

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

FEBRUARY 2023

Spring is nearly here and it's not many days to the end of this half-term. It's hard to believe that the children have now completed almost half of this school year. I hope you all enjoy the half-term break (13th - 17th February). Remember Monday, 20th February is an INSET day so the school will be closed.

Illegal Parking



We had the zig-zag lines outside the school re-painted a few years ago. Although we think they are very visible there are still a number of adults parking on the zig-zags however generally in order to drop off or collect children from school.

Parents parking on the zig-zags are parking illegally and putting our children in danger. To avoid this please be prepared to come a bit earlier, park legally and walk a little bit with your child if necessary in order to keep the road in front of the school clear. This is also a healthier option as we focus on

children having the option to walk a little bit each day as we wait for our School Street to be in place.

Please try not to park across the driveways of our neighbours or in the car park which belongs to the Italian Centre and Mary Mother of God. I know the majority of our parents and others who bring children to school don't do this.

Thank you to all who respect the zig-zags and keep them clear.

If you are late for school please do not abandon your child on the road outside. You must come in to school with your child.



Re-establishing the Friday Penance

As you are aware a key resolution of the Catholic Bishops of England and Wales, released after their May 2011 plenary meeting, was "to re-establish the practice of Friday penance in the lives of

the faithful as a clear and distinctive mark of their own Catholic identity".

This act of common witness formally came into effect on Friday 16th September 2011 (the anniversary of the visit of Pope Benedict XVI to the UK). As you know we formally began our practice of not serving meat to the children / staff on a Friday right from the start of September in 2011. Thank you parents for not including meat as part of your child's packed lunch on a Friday.

Although our children are young we know that you agree that it is good to establish the practices of our faith right from the start. This good habit formed when young will hopefully be part of your child's way of life as he / she grows up. He / she will see abstaining from meat on a Friday as a distinctive mark of his / her Catholic identity.

Parents thank you for your wonderful support with the re-establishment of the Friday penance.

Lent

We are coming to the beginning of the season of Lent, a wonderful time of

renewal. Lent begins on Ash Wednesday 22nd 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.

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

stmarysenfield.co.uk

Open Evening

You are very welcome to attend our Open Evening on Tuesday 7th February (1.30pm-4.30pm and 5.30pm-6.30pm).

The school will close on the 7th February for Reception, Year 1 and Year 2 children at 12.30pm and for Year 3 to Year 6 children at 12.45pm. We would be very grateful if you could take your children off the school site on time on the 7th as you do at the end of the day to give us a chance to prepare for Open Evening.

Your child's teacher will meet with you in the Hall. You are very welcome (either before or after you meet with your child's teacher) to look at your child's work as well as classroom displays.

If you prefer to have a phone call from the teacher to

update you on your child's progress and targets please just let the office staff know and they will arrange the time and date of this for you.

School Fund

Each family is asked to make a contribution towards the School / Governors' Fund each year. Your contributions are used to pay towards the costs of repairs and general school maintenance and improvements.

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

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

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

To date we have received £3,947.00 in school fund contributions. Thank you to all who have made contributions.

This year we have 250 families in our school. If each family paid its School Fund for one year we would have at least £2,000 in donations! This money would make a real difference to our school and to our provision for the children.

School Fund costs £2.00 per week / £25.00 per term / £76.00 per year for one child. For two children School Fund costs £2.50 per week / £32.00 per term / £95.00 per year.

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

Developments in the Curriculum

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



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

your child to tell you about the different hats.

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

Thinking Maps



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

There are eight thinking maps, each based on a fundamental thinking process and used together as a set of tools for showing relationships.

We hope that you will have the opportunity to see these maps being used across the curriculum.

Habits of Mind - 'Successful people keep moving. They make mistakes but never quit' - something Conrad Hilton said. Staff have also received training on 'Habits of Mind' - these are a set of habits or dispositions which focus on

developing a mature, independent and successful learner / citizen in the long term. You will recognise many habits of mind immediately as you will have tried or are currently trying to develop these dispositions in your own children. There are sixteen in total. They are:

Persisting,
Managing impulsivity,
Listening with understanding and empathy,
Thinking flexibly,
Metacognition,
Striving for accuracy,
Questioning and posing problems,
Applying past knowledge to new situations,
Thinking and communicating with clarity and precision,
Gathering data through all senses,
Creating, imagining, innovating,
Responding with wonderment and awe,
Taking responsible risks,
Finding humour,
Thinking independently,
Remaining open to continuous learning.



We are again gradually introducing these to the children. Ask your child if he / she has focused on any of the habits of mind in school. Don't hesitate to ask the teacher

about the current habit of mind focus in your child's class / across the school.

Online Safety

<https://www.kidsonlineworld.com/primed-to-kill---article.html>

Urgent warning as video games are simulating real-world terror attacks.

Experts have warned that some video games are simulating real-world terror attacks. The concern is that these games are being used to radicalise children.

There have been previous incidents of terrorist attacks being livestreamed on gaming networks like [Twitch](https://www.twitch.tv/), including the killing of ten people in a supermarket in Buffalo last year.

Resources for children and young people

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

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

They will learn to:

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

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

Gambling (Young Gamers and Gamblers Education Trust)

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

Parents can often feel overwhelmed in a world of constantly advancing

technology and YGAM is keen to provide simple, usable resources to help parents have honest and open conversations with their children around the topics of gaming and gambling.

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

In late 2019, the Gambling Commission published a report investigating the impact of gambling on 11-16 year olds in Great Britain. The report singled out the loot box as an example of the blurring of gaming and gambling, finding that 44% of young people who are familiar with in-game items had paid money to open loot boxes in-game. Loot boxes can be bought within a game, and contain a random selection of items.

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

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

New - Instagram introduces 'quiet mode'

Instagram Quiet Mode: A New Way to Manage Your Time and Focus.

Instagram wants its users, especially teenagers to be able to focus and set boundaries with their friends and followers.

Once 'quiet mode' is enabled users won't receive any notifications, their profiles activity status will change to let people know, and automatically an auto-reply will be sent when someone messages them.

<https://www.kidsonlineworld.com/shareables.html>

What is mental health?

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

Looking after our mental health is important. We all

have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

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

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

Christian Meditation

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

As you know the World Community for Christian Meditation (WCCM) has worked to develop videos which provide short meditation sessions which children and young people can participate in, whether in school or at home. These sessions are inspired by meditation in the tradition of John Main OSB.

Full details are available here: <https://www.cathchild.org.uk/meditation-with-children-young-people/>

Holidays and Absences

I would urge you to try not to book holidays during term time as time away from school can unsettle children and affect

their progress. **I regret that we are unable to authorise time off during the term which is requested for holidays.**

Any requests for time off must be put in writing to the Headteacher.

It is not school policy to provide homework for holidays taken during term time. We are required to ask for a written note to explain any absence from school and to report all absences.

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

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

Pages 72-73 of the DfE's guidance, linked to above, contains a table which sets out the estimated thresholds that will be used to define persistently absent pupils.

	15 per cent	10 per cent
Half-term 1	10 or more sessions	7 or more sessions
Half term	22 or	14 or

1-2 (autumn term) more sessions 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

Please (unless of course your child is ill) ensure your child is in school each day.

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

In the autumn term 38 children had 100% attendance. Well done children and parents!

Spring Term Reminder!

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

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

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

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



Summer Term Reminder!

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

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

May Bank Holiday= Monday 1st May 2023

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

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

Last Day of the School Year = 21st July 2023

Tissues

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

School Uniform

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

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

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

Remember!

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

Sickness



We have been advised by the London Borough of Enfield that any child who has been sick must not return to school for 48 hours. Unfortunately there are some nasty bugs still going around at the moment. Please support us in helping them not to spread.

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

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

Volunteers

A sincere thank you to all who have volunteered to help in classes and with various activities in school. We really value the time and support you give to children and staff. Remember if you have time to spare that we always need volunteers. All who work in classes must be police / DBS

checked for the safety of all children at St. Mary's.

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

School Meals

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



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

As you know our kitchen was 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 believe your child qualifies for free meals.

Recycling!

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

Home School Agreement

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

We are trying to learn / say The Angelus each day at 12 noon in the Junior classes. This is a wonderful prayer which reminds us that God the Son became man in order to save us.

You might like to say this prayer with your child at home. It can be said in the morning, at noon or in the evening.

The Angelus

The Angel of the Lord declared to Mary:
And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord:
Be it done to me according to your word.

Hail Mary...

And the Word was made Flesh:
And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God.
That we may be made worthy of the promises of Christ.

Let us Pray.
Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection, through the same Christ our Lord. Amen.
May the divine assistance remain always with us and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

These are the prayers we say each day with the children. You might like to say these prayers with your

child at home. It's good practice to have a little quiet prayer time each day. I know many of you already encourage your child to pray at home.

Morning Offering

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

Night Prayer

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

Grace Before Meals

Bless us O Lord as we sit together,
Bless the food we eat today.
Bless the hands that make the food.
Bless us O Lord. Amen.

Grace After Meals

Thank you God, for the food we have eaten,
Thank you God for all our friends.
Thank you God for everything,
Thank you God. Amen.

Our School Prayer

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

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

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

Phone calls

Your child is welcome to phone home (in emergency only). We would welcome a voluntary contribution towards the cost of any phone calls your child makes.



Play Equipment

Parents please support the school by **not allowing** your children (including toddlers) to play on the playground equipment at the end of the school day. This request is made purely for health and safety reasons.

Children are also asked not to cycle or use their scooters / bicycles / tricycles while on the playground after school. As the area is very crowded it is easier and safer for all if children walk with their bikes or scooters until they leave the school premises.

Parents / childminders please keep your children with you once you have collected them from the classroom / teacher.

Thank you as always to the great number of parents who are very supportive of all school requests. We have only noticed a minority of pupils doing the wrong thing this school year. With the support of their parents or child minders this will easily be sorted out.

Year Group Addresses:

nursery@stmarys.enfield.sch.uk

reception@stmarys.enfield.sch.uk

year1@stmarys.enfield.sch.uk

year2@stmarys.enfield.sch.uk

year3@stmarys.enfield.sch.uk

year4@stmarys.enfield.sch.uk

year5@stmarys.enfield.sch.uk

year6@stmarys.enfield.sch.uk

Some Dates for Spring 2023

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

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

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

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

Infants and Juniors. 12.45pm

10th February - Own Clothes' Day.

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

20th February - INSET Day. No School!

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

23rd February - Years 5 and 6 classes to parish Mass at 9.30am

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

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

8th March - School Photographs

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

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

15th March - Year 4 Production AM (adults)

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

Book Fair (in small hall)

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

Book Fair (in small hall)

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

others to attend via the streaming service

Book Fair (in small hall)

21st March - Book Fair (in small hall)

22nd March - Year 2 classes to parish Mass at 9.30am
Book Fair (in small hall)

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

End of Term Class Parties PM

31st March - Last day of Spring Term. Own Clothes' Day.

School Mass (Years 2-6 to attend the Mass and others to attend via the streaming service. **Early Closing at 12.45pm** EYFS and Key Stage 1 and Key Stage 2 at 1pm. **Holidays begin until 17th April.**

Palm Sunday - 2nd April

Good Friday - 7th April

Holy Saturday - 8th April

Easter Sunday 9th April

Monday 17th April - Summer Term begins!

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

Best Wishes

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

Miss M Creed
Headteacher



Prayer -From Parent to Child

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

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

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

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

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

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

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

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

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

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

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

Ash Wednesday and the Season of Lent

Ash Wednesday – Wednesday 22nd February 2023



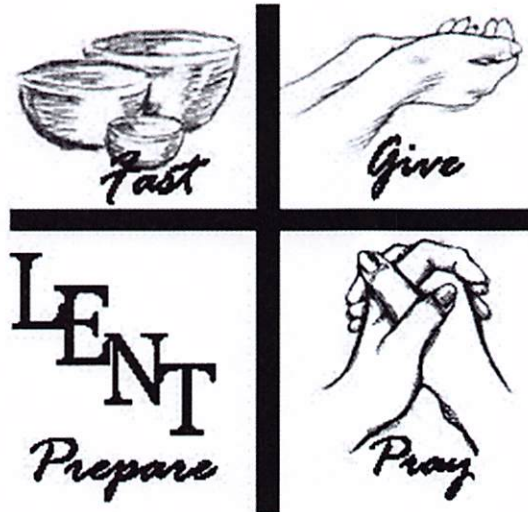
This year Ash Wednesday (first day of the season of Lent which is a preparation for the season of Easter) falls during term time. Ash Wednesday is a day of **fasting** and **abstinence**.

Every year when Ash Wednesday falls during term time all pupils and staff (Years 2-6) attend Mass and receive ashes. Children and staff in Year 1, Nursery and Reception have services in school and receive ashes which have been blessed by Father John at Mass.

The ashes which are used on Ash Wednesday come from the branches of the olive tree or, according to custom, of the palm tree which were blessed the previous year. These are burnt to create the ashes which we receive in the form of a cross shape on our foreheads.



For us Lent (*Quadragesima* – the 40 days) is a time of spiritual spring cleaning. It is a time when God draws near to heal and restore our lives. Thus receiving ashes is an essential part of our preparation for Easter as Catholics.



Dies Cinerum, or Ash Wednesday as it is now called, used to be the beginning of a long public penance for those Christians who had either been excommunicated (had to leave the Church) or barred from the sacraments. Bishops would bless sackcloth for these people to wear during the 40 days leading up to Easter – outward signs representing inner repentance. After the 40 days of penance and sacramental confession they were welcomed back home and reunited in Christ and his Church.

During the Council of Beneventum in 1091, Pope Urban 11 decreed that ashes should be received by all the faithful at the beginning of Lent and that all should join in the public act of repentance.



This Ash Wednesday and Lent, we will accept the ashes of penance and mourning as outward signs of our inward repentance. But let us also as Christ teaches, be seen to rejoice and to be cheerful again as we prepare ourselves to celebrate the Resurrection at Easter.

The three Lenten practices of **prayer**, **fasting** and **alms-giving** help to discipline our bodies, minds and spirits.

Prayer

This discipline requires the sacrifice of time and sometimes in Lent it is a good idea to get up a little bit earlier to ensure there is time in the day for prayer. Prayer helps to bring us closer to God and strengthens our hearts against temptation.



Jesus Prays in the Garden
John 17:1-26

Fasting and Abstinence

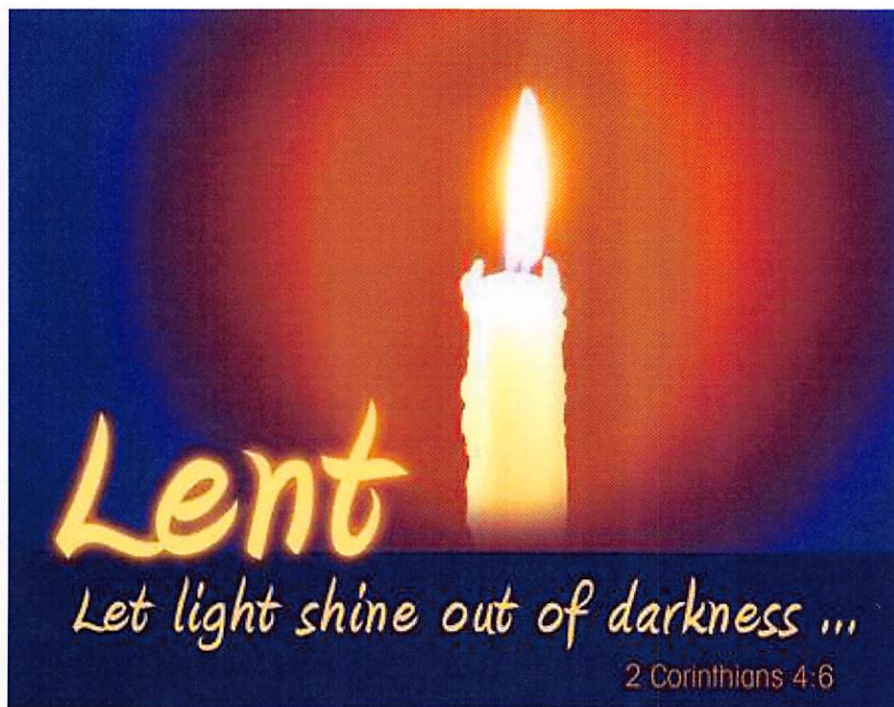
Fasts train our bodies which can be prone to self-indulgence. By fasting we use the gift of self-control. By controlling our wants we concentrate on the most basic of needs. As hard as not eating chocolate, drinking alcohol etc. is, fasting is nothing compared to the suffering of so many in the world.

The bishops of England and Wales recognize that simple acts of witness, accompanied by sincere prayer, can be a powerful call to faith. Traditional Catholic devotions such as making the sign of the cross with care and reverence, praying the Angelus and saying a prayer before and after meals, are straightforward actions which both dedicate certain moments in our daily lives to God and demonstrate our love and trust in his goodness and providence. If these devotions have been lost from our homes we have much to gain from learning and living them again.

Every Friday is set aside as a special day of penitence, as it is the day of the suffering and death of the Lord. It is important that all of us are united in a common, identifiable act of Friday penance since the virtue of penitence is best acquired as part of a common resolve and witness. The law of the Church requires Catholics on Fridays to abstain from meat and unite this act to prayer. Those who cannot or choose not to eat meat as part of their normal diet should abstain from some other food of which they regularly partake. This decision came into effect on Friday 16th September 2011.

On a Friday our prayer is in thanksgiving for the gift of the mortal life that we have been given; a life which Christ willingly sacrificed on the cross for our sake. The act of abstinence itself can be offered consciously as prayer for life and as reparation for sins against life. It can also be put to the service of others if we make a sacrifice and give the financial savings made from our abstinence to charities which assist those who are poor or suffering. If we are unable to make that financial sacrifice, we can still perform a 'work of charity', an act of kindness and love to another person who is in need or suffering in some way.

Canon 1251 states that abstinence from eating meat or another food according to the prescriptions of the Conference of Bishops is to be observed on Fridays throughout the year unless they are solemnities. Abstinence and fast are to be observed on Ash Wednesday and on Good Friday.



Alms-giving

Giving to the poor 'is not charity but justice' (St. Augustine of Hippo). All things belong to God and he desires that the good things of the earth be shared. It is our Christian mission to share, to rejoice in giving and not count the cost as the community of Apostles and early Christians once did (Acts 2: 44-45). By being generous we are given the freedom to love and room is made in our hearts for God's love, grace and peace.



Online Safety Newsletter February 2023

How old is your child online?

Has your child (or you on their behalf) signed up to access social media/or a game online but have said that they are older than they are so they can have an account? For example, did your 8 year old join TikTok and put their age as 13 or did you create their account and put your own age? If so, please read some of the implications outlined below that you should think about.

If TikTok thinks your child is 13 when they join but they are in fact 8, then by the time your child reaches 13, the app will think they are 18. This puts your child at risk of viewing content that is not age appropriate and may mean your child will view adverts aimed at adults.

In addition, now the app thinks your child is an adult, they will have access to all functionalities (whereas some apps place restrictions on access to under 18s for example to direct messaging).

The following news article from Ofcom explains this in further detail as well as providing tips to help keep your child safe online:
<https://www.ofcom.org.uk/news-centre/2022/risks-of-children-using-false-ages-on-social-media>

Age ratings

Parent Zone provide some advice on age ratings and why they matter in this blog:
<https://parentzone.org.uk/article/age-ratings>

PUBG (PlayerUnknown's Battlegrounds)

PUBG is available on multiple platforms and is **rated 16+ by PEGI**, therefore it is not suitable for persons below 16 years of age. PEGI state that this game has been rated PEGI 16 "due to frequent, moderate violence towards human characters and encouragement of drug use" (<https://pegi.info/>).



PUBG is an online multiplayer game, in which a group of players play against each other until they are the only remaining player. One hundred players are dropped on to an island and they need to search for items, such as backpacks, body armour and guns.

What do I need to be aware of?

Parents need to be aware that this can be an addictive game, in game purchases are available and due to the live chat, inappropriate or offensive language may be heard/seen.

If your child is playing this game, then make sure they know how to use the reporting and blocking facilities within the game and they know to speak to a trusted adult should they need to.

Further information

Bark provides further information on PUBG as well as how to apply settings:
<https://www.bark.us/guides/gaming-pubg/>

HiPal – Walkie Talkie



HiPal – Walkie Talkie is a social media app and rated 12+ on the App store and for 'Teens' on Google Play.

When first accessing HiPal, it asks you if you are under or over 12 years of age. The area available to under 12 year olds states that no stranger interaction can take place. Users with this account type invite friends by sharing a code/QR code. As with all messaging apps, there can be instances of cyberbullying, so it is important to monitor who your child is interacting with.

If a user selects that they are over 12 years of age, then there is the risk of communication from strangers. HiPal features a public square where you can message strangers as well as an explore tab where you can view people's images and videos from around the world. There is a risk of viewing content that is not suitable or inappropriate. There are reporting and blocking features within the app. You can find out more from Safer Schools NI here:
<https://saferschoolsni.co.uk/hipal-walkie-talkie-and-wizz-social-apps/>

Fall Guys

Fall Guys is a free, online multiplayer game in which players team up to take on obstacle courses and puzzles to try and be the last player standing. Fall Guys is available on multiple platforms.

Whilst this game has a PEGI rating of 3 (suitable for all ages), you need to be aware that up to sixty people will be playing in one game at the same time and it does have the option of **voice chat** and **in-game purchases**. Voice chat is off by default and is not needed to play the game. An Epic Games account is required to play Fall Guys, which does include parental controls. You can find out more here:
<https://www.epicgames.com/site/en-US/parental-controls>

Instagram: new features

You must be at least 13 years old to have an Instagram account.

Instagram have introduced several new features, including 'Quiet mode,' how to hide content as well as additional tools to help your child.

Quiet mode

This gives users the ability to put their account in quiet mode, so you do not receive notifications and if you receive a DM, the sender receives an auto reply. This mode will help provide less distraction whilst studying and at nighttime.

Recommendations

You can now hide content in Explore that you do not wish to see/are not interested in. Instagram will use this information to avoid showing you that type of content in other areas where content is recommended as well.

Hidden words

You can already hide comments and DMs containing specific words, but this feature has now been expanded to recommended posts. If you add a word, emoji or hashtag that you want to avoid to your hidden words (in privacy settings) then Instagram will try to no longer recommend content with those words in the caption/ hashtag.

Updated Parental Supervision Tools

You can see your child's Instagram settings (if you have set up a supervised account), including their privacy and account settings and accounts your child has blocked. If your child updates a setting, then you will receive a notification to inform you.

Find out more

You can read more about the new features here:
<https://about.fb.com/news/2023/01/instagram-quiet-mode-manage-your-time-and-focus/>



Sky Broadband Shield

Do you have Sky Broadband? Sky offer a set of free tools to all customers to help make the internet a safer place for your family, for example safe search. You can find out more about the settings available and how to set it up here:

<https://www.sky.com/help/articles/sky-broadband-shield-start>

Spotify

There have been news reports claiming grooming has taken place on Spotify (source: <https://www.bbc.co.uk/news/uk-england-manchester-64262918>).

Spotify is a music streaming service. You should be over 18 years of age to agree to the terms, or if older than 13, obtain parent/guardian consent.

There is a Spotify Kids version, but it is only available as part of a Premium (paid for) Family plan.

Spotify have produced this Parental Guide to assist you with further information but if your child does use Spotify then it may be beneficial to have a chat about what they are viewing.
https://www.spotify.com/privacy/files/Parental_Guide.pdf

You can find out more about Grooming and who to contact here:
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/>

Is your child playing Gacha Life?

Gacha Life is rated as 9+ on the App Store and for 'Everyone' on the Google Play Store. Players can dress up characters and add props (including weapons) and create scenes with their characters as well as play games. The app does allow in-app purchases ranging from £1.70 to £17.99 and does include adverts. This article from Internet Matters provides further information and discusses in detail what you need to be aware of:
<https://www.internetmatters.org/hub/esafety-news/what-is-gacha-life-what-parents-need-to-know/>

Established by the UK Safer Internet Centre (UKSIC), Safer Internet Day is celebrated around the world. This year, on Tuesday 7th February 2023, it will be celebrated with the theme:

‘Want to talk about it? Making space for conversations about life online’

Safer Internet Day provides us with a great opportunity to have a conversation with our children about their online lives as well as provide us with an opportunity to brush up on our own knowledge of all things online with lots of resources and online activities available.

How can I get involved?

The UK Safer Internet Centre (UKSIC) Resources

As usual, the UKSIC have created some fantastic resources, which includes top tips, quizzes, how to talk about difficult topics and what to do if something goes wrong. Find out more here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers>

Ask the Experts from Internet Matters

On Safer Internet Day, Internet Matters will be hosting a Q&A session on Instagram and Facebook. You can send them your questions and then an expert will answer them throughout the day. You can find out more here:

<https://www.internetmatters.org/safer-internet-day/>

Let's Chat

The NSPCC provide fantastic advice on how to start conversations about Online Safety with your child, including how to tackle difficult conversations. You can find out more here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Join an online safety webinar

For Safer Internet Day 2023, Webwise will be hosting two online safety webinars in February – supporting young children online and supporting teens online.

<https://www.webwise.ie/trending/talklistenlearn-parent-events/>

UKSIC join LFC

Learn about what happened when UKSIC joined up with Liverpool FC. You can also watch a video stream at 10am on SID.

<https://saferinternet.org.uk/blog/uksic-join-liverpool-fc-in-preparation-for-safer-internet-day>

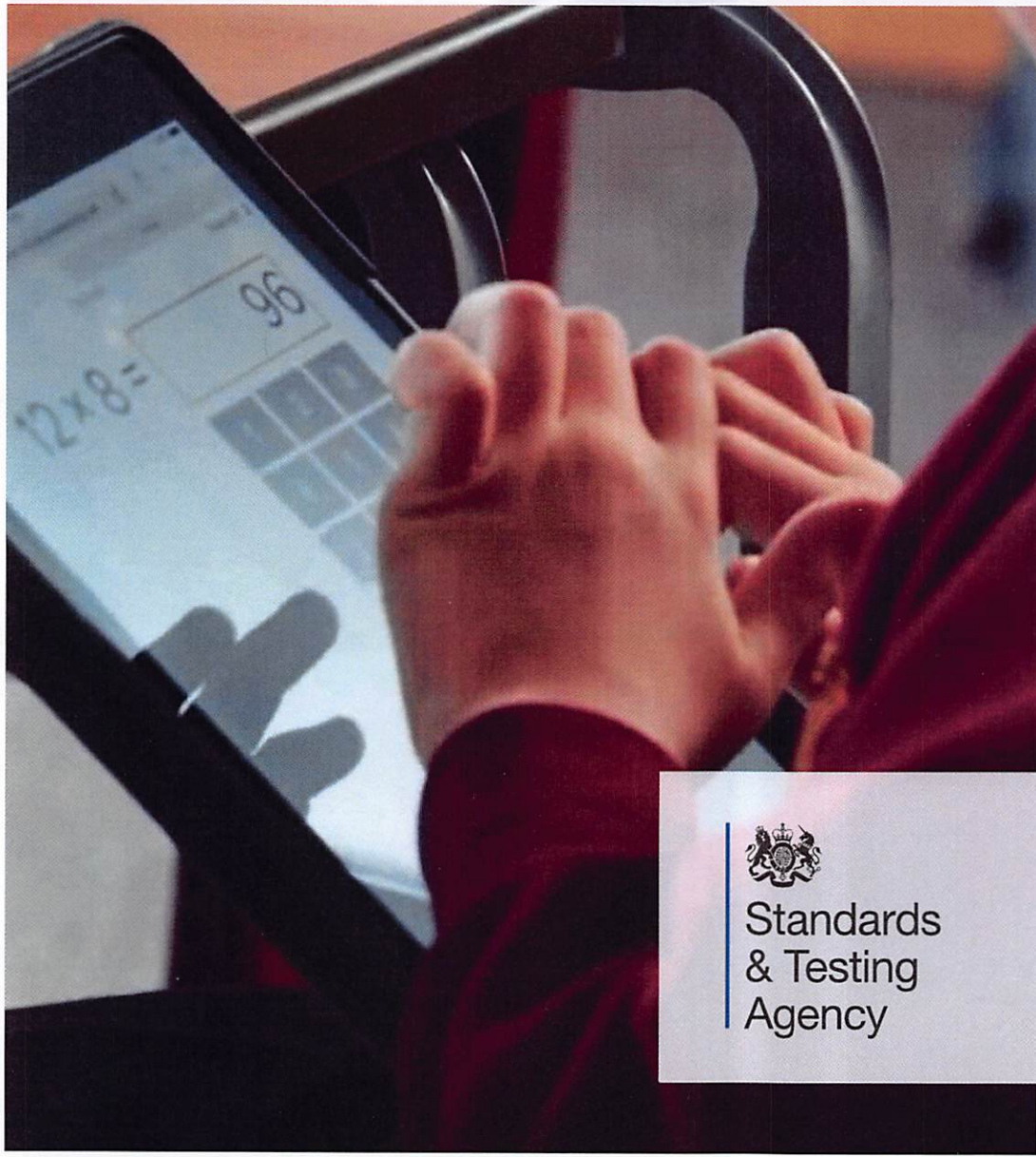
Create a Family Agreement

LGFL have created a Digital Family agreement to help you set ground rules such as how much time your child can spend on devices. Find out more here:

<https://parentsafe.lgfl.net/digital-family-agreement>

Information for parents:

2023 multiplication tables check



Standards
& Testing
Agency

Multiplication tables check

Do you have a child in year 4 at primary school?

If so, your child will be participating in the multiplication tables check in June.

The purpose of the check is to determine whether your child can fluently recall their times tables up to 12, which is essential for future success in mathematics. It will also help your child's school to identify if your child may need additional support.

What is the multiplication tables check?

It is an on-screen check consisting of 25 times table questions. Your child will be able to answer 3 practice questions before taking the actual check. They will then have 6 seconds to answer each question. On average, the check should take no longer than 5 minutes to complete.

What if my child cannot access the check?

There are several access arrangements available for the check, which can be used to support pupils with specific needs. Your child's teacher will ensure that the access arrangements are appropriate for your child before they take the check in June.

The check has been designed so that it is inclusive and accessible to as many children as possible, including those with special educational needs or disability (SEND) or English as an additional language (EAL). However, there may be some circumstances in which it will not be appropriate for a pupil to take the check, even when using suitable access arrangements. If you have any concerns about your child accessing the check, you should discuss this with your child's headteacher.

Do I need to do anything to prepare my child for the check?

No, you do not need to do anything additional to prepare your child for the check. As part of usual practice, teachers may ask you to practise times tables with your child.

Schools will have unlimited access to a 'try it out' area from April. They can use this to make sure pupils have the necessary support required to access the check. This includes opportunities for pupils to familiarise themselves with the check application and try out any access arrangements that may be required.

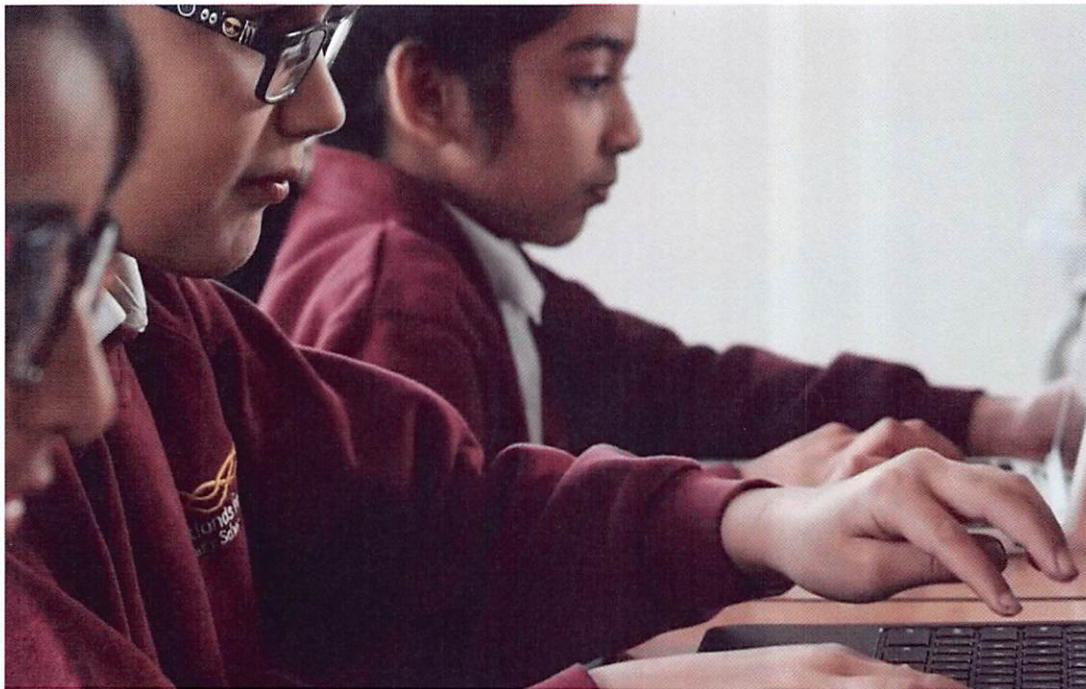
How will the results be used?

Schools will have access to all their pupils' results, allowing those pupils who need additional support to be identified.

Will I receive feedback on my child's check?

Yes. Your child's teacher will share your child's score with you, as they would with all national curriculum assessments. There is no pass mark for the check.





Further information

Your child's teacher will be able to answer any questions about the multiplication tables check.

For further details you can also visit www.gov.uk/STA.

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Information for parents: 2023 multiplication tables check

Electronic version product code: STA/22/8666/e ISBN: 978-1-78957-859-1

OGI

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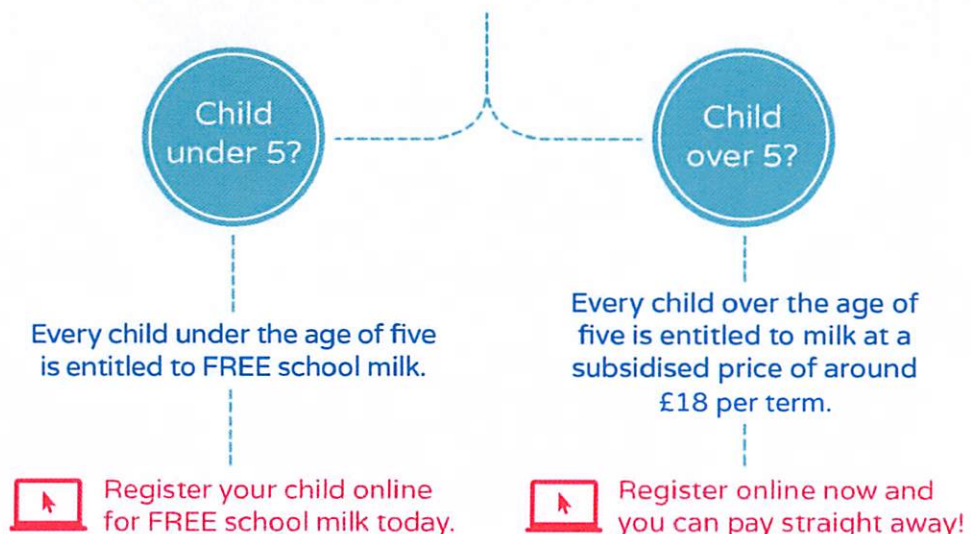
FREE and subsidised school milk

Register your child today!



Cool Milk
www.coolmilk.com

Is your child entitled to FREE milk?



Register your child for school milk today.

Sign them up in a few clicks...



Go online and quickly register your child for school milk at www.coolmilk.com



Need help? Contact our Customer Service team on **0800 321 3248** or via email at registrations@coolmilk.com

The UK government continues to support school milk. Milk for under-5s is fully funded by DHSC via the Nursery Milk Scheme. Milk for over-5s is subsidised by Defra via the School Milk Scheme.

Company registration no. 3603430 England

Cool Milk
www.coolmilk.com

Food Support in Enfield

Food Pantries

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

Enfield Town Pantry

Enfield Town Library
66 Church Street
Enfield
EN2 6AX

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

Ordnance Road Pantry

Ordnance Road Methodist Church
100 Ordnance Road
Enfield
EN3 6BW

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

Fore Street Pantry

Edmonton Methodist Church
Fore Street
Edmonton
N9 0PN

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

Edmonton Green Pantry

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

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

Bounces Road Pantry

229 Bounces Road
Edmonton
N9 8LN

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

Food Co-ops

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

Other Support with Food

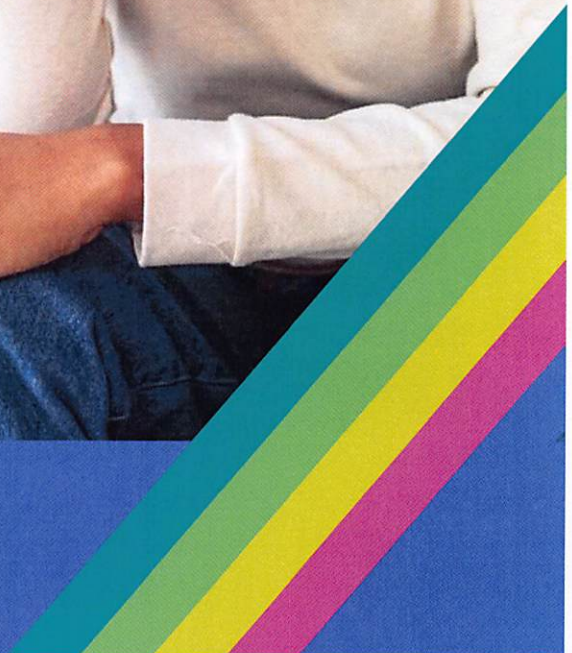
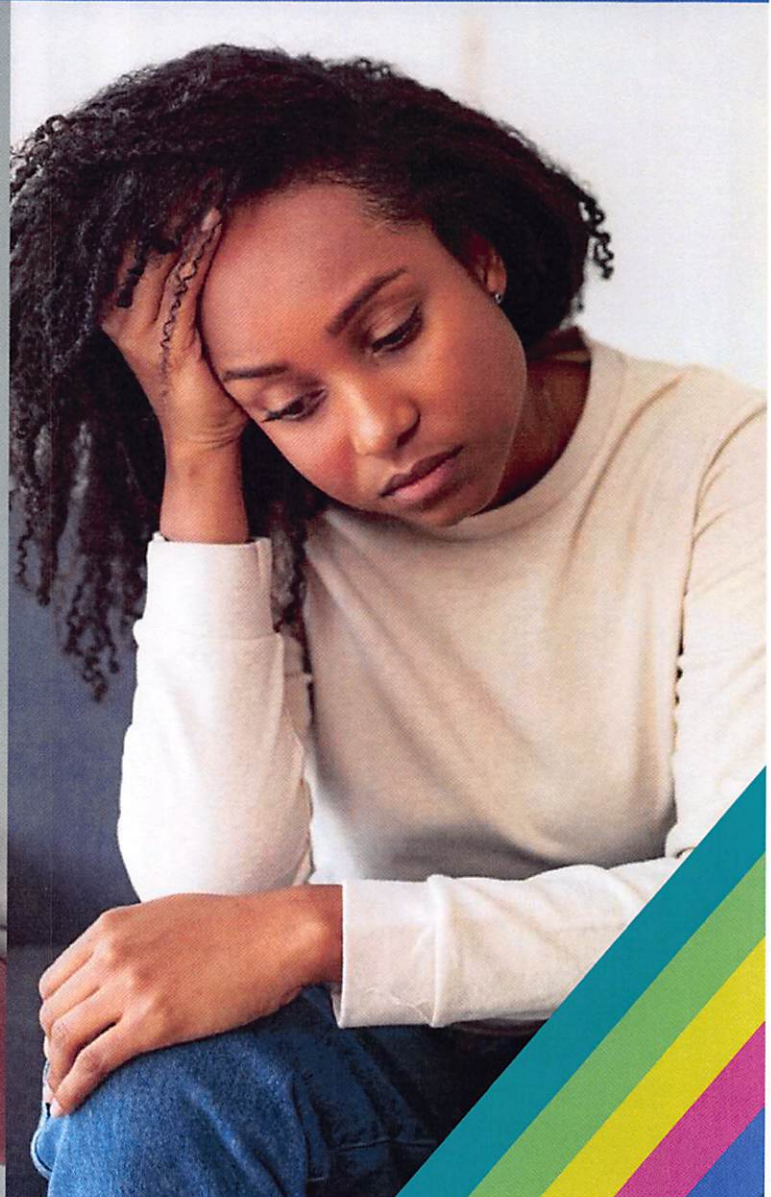
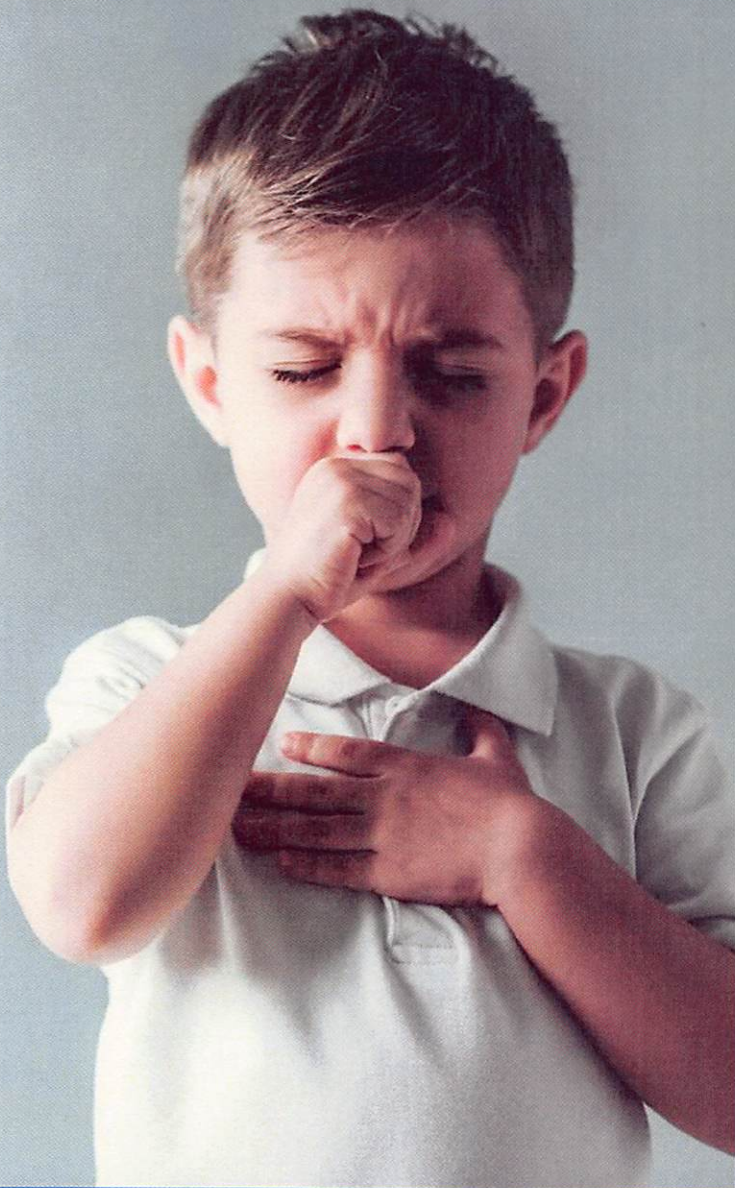
For other support with food and to find out more about the local support available to help with rising living costs, please visit: www.enfield.gov.uk/helpingyou



North Central London
Integrated Care System



Health advice for parents and carers





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

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

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

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

Dr Oliver Anglin,

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

When should you worry?



RED

If your child has any of the following:

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

You need urgent help.

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



AMBER

If your child has any of the following:

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

You need to contact a doctor or nurse today.

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

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



GREEN

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

Self care

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

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

Bronchiolitis in babies



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

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



Symptoms of bronchiolitis

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

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



Treating bronchiolitis

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

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

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



When to get medical help

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

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



Dial 999 for an ambulance if:

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



Preventing bronchiolitis

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

You should:

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

Mental health support for children, young people and their families

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

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

Where to get urgent help



24/7 mental health crisis support line

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



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

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



Accident and Emergency Department (A&E)

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



NHS 111

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

Mental health support for children, young people and their families

Other support including websites for children and young people

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

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

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

www.kooth.com

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

www.giveusashout.org

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

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

www.papyrus-uk.org

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

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

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

www.childline.org.uk

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

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

www.themix.org.uk

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

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

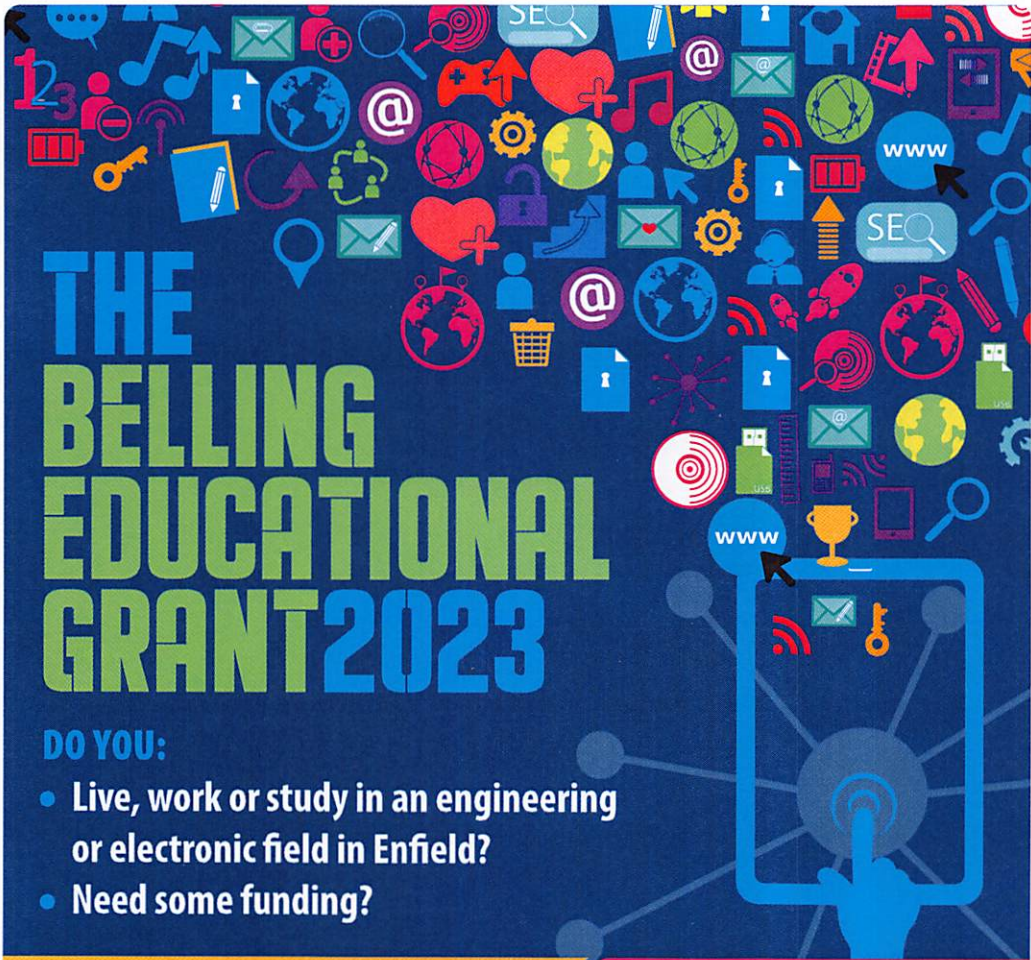
www.nhs.uk/oneyou/every-mind-matters/youth-mental-health

Published by NHS North Central London Integrated Care Board

Email: nclicb.communications@nhs.net

Phone: 020 3198 9743

Website: www.nclhealthandcare.org.uk



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BETWEEN £500-£2,000!**

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TIMETABLE:

- 1) Applications open 1 November 2022
- 2) Deadline to apply 28 February 2023
- 3) Decisions made by 31 March 2023

For further information or to download the application form, please
visit mylife.enfield.gov.uk/directory/providerdetails/218085
or email bellinged@enfield.gov.uk

