story of Christmas.
- Coming to know Jesus is God the Father's Son.
- Coming to know that Mary is the mother of Jesus.
- Experiencing that a Church is a special place where God's people gather to pray.
- Experiencing praying with others as a celebration.
- Experiencing liturgical celebrations in a variety of simple settings.
- Joining in simple prayers and hymns.
- Considering ways in which a Christian family and parish share and celebrate life and show care for one another.

Monitoring opportunities:

Students' 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 understanding that the stories of Jesus in the Bible link with the liturgical seasons of the church year.
- A familiarity with the Seasons of Advent and Christmas, during which we anticipate and celebrate the incarnation: God in our world.

Activities to try at home

Parents are the first educators of their child in faith. Students' learning in religious education occurs best when school and family are engaged in talking about the same topics. You could help your child by trying one or more of these activities while this topic is being taught:

- Talk with your child about Advent and Christmas – how it is celebrated in the Church and in wider society. Note the different cultural expressions of Christmas: cards in other languages, foods of other cultures, customs and celebrations of other communities.
- Talk to your child about birth: their own, yours and other members of your family. Talk about your ancestors: grandparents and great grandparents. Think about your own family heritage.
- Read stories about Christmas. Remember there are two distinct stories in the Gospel: many picture stories amalgamate the two!

An idea for prayer at home



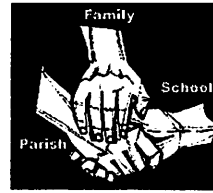
Prayer Activity

Have an Advent wreath as a focal point in your home. Light a candle for each week of Advent and pray 'God of light, help us to be people who walk with you towards the birth of your son.'

St. Mary's Catholic Primary

Religious Education Newsletter for Autumn 2021

(second half-term) – Years 1-6



Religious Education

Key Idea:

This framework of learning is intended as the second in the Academic year 2021/22. As the resource which teaches both Advent and Christmas it begins the Liturgical cycle of Year C – the Year of Luke. As the name suggests the content of this resource is the season of Advent and the birth of Jesus as recorded in the Gospel of Luke. It builds on the learning of the previous resource by further developing knowledge of God, in particular knowledge of the second person of the Trinity, Jesus, the Christ.

Attitudes and Spiritual Dispositions

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

- A sense of wonder about the coming of God into the world
- A disposition of prayer
- An openness to the mystery of God, incarnate
- An appreciation of the gift of Christmas

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. This resource teaches the practices of Advent and Christmas. Your children will be asked to think about their own birth and how you prepare for the birth of Jesus. Talk to them about what you do: do your rituals and customs reflect your cultural background?

An idea for prayer at home

Prayer Activity



Prayer throughout Advent. Make an Advent wreath and pray for the coming of God in Jesus.

God of hope, who brought love into this world, be the love that dwells between us.

God of hope, who brought peace into this world, be the peace that dwells between us.

God of hope, who brought joy into this world, be the joy that dwells between us.

God of hope, the rock we stand upon, be the centre, the focus of our lives always, and particularly this Advent time.



THEME DAY

CHRISTMAS

M E N U

MAINS

Roast Turkey with Festive
Vegetables, Roast Potatoes,
Chipolata & Gravy

Christmas Veggie Roast with Festive
Vegetables, Roast Potatoes & Gravy
(VG)

Jacket Potato with Cheddar Cheese
(V) or Baked Beans (VG)

DESSERTS

Coconut, Orange and Cinnamon
Biscuit (V)

Chocolate Ice Cream Sponge Roll(V)

ABOUT THE THEME

Our Christmas Lunch Theme Day is
one that our teams really look
forward to all year.

The Theme Day is not just about
Christmas though, it is an
opportunity for us to celebrate
friendship and the values of our
schools.

So, on the Theme Day we will
provide the tasty food, we just need
you to bring your festive cheer!

Happy Holidays from everyone at
Enfield Catering Service





Online Safety Newsletter

November 2021

Grand Theft Auto (GTA)



GTA is rated 18+ by PEGI (a couple of versions are rated 16+), this is largely because of bad language, violence, glamorisation of crime and the depiction of drugs. **GTA is not suitable for those under this age.**

What do I need to be aware of?

- Mature content
- In game chat
- In game spending – make sure your bank account details are not linked.

Call of Duty Mobile

There is also a mobile version of Call of Duty for Android and iOS devices. Find out more about this version here: <https://www.net-aware.org.uk/networks/call-of-duty-mobile/>

It is important to talk to your child regularly about what they are playing online and make sure that they know that they should always talk to you or another trusted adult if they have any concerns.

What can we play instead?

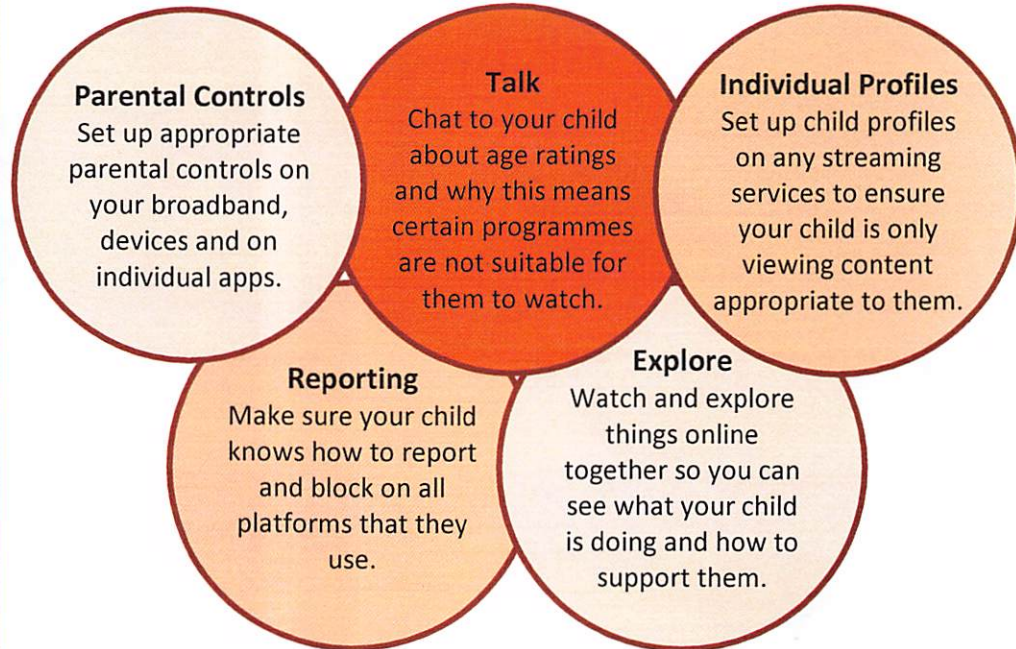
You can use this database to search for games based on your child's age: <https://www.taminggaming.com/cgi-bin/taminggaming.cgi>

Squid Game – rated 15+

Have you heard of Squid Game? It's one of Netflix's latest releases about a group of people participating in a series of children's games in the hope of winning a large cash prize. It has been **rated 15** by the British Board of Film Classification (BBFC). The BBFC focus on helping you choose what is appropriate for your family to watch. You can find out why Squid Game has been rated 15 by visiting the BBFC: <https://www.bbfc.co.uk/release/squid-game-q29sbgvjdgvlbjpwwc01mzm3ndg>.

Due to its current popularity, content from this show can be found on numerous other platforms such as YouTube, TikTok and Roblox, so your child may come across this show without even viewing it on Netflix. Content may range from trailers of the show or content that other people create such as memes, reenactments and games.

What can I do?



More information:

It is important to talk to your child regularly about what they are watching and ensure that they know they should always tell you or another trusted adult if they do see anything upsetting. You can find out more about the type of inappropriate content your child might come across online, how to deal with it and links to further support here: <https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

Your child's online life

There is so much that we can do online nowadays including playing games, chatting with others, watching TV or sharing our videos/photographs. Being online can be great but it's important that we set boundaries for our children to keep them safe whilst they explore being online, develop their digital resilience and understanding of what to do if anything negative happens when online.



So how can we help keep our children safe? We can start by checking age restrictions/ratings. **It's important that we follow these to ensure that what our children are doing or seeing online is appropriate for their age.**

Where can I find age ratings?

- **Films:** The British Board of Film Classification (BBFC) rate films. This page includes a link to a 'Parents' Guide to Age Ratings': <https://www.cbbfc.co.uk/resources/viewing-films-safely-online>.
- **Video games:** PEGI provides age classifications for video games. PEGI **considers the age suitability of a game, not the level of difficulty.** It is important to note that PEGI do not take into consideration user generated content within games (such as on Roblox) and the chat facilities within games.
- **Apps:** Check the individual age ratings within the relevant app store. We also recommend that you download any apps and play them yourself to check their suitability.
- **Social Media networks:** All social media networks have a minimum age rating; they are all at least 13+.

What else can I do?

- Explain the importance of age ratings to your child.
- Go online together and let your child show you what they are accessing online.
- Set up parental controls on your broadband, devices, consoles and on any individual apps that your child is using. This will reduce the chances of them accessing anything unsuitable as well as viewing inappropriate content for example whilst on YouTube.
- Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them about what they see online then they should tell you or another trusted adult.

What if my child has seen something inappropriate?

This is a useful article from Thinkuknow explaining what to do and who to contact if you have any concerns: <https://www.thinkuknow.co.uk/parents/articles/what-to-do-if-your-child-has-seen-something-inappropriate-online/>

NSPCC launches new book

The NSPCC has launched a new children's book called Pantosaurus and the Power of PANTS. This book will help families have simple conversations to help keep children safe from abuse. The book is available for £6.99 with all proceeds going to NSPCC. More information available here:

<https://shop.nspcc.org.uk/products/pantosaurus>

How to spot scams

Do you know how to spot a scam email/text/phone call? This article details what you should do if you receive a scam email and provides guidance on how to spot a scam email:

<https://www.actionfraud.police.uk/scam-emails>

It's important to remember that your bank (or any other official source) should never ask you to supply personal information in an email. If you need to check, call them directly.

Further information

The National Cyber Security Centre provide guidance on how to deal with suspicious emails and text messages: <https://www.ncsc.gov.uk/guidance/suspicious-email-actions>

Anti-Bullying week: 15th – 19th Nov 2021

This year, the theme is One Kind Word. The Anti-Bullying Alliance have worked with Kidscape to develop a tool for parents and carers to help them support their children and bring Anti-Bullying Week to life. You can find out more here:

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>

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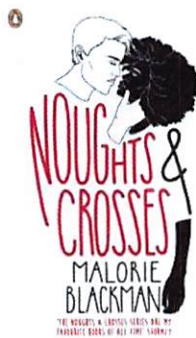
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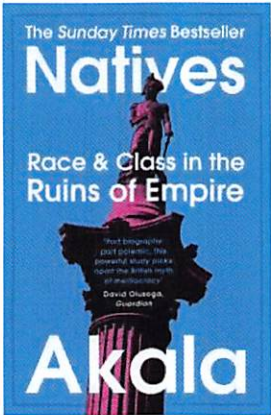


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THE HATE U GIVE - ANGIE THOMAS

I KNOW WHY THE CAGED BIRD SINGS - MAYA ANGELOU

THE BLUEST EYE - TONI MORRISON

THE GOOD IMMIGRANT - NIKESH SHUKLA

*WHY I'M NO LONGER TALKING TO WHITE PEOPLE
ABOUT RACE - RENI EDDO LODGE*

WE COME APART - SARAH CROSSAN

BLACK HISTORY MATTERS - ROBIN WALKER

NATIVES - AKALA

BLACK LISTED - JEFFREY BOAKYE

SLAY IN YOUR LANE - ELIZABETH U & YOMI A

I AM THUNDER - MUHAMMAD KHAN

RUN, RIOT - NIKESH SHUKLA

ALL AMERICAN BOYS - JASON REYNOLDS

BLACK LEOPARD RED WOLF - MARLON JAMES

WELL READ BLACK GIRL - GLORY EDIM

ORANGE BOY - PATRICE LAWRENCE

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Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight – 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available


Good Thinking

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am – 11pm every day) or [Email](#)


Beat
Eating disorders

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am – 8pm during the week and 4pm – 8pm on weekends and bank holidays)

kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine