

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

MARCH 2023

Spring is here and it's only just under five weeks to the end of this school term. So many people have worked extremely hard to make this term a success: parents, teachers and support staff and of course the children. All will soon be ready to rest and enjoy the Easter break.



Lent

We are in the season of Lent, a wonderful time of renewal. As you know Lent began 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.

Spring Performance



The children in Year 3 are to be congratulated for their wonderful performance of 'The Not So Creepy Crawlies' last half-term. All worked hard and co-operated so well to prepare. The singing, dancing and speaking were of such a high quality. We could see from the faces of all in the audience how much parents and friends of the school enjoyed the performances. Thank you very much children for your hard work. Also a sincere thank you to the teachers, teaching assistants and volunteers who spent many hours of their own time planning and preparing and then guiding the children through. Thank you to the parents who helped with practices, scenery and costumes. £94.90 was earned in voluntary contributions for tickets.

Wednesday Word

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

Every Wednesday, a 'word' (inspired by the Sunday Gospel) is 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. The Wednesday Word is currently available online:

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

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.



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.



Pupil Progress

You should have had a call home from the teacher / meeting in school with the teacher during the Open Evening to update you on your child's progress before half-term.

Any parent who wishes to meet in person with the teacher at any stage during this term is welcome to do so. Just contact the school office to arrange a time.



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 finalised.

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 and sign your child in as the classroom registers will already have been taken.

Tissues

We are no longer able to provide tissues for classrooms. Donations of boxes of tissues would be gratefully received. There are still lots of runny noses!



School Uniform

A very small number of children are still wearing the wrong trousers (not grey tailored) and hair colours which is a pity as our uniform is part of our identity as a school.

Please remember trainers (except for use in PE lessons - children change into their plimsolls or trainers before the lesson) or jewellery (except any noted on the uniform list) are not permitted.

Thank you to the majority of our parents who show their support for the school by ensuring their children are always in the correct uniform.

Please continue to remember!

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

Please be very clear about who is picking up your child at the end of the day. If your child is on occasions picked up by the after school club, try to sort these arrangements out in advance so that your child is not confused or anxious at the end of the day.

Please try hard to pick your child up on time at the end of the day (The infants finish their lessons at 3pm and the

juniors at 3.15pm. Children will normally leave the classroom just after their lessons finish.).

Online Safety

There is a Childline resource available on YouTube to share with older children to empower them to take action. It lets them know it is ok to ask for help if a nude image of them stops being something they are in control of.

<https://youtu.be/zhKwpdv6vQQ>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>



Nude image of you online?
We can help take it down.

The figures from the IWF (Internet Watch Foundation) are not easy to read and digest but the latest figures are showing how prevalent self-generated child sex abuse images have become. The more we know, the better we can support children to build up their digital literacy.

<https://www.iwf.org.uk/>

If you have read the statistics

and feel a little bit unsure, uneasy and in need of a little information - please listen to ECP consultants Katrina Curtis and Heather McDaid talk about self-generated imagery in an easy to access podcast.

[Podcasts for Child Protection Courses - Specialist Training Company - ECP Limited](#)

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/>

Sacrament of Reconciliation

[Sacrament of Reconciliation Explained - YouTube](#)

This video explains this Sacrament through drawings and Scripture in a straight-forward and detailed way which can be used with children from KS2. It also explains how this sacrament

was passed down from Christ to his Apostles and then to priests.

Volunteers

A sincere thank you to any parents who have volunteered to help in classes this term. We really value the time and support you give to children and staff.

Remember if you have time to spare that we always need volunteers. All who work in classes must be police checked.

We do ask volunteers not to use the staffroom but arrangements are made to provide tea /coffee/ water for any volunteers who work across breaks.

Spring Term Reminder!

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

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

Early Closing

Friday 31st March is the last day of the school term and the school will be closing at **12.45pm for EYFS and Key Stage 1 pupils and for Key Stage 2 pupils at 1pm.** We would be very grateful if you could ensure that your children are collected promptly on that day. This is also an OWN CLOTHES DAY.

Please note that there will be no afternoon Nursery session on Friday 31st March.

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

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

School Meals

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



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

As you know our kitchen has been completely refurbished. School meals cost £2.50 per day / £12.50 per week (from September 2016).



Please pay *in advance* (at least a week in advance) online using the Parent Pay system or ask the Office staff for a Pay Point card.

Remember that if your child has school meals (and is not entitled to free meals) and you don't pay for them the school has to find the money to pay your debt.

Always pay for your child's meals.

Your child may be entitled to free meals. To qualify for free school meals parents or guardians must be in receipt of:

- Income support
- Income based job seekers allowance
- Asylum seekers subsistence payment (support under part VI of the Immigration and Asylum Act 1999)
- Child tax credit (but not working tax credit) only and have an annual income of less than £16,190

Please contact the school office if you feel your child qualifies for free meals.

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.

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.



Recycling!

If you have any used printer cartridges please send them in for recycling.

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



Thinking Skills

Remember to ask your child which thinking hats they have been using in lessons. Also check to see if they are aware of the current Habit of Mind focus. Some of the children are also using the Thinking Maps - ask your child to see if he / she is aware of the maps.



Future Dates

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.

3rd March - World Book Day celebration

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

Red Nose Day - wear a red or green item.

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.

Holidays and Absences

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

Any requests for time off must be put in writing to the Headteacher and only very special circumstances will be considered.

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

We are required to ask for a written note to explain any absence from school and to report all absences to the local authority.

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

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

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

	15 per cent	10 per cent
Half-term 1	10 or more sessions	7 or more sessions
Half term 1-2 (autumn term)	22 or more sessions	14 or more sessions
Half term 1-3	30 or more sessions	20 or more sessions
Half-term 1-4 (autumn term and spring term combined)	38 or more sessions	25 or more sessions
Half term 1-5	46 or more sessions	31 or more sessions
Half term 1-6 (full academic year)	56 or more sessions	38 or more sessions

at the end of the first half of the spring term 2023.

Hopefully we are over the worst of the surge of viruses now and of course all of the usual bugs that are hanging around.

The class with the highest attendance at the end of the first half term was Year 4, St. Peter (95.6%) followed by Year 5, St. Anthony (94.69%), Year 4, St. Paul (94.27%), Year 2, Fatima (94.23%) and Year 3, St. Cecilia (93.99%).

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



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

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

Please remember that your child's absence from school affects our total absence figures. It was (an extremely and unusually high for us) 7.21% at the end of the autumn term 2022 and was (still very high for us) 6.65%

These are the prayers we say each day with the children. You might like to say these prayers with your child during the holidays. It's good practice to have a little quiet prayer time each day. I know many of you already encourage your child to pray at home.

Morning Offering

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

Night Prayer

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

Grace Before Meals

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

Grace After Meals

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

Our School Prayer

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

Every day.

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

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

Best Wishes

Thank you for your continued
support for our school. It is
greatly appreciated by all
members of our school
community and I know
contributes greatly to the
happy atmosphere we are so
fortunate to have in our
school.

Miss M. Creed
Headteacher

ADMISSIONS FOR ACADEMIC YEAR 2023/2024

**We need your help to remind
friends, neighbours, relatives
to apply for places in our
Nursery and Reception
classes for their children for
September 2023!**

It is not too late to apply!



Hospice Collection

Thank you for all donations
made. We gave £192.82 to
Father John to add to the
parish collection which he is
sending off this month.

NSPCC: Promoting mental
health and wellbeing:

[Promoting mental health and
wellbeing | NSPCC Learning](#)

NHS UK: Every Mind Matters:

[Children's mental health -
Every Mind Matters - NHS](#)
(www.nhs.uk)

Dealing with Body-Confidence for Young People - ChildLine

The world is now more
superficial than ever before -
tiktok, Instagram, snapchat
and others have standardized,
what the world expects people
to look like. What the world
expects when someone is
termed 'beautiful'.

For young people, the standard
idea of beauty has always been
an immense pressure for those
transitioning between being a
child and being a young person.
Most of this transition occurs
during secondary schools, and
this puts an immense pressure

on pupils to conform with these ideas in order to be popular, or to fit within a group of friends.

With an increasingly image based society low confidence among teenagers has become a far greater issue. Bullying and stigmatization against those who don't fit or don't think they fit within these standardized visions of how you should look, has an immensely negative effect on young people's mental health. And that can have a negative effect on educational performance and attendance. To help young people with this, ChildLine has created a page over on their site with advice on these issues. If you're interested please follow the link below:

<https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/>

Worried Children - How Can We Help?

Growing up is no easy task. We can all remember times when we were children, or maybe a little older when everything seemed too much. Whether it's the demands of the curriculum provoking all too familiar thoughts of 'I don't get it', oncoming exam stress and the accompanying 'I might ruin my future' or the unrelenting mounting responsibilities of growing up, children and young

people live with lots on their minds. And these worries can impair their performance at school, their ability to socialize properly or their relationship with educational professionals.

In these circumstances it is important to know how to help them out of their blue times, so that they can get the most out of education. Fortunately Save the Children published expert led guidance aimed at aiding educational professionals and parents, in their endeavours to understand and uplift their children when they're down. If you would like to find out more please follow the link below:

<https://www.savethechildren.org.uk/blogs/2023/what-to-do-if-a-child-is-worried>

London Zoo visits -- ZSL are offering discounted visits for families on low or reduced incomes. The link provided has the information required. <https://www.zsl.org/zsl-london-zoo/visitor-information/community-access-scheme>

A Lenten Challenge

Fasting

Fast from hurtful words and speak kind words.
Fast from sadness and be filled with gratitude.
Fast from anger and be filled with patience.
Fast from pessimism and be filled with hope.
Fast from worries and have trust in God.
Fast from complaints and contemplate simplicity.
Fast from pressures and be prayerful.
Fast from bitterness and fill your heart with joy.
Fast from selfishness and be compassionate.
Fast from grudges and be reconciled.
Fast from words and be silent so you can listen.

Pope Francis (Ash Wednesday 2017)

Prayer for Lent

During this season of Lent
Let us admit that we are sinners,
Express our sorrow
And ask God to forgive us.
Lord, we ask your forgiveness for all our sins.
Christ, we turn our hearts towards you.
Lord, we ask your blessing on us during Lent. Amen

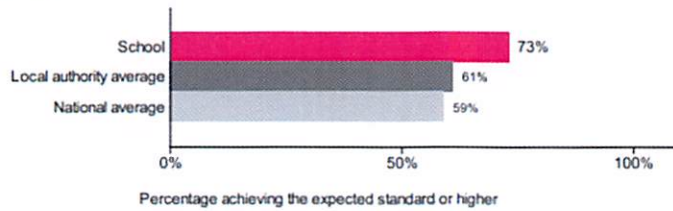


End of Year 6 SATs 2022

Reading, writing and maths combined

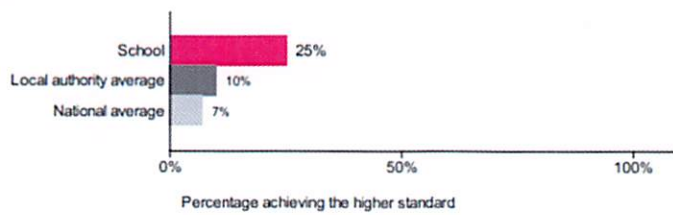
Percentage of pupils achieving the expected standard or higher

Number of pupils = 56



Percentage of pupils achieving the higher standard

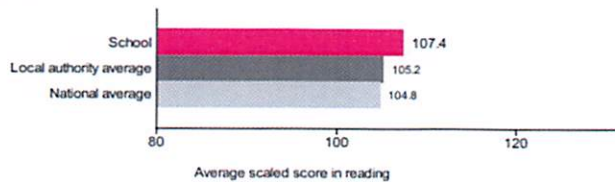
Number of pupils = 56



Average scaled score in:

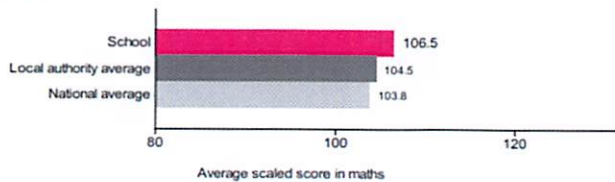
Reading

Number of pupils = 56



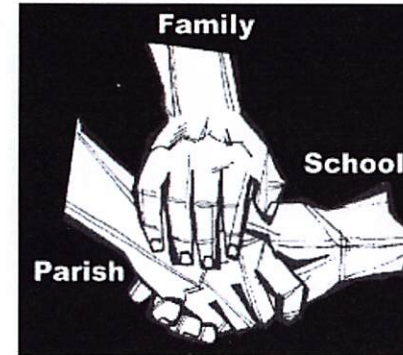
Maths

Number of pupils = 56





St. Mary's Catholic Primary School – Religious
Education Newsletter Spring (second half-term)
2023 – Nursery and Reception



Topic Theme: From Lent to Easter (Year A)

This unit is intended as the second for the Spring Term in the academic year 2022/2023. Continuing the Liturgical year, Year A, this framework explores the season of Lent, which begins on Ash Wednesday, 22nd February before moving to Matthews' account of the Passion of Jesus. The framework concludes with study of the special actions of Palm Sunday, Holy Thursday and Good Friday liturgies. In 2023, Palm Sunday falls on April 2nd, Holy Thursday on April 6th and Good Friday on April 7th.

Learning opportunities include:

- Coming to know that God loves each one always and at all times
- Coming to know Jesus is God the Father's Son
- Hearing the story of ... Easter
- Experiencing and becoming familiar with the sign of the cross
- Experiencing that a church is a special place where God's People gather to pray
- Experiencing and recognising prayer is talking and listening to God

Monitoring opportunities:

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

- Experiencing praying with others as a celebration
- Joining in simple prayers and hymns
- Exploring ways in which a Christian family and parish share and celebrate life, and show care for one another

Affective and Spiritual Dispositions

It is hoped that pupils will develop:

- An openness to the story of the Passion of Jesus
- An appreciation of the liturgy (especially of Lent and Holy Week) in deepening a relationship with God
- Reflectiveness in prayer and a sense of prayerfulness.
- An openness to God's love.

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much higher if you and the school are engaged in talking about the same ideas and beliefs. Help your child by trying one or more of these activities while this unit is being taught:

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

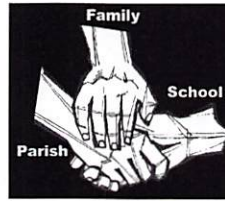
An idea for prayer at home



Prayer Activity

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

*St. Mary's Catholic
Primary Religious
Education Newsletter Spring
2023 (second half-term) -
Years 1-6*



Religious Education

Key Idea: From Lent to Easter

This unit is intended as the second for the Spring Term in the academic year 2022/2023. The season of Easter celebrates the most basic belief of our Christian faith: the resurrection of Jesus. Although Easter Sunday is not taught in this framework, the season and events that lead to it are presented to pupils.

Unit Content

This framework explores the **Season of Lent** and the events of Palm Sunday, Holy Week and Good Friday, as we find them in both Scripture and the liturgy of the Church. Scripture passages are all taken from the Gospel of Matthew.

Attitudes and Spiritual Dispositions

It is hoped that this framework helps pupils develop:

- An openness to the story of the Passion of Jesus
- An appreciation of the liturgy (especially of the major actions of Palm Sunday, Holy Thursday and Good Friday) in deepening a relationship with God
- Reflectiveness in prayer

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much higher if you and the school are engaged in talking about the same ideas and beliefs. Help your child by trying one or more of these activities while this unit is being taught:

- Lent begins on February 22nd. Talk with your children about the ways in which your family lives the Lenten practices of giving alms (giving to charity especially), prayer and fasting.
- Give alms: collect for a charity – food, clothing or money.
- Pray: In the last framework pupils learned the Our Father. Pray prayers of thanks recognising that we have what we need: food, safety, people who love us.
- Fast: Make an area of 'fasting' your goal: 'fast' on criticism, intolerance, greed and gossip this Lent. Remember the Bishops requirement for fasting and abstinence for those between 18 and 60.

Loving God,

As we begin this season of Lent, help us to be thoughtful about how we are living. Make our actions more reflective of you and your love for us so that we might come closer to you and ready to celebrate your resurrection at Easter.



We ask this through Jesus Christ our friend and companion. Amen.



Online Safety Newsletter

March 2023

Hollie Guard App

This app allows you to keep an eye on your child while they are traveling using the Journey feature. Whenever they use this feature, their emergency contacts are informed when they have arrived at their destination.

With the free version, users can also use this app to get help quickly if they are in danger. If a user is in danger, they hold down the button for 5 seconds to raise an alert, which activates Hollie Guard and automatically sends their location to their designated contacts. Visit their website for further information:

<https://hollieguard.com/>

Emergency SOS calls

You can set up emergency SOS calls on your iPhone/Android, so it calls the emergency services even when your phone is locked. Here's how to set it up:

iPhone

At the same time, press and hold the side button and either volume button until the sliders appear. Once the countdown on Emergency SOS ends, release the buttons. You can also enable iPhone to start Emergency SOS when you press the side button five times.

Android

Press the power button five times or more. A five-second countdown begins before emergency services are called.

TikTok

You must be over 13 years of age to use TikTok. Some of the videos on TikTok may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure the appropriate security/privacy settings are on.



Account set up

By default, accounts for people under 16 are set to private at the start and we would recommend keeping it as this. This means your child can approve follower requests. You can read more about the other settings available (such as switching off comments and switching on restricted mode) here:

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings>

Inappropriate content, themes and challenges on TikTok



Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. We often see viral challenges on TikTok, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing and to ensure they know not to try challenges they see online.

Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode (limit the appearance of content that may not be appropriate) and screen time management. You can find out more here: <https://www.tiktok.com/safety/en/guardians-guide/>

Blocking and Reporting

Ensure your child knows how to use the safety features available to them. You can find out more here: <https://support.tiktok.com/en/safety-hc/report-a-problem>

Bullying on TikTok

This article makes suggestions on appropriate settings as well as how to deal with bullying: <https://www.tiktok.com/safety/en-sg/bullying-prevention/>

Tech Tips Live with Parent Zone

You can watch back this 13-minute broadcast from Parent Zone (originally broadcast Jan 2023) which discusses what you need to know if your child is using TikTok. It's an excellent overview including how algorithms work on social media. You can access it here: <https://parentzone.org.uk/tech-tips-live>

About Roblox

PEGI rate Roblox with a Parental Guidance label (icon shown right), this is because of the huge level of user generated content within Roblox. It is rated for 'Teens' on Google Play and 12+ on the App store.



You can either use Roblox to create games or play games that other users have created. **As a lot of the content is user generated, it may mean not all games will be suitable for your child to view/play. It is important to set up Parental controls appropriate to your child.**

What our jump scares?

Jump scares are often used in horror games on Roblox with the intention of scaring and frightening players, this could be through loud noises, frightening images or sudden movements. Some players may find jump scares frightening.

What Parental Controls are available?

Settings include:

- restricting chat
- setting spending limits and spending notifications
- enabling age-based experiences. If you enable Allowed Experiences, your child will only be able to join experiences that match or are below the age recommendations set. Age categories available are 9+, 13+ and all ages.
- view what your child is doing on Roblox, including recently played experiences, private message history and their friends.

You can find out more about the different settings available here:

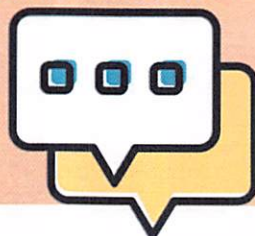
<https://en.help.roblox.com/hc/en-us/sections/4410604750996-Account-Settings>

Discussion Guides from Thorn

Thorn was co-founded by Ashton Kutcher and Demi Moore in 2012. It includes Thorn for Parents which contains a wide selection of discussion guides, designed to empower you to start conversations with your child. You can filter the guides by topic and age e.g., talk to your 9 year old about screen time or your 14 year old about the issue of resharing nudes. Each guide includes an introduction, how to start talking about the topic as well as an interactive conversation script based on your child's response.

You can find them here:

<https://parents.thorn.org/discussion-guides/>

**Nintendo Switch setup**

If your child has a Nintendo Switch, have you set up the parental controls yet? You can either set parental controls up on the console itself or if you have a phone (or other smart device), Nintendo have created a free app that you can download and link to your console. We would recommend this app as you are able to monitor what your child is playing from your phone.

The app allows you to adjust various settings, including:

- Limit play time
- Restrict communication with others
- Restrict allowed games by age

You can find out more here:

<https://www.nintendo.co.uk/Support/ Nintendo-Switch/How-to-Set-Up-or-Adjust-Nintendo-Switch-Parental-Controls-1494771.html>

Hanni and the Magic Window

Childnet have published a new book titled 'Hanni and the Magic Window'. Aimed at children aged 3-7, the story is about speaking out and getting help if something goes wrong online. It is a terrific book to read at home with your child. Download a copy here:

<https://www.childnet.com/blog/take-an-adventure-through-online-safety-with-our-new-book-hanni-and-the-magic-window/>











































Barclay's Code Playground

Help your child to develop their understanding of coding by taking part in the fun activities or video sessions on Barclay's Code Playground:

<https://barclayscodeplayground.co.uk/parents-homepage-bdl/>

Mission Together Lenten Calendar 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>You can download abridged Sunday Lent Gospels from MissionTogether.org.uk to use with this calendar.</p>	<p>21 FEB Shrove Tuesday Find out why we eat pancakes today.* </p>	<p>22 Ash Wednesday Discover why ashes are placed on our foreheads today.* </p>	<p>23 Find out why Lent lasts forty days.* </p>	<p>24 With your class, pray and reflect on the first two Stations of the Cross.+ </p>	<p>25 Tell a family member three things you have learnt about Lent. </p>	<p>26 Find a quiet place and ask God to help you to share and pray more this Lent. </p>
<p>27 The First Sunday of Lent Gospel was Matthew 4:1-11 What is it encouraging us to do this week?</p>	<p>28 In Lent we choose to give things up and put God and others first. What could you give up this week? </p>	<p>1 MARCH Today is the Feast of St David, Patron of Wales. Find out what 'Dydd Gwyl Dewi Sant Hapus' means. </p>	<p>2 Many years ago Lent was a name for Spring. Try to capture both, in our <i>Lent through a Lens</i> competition.* </p>	<p>3 With your class, pray and reflect on the 3rd and 4th Stations of the Cross.+ </p>	<p>4 Tell a family member about the Stations of the Cross and why we pray them in Lent. </p>	<p>5 Find a quiet place and share any worries you have with Jesus, our God and friend. </p>
<p>6 The Second Sunday of Lent Gospel was Matthew 17:1-9. What is it encouraging us to do this week?</p>	<p>7 In Lent we choose to listen to God and others more carefully. How can you listen well this week?*</p> 	<p>8 Find out what the word 'sacrifice' means. What could you sacrifice for someone today? </p>	<p>9 In Lent we try to change our ways for the better. What could you change today? </p>	<p>10 With your class, pray and reflect on the 5th and 6th Stations of the Cross.+ </p>	<p>11 Tell a family member why we pray more in Lent.* Then tell or teach them your favourite prayer. </p>	<p>12 Find a quiet place and pray the Our Father for all children in the world who are hungry. </p>
<p>13 The Third Sunday of Lent Gospel was John 4:5-42. What is it encouraging us to do this week?</p>	<p>14 In Lent we give to help others. What could you give that would help someone today? </p>	<p>15 Pray with your class; <i>May all children in the world, share love, share friendship, and live in the peace of God's love, now and forever. Amen.</i> </p>	<p>16 Tomorrow is the Feast of St Patrick, patron of Ireland. Find out why he used a leaf of clover. </p>	<p>17 With your class, pray and reflect on the 7th and 8th Stations of the Cross.+ </p>	<p>18 Lent is a special time to say sorry and forgive. As a family, pray for the strength to do both. </p>	<p>19 Mothering Sunday Find a quiet place and ask God to bless all mums and grandmas. </p>
<p>20 The Fourth Sunday of Lent Gospel was John 9:1-41. Today is also the Feast of St Joseph. What is he the patron of?*</p>	<p>21 Write a Lenten prayer. Include the words: <i>pray, share, forgive, change, listen, Jesus.</i> </p>	<p>22 Find out why we give more in Lent,* and think of how you can give some of your time to help others today. </p>	<p>23 Tomorrow is the Feast of St Oscar Romero. Find out why he was made a saint.* </p>	<p>24 With your class, pray & reflect on the 9th, 10th and 11th Stations of the Cross.+ </p>	<p>25 Today we honour the day that Jesus began to grow in Mary's womb. Ask Mary to pray for all mums-to-be. </p>	<p>26 Find a quiet place and thank God for all the beautiful things he has created. </p>
<p>27 The Fifth Sunday of Lent Gospel was John 11:1-45. What is it encouraging us to do this week?</p>	<p>28 We are drawing closer to Holy Week. Find out why it's the most important week of the year.* </p>	<p>29 Visit the <i>Mission Together virtual map</i>, choose a country and pray for the children there.* </p>	<p>30 Make someone smile today and share Jesus' kindness with those around you. </p>	<p>31 With your class, pray and reflect on the 12th, 13th and 14th Stations of the Cross.+ </p>	<p>1 APRIL Ask a family member to help you discover why palms will be given out at church tomorrow. </p>	<p>2 Palm Sunday Find a quiet place and thank God for sending Jesus to love and guide us. </p>
<p>3 The Palm Sunday Gospel was Matthew 21: 1-11. What is it encouraging us to do this week?</p>	<p>4 Today we remember how Judas made a bad decision. Ask God to help you make good choices this week. </p>	<p>5 Today Jesus planned his Last Supper with his friends. Thank God for your food and pray for children who are hungry. </p>	<p>6 Maundy Thursday Why do priests, including the Pope, wash the feet of others today? </p>	<p>7 Good Friday Sit quietly, be still, and thank Jesus for showing us how to love. </p>	<p>8 Holy Saturday Today we wait as Jesus lies in the tomb. Tomorrow we will celebrate as Jesus rises to new life. </p>	<p>9 Easter Sunday </p>

+Symbol refers to abridged scriptures, liturgical prayers, or Stations of the Cross. * Symbol refers to accompanying activities or Five Fact Saints Assemblies.

All additional resources available at MissionTogether.org.uk/Lenten Mission Together is the children's branch of Missio Registered charity number 1056651

Ash Wednesday and the Season of Lent

Ash Wednesday – Wednesday 22nd February 2023



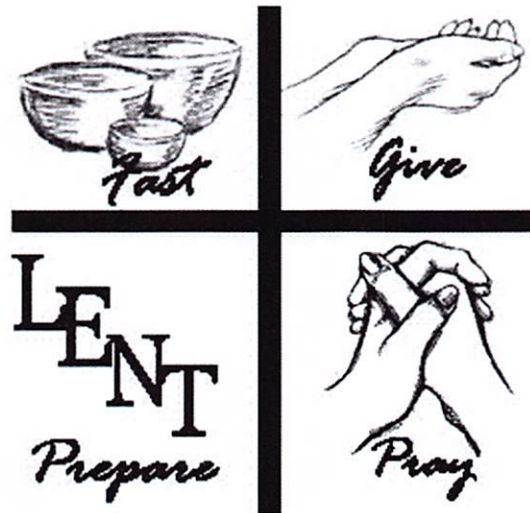
This year Ash Wednesday (first day of the season of Lent which is a preparation for the season of Easter) falls during term time. Ash Wednesday is a day of **fasting** and **abstinence**.

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

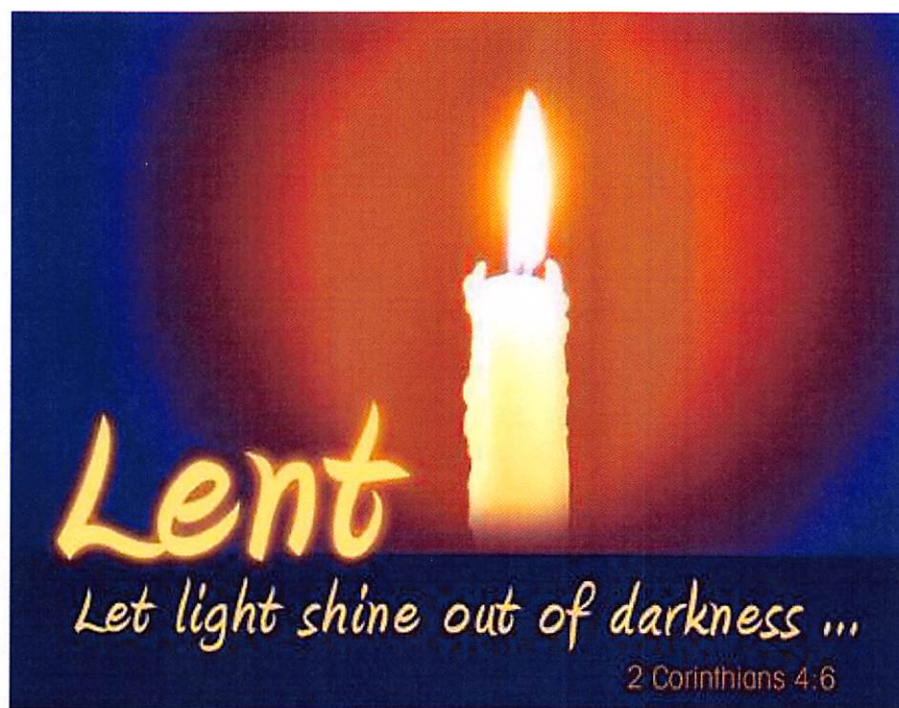
Fasts train our bodies which can be prone to self-indulgence. By fasting we use the gift of self-control. By controlling our wants we concentrate on the most basic of needs. As hard as not eating chocolate, drinking alcohol etc. is, fasting is nothing compared to the suffering of so many in the world.

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.

Summer Term Booking
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- Enhance memory
- Express ourselves
- Be creative

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just £7 per week



Closing date
19th March 2023

| <https://traded.enfield.gov.uk/musicstore>

**St Mary's Catholic Primary
School Street**

Please reply to: Journeys and Places

Email: journeysandplaces@enfield.gov.uk

Date: 09 February 2023

Dear resident / parent,

We are writing to update you on the St Mary's Catholic Primary School Street. School Streets create safer spaces around schools by reducing the number of motor vehicles near to the school gate. The decision to introduce this School Street was made following a period of statutory consultation held in May 2022.

Once live, Durants Road will be closed between Alexandra Road and Bursland Road from 8.15am and 9.15am and 2.30pm and 3.30pm from Monday to Friday during school term times. The School Street zone is shown on the map overleaf.

As outlined in our letter dated 25 May 2022, it was intended that this School Street would be operated manually with gates and marshals. The School Street has now been constructed to this design. Regrettably, it has not been possible to recruit the number of marshals required to operate the scheme safely.

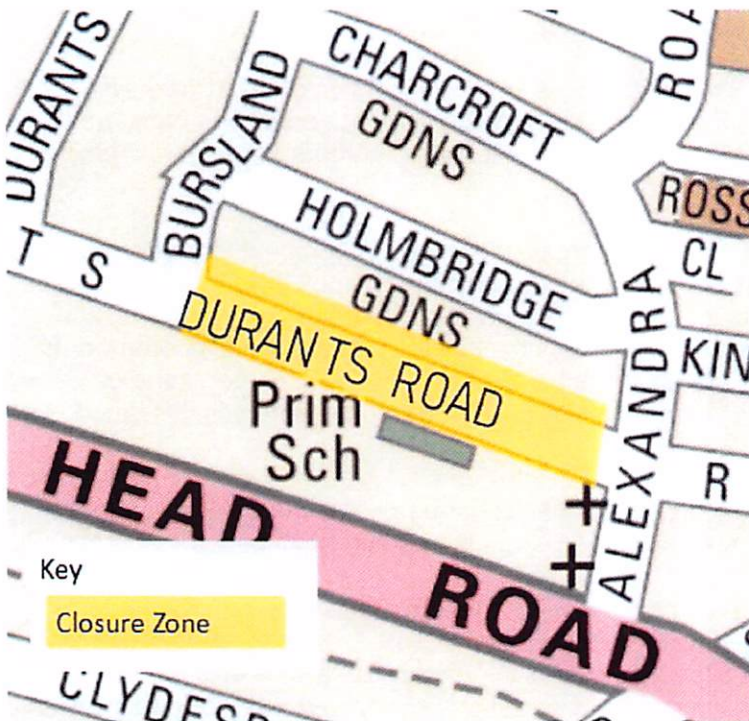
The Council and school remain committed to creating a safer environment for everyone by implementing the School Street at St Mary's Catholic Primary School. Given the challenges mentioned above, it has been decided to enforce the School Street using Automatic Number Plate Recognition (ANPR) cameras. It was always the intention that ANPR cameras would be used in the future. Please note that this is not a change to the traffic order, zone of operation or times of operation, but the method in which the Council enforces this timed closure.

Some more works will be required to install the ANPR cameras. We will write to you to inform you when these works will take place and when the cameras will become operational.

Some exemptions are available. Exempted vehicles are able to pass through the School Street zone at all times, including during the hours of operation. Exemptions are free and can now be applied for. The table overleaf includes information on who is eligible for an exemption and how to apply. Please note that exemptions are not automatically applied, and eligible residents and businesses should follow the process outlined in order to receive their exemption.

People eligible for an exemption to the School Street	How to apply
Residents who live within and businesses who operate within the School Street zone	Visit https://www.enfield.gov.uk/services/parking/parking-permits-rb to apply (if you have not applied for a permit previously then you will need to set up an account to be able to apply)
Parents and carers of pupils of the school who are a Blue Badge Holder	Contact the school exemption's administrator via the school office

Dial-a-ride and emergency services vehicles will be able to access the School Street zone at all times. If you have any further questions regarding exemptions, please contact parking@enfield.gov.uk. A map of the School Street zone can be seen below.



Kind regards,

Penny Swan
Project Manager
Enfield Council

Alternative formats and languages

If you need this letter in an alternative format (including audio) and/or language, please email journeysandplaces@enfield.gov.uk, call 020 8132 1789, or write to us at ATTN Journeys and Places, Enfield Council, Silver St, Enfield, EN1 3XA. The project page can be translated into your preferred language: <https://letstalk.enfield.gov.uk/schoolstreets>. Visit <https://letstalk.enfield.gov.uk/accessibility> (also available via the QR code on this page) for more information on obtaining information in other formats.



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Εάν χρειάζεστε αυτό το γράμμα σε εναλλακτική μορφή (συμπεριλαμβανομένου ηχητικής) ή/και γλώσσα, στείλετε μήνυμα ηλεκτρονικού ταχυδρομείου (email) στο journeysandplaces@enfield.gov.uk καλέστε στο 020 8132 1789, ή στείλετε γράμμα ταχυδρομικώς στη διεύθυνση ATTN Journeys and Places, Enfield Council, Silver St, Enfield, EN1 3XA. Η ιστοσελίδα του έργου μπορεί επίσης να μεταφραστεί στην προτιμώμενη γλώσσα σας: <https://letstalk.enfield.gov.uk/schoolstreets>. Επισκεφθείτε <https://letstalk.enfield.gov.uk/accessibility> (διατίθεται επίσης μέσω του κωδικού QR σε αυτήν τη σελίδα) για περισσότερες πληροφορίες σχετικά με τη λήψη πληροφοριών σε άλλες μορφές

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Bu mektuba alternatif bir formatta (ses dahil) ve/veya dilde ihtiyacınız varsa, lütfen journeysandplaces@enfield.gov.uk adresine e-posta gönderin, ya da 020 8132 1789 numaralı telefonu arayın veya ATTN Journeys and Places, Enfield Council, Silver St, Enfield EN1 3XA adresine yazın. Proje sayfası tercih ettiğiniz dile çevirilebilir: <https://letstalk.enfield.gov.uk/schoolstreets>. Diğer formatlarda bilgi edinme hakkında daha fazla bilgi için <https://letstalk.enfield.gov.uk/accessibility> (bu sayfadaki QR kodu aracılığıyla da mevcuttur) adresini ziyaret edin.

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Jeśli chciałbyś otrzymać ten list w innym języku, bądź też w innym formacie (także w formacie audio), napisz do nas na adres mailowy: journeysandplaces@enfield.gov.uk, zadzwoń pod numer 020 8132 1789, lub napisz na adres: ATTN Journeys and Places, Enfield Council, Silver St, Enfield, EN1 3XA. Strona internetowa projektu również może być przetłumaczona na język który preferujesz <https://letstalk.enfield.gov.uk/schoolstreets>. Więcej informacji na temat uzyskania informacji w innym formacie, dostępna jest na stronie <https://letstalk.enfield.gov.uk/accessibility> która dostępna jest także poprzez kod QR widoczny powyżej.

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જો તમારે આ પત્ર બીજા કોઈ માળખા અને/અથવા બીજી કોઈ ભાષામાં જોઈતો હોય (શ્રાવ્ય સહિત), તો કૃપા કરીને journeysandplaces@enfield.gov.uk, પર ઈમેઈલ કરો, 020 8132 1789 પર કોલ કરો અથવા પ્રતિ, Journeys and Places, Enfield Council, Silver St, Enfield, EN1 3XA પર અમને પત્ર લખો. પ્રોજેક્ટના પાનાનો તમારી પસંદગીની ભાષામાં અનુવાદ કરી શકાય છે: <https://letstalk.enfield.gov.uk/schoolstreets>. અન્ય માળખામાં વધુ માહિતી મેળવવા માટે <https://letstalk.enfield.gov.uk/accessibility> (આ પાના પર QR કોડ સાથે પણ ઉપલબ્ધ) ની મુલાકાત લો.

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.

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

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

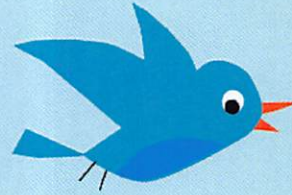
Bounces Road Pantry

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

NSPCC

**THE
TALK**



GUIDE

FOR PARENTS

**Simple conversations to help
keep your kids safe from abuse**

EVERY CHILDHOOD IS WORTH FIGHTING FOR

YOUR
NAME

This guide belongs to

.....

and

.....

YOUR
CHILD'S
NAME

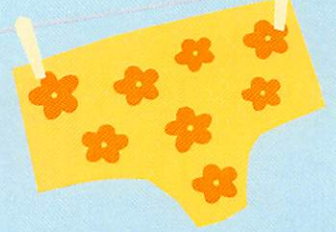


We all want to keep our children safe

You've probably already talked to them about things like crossing the road safely. But have you spoken to them about how to stay safe from sexual abuse? We know it's a conversation no parent wants to have, but we believe it can feel just as natural, and be just as easy, as the road safety chat.

We call it talking PANTS. From P through to S, each letter gives an important message for children as young as four to help them stay safe.

That's why we want all parents to **talk PANTS** – because we know that talking regularly with children about these important messages really can help them stay safe.



WHY
TALK
PANTS?



An important conversation to have

We know what you might be thinking: this isn't for my child. Of course, no parent ever wants to think their child will be affected by sexual abuse. But that's exactly why it's vital you have this conversation – to help keep them safe.

We also understand that talking about this topic might feel daunting. But it doesn't have to be. PANTS has been created specifically – with the help of parents and professionals – to make sure these conversations are as easy and appropriate as possible for children as young as four.

PANTS never mentions sex

We know you might feel that your child is too young to talk about sex. And that's why PANTS never mentions it. It's not about learning about the birds and the bees, but practical and reassuring messages to stay safe.

We never use scary words

The last thing we want to do is upset or scare your child. Talking PANTS is about using simple, child-friendly language to give your child the confidence and knowledge to stay safe.

“I wholeheartedly think talking PANTS should be up there with how to cross the road.”
Parent of six-year-old girl



Finding the right moment

Every family is different and when and where you have these conversations may depend on your child's age or how grown up they are – it's all about whatever feels natural for you and them.

Looking for good times to start the conversations? Here are a few examples other parents have told us worked for them:



- * When you're running your child's bath, or helping them with things like getting dressed or applying cream.
- * Car journeys are a great time to talk.
- * Whether it's on the way home from school, or a weekend walk to the shops, you'll feel more at ease as you stroll and chat together.
- * Going swimming is a great time to talk about the idea that what's covered by your pants and your swimwear is private.
- * If they've had a lesson about personal relationships at school, ask them what they remember when they get home.
- * Singing along to our song with the help of our friendly dinosaur Pantosaurus can help create the right moment (find out more on page 6).
- * If their favourite TV programme is handling a sensitive storyline encourage them to talk about anything that upsets them.



HOW DO I FIND THE RIGHT WORDS?

How to get started

How and when you talk PANTS with your child is always your choice. After all, you know them better than anyone.

Once you're comfortable with all the messages (pages 8-9) our series of 'Icebreakers' make it easy to start talking PANTS, all with the help of our friendly dinosaur Pantosaurus. Through games, songs and activities they introduce the main messages in fun and interesting ways. And you can start today...

Our icebreakers!

Share our **Keep and learn kids' pull-out** – and make remembering the rules fun.

Your kids can **Sing along with Pantosaurus** – his song is a catchy introduction to the key PANTS messages.

There's also **Playtime with Pantosaurus** – online, on a tablet or phone, this free game lets them play basketball and dive, all while learning the PANTS rules.

Find these fun icebreakers at nspcc.org.uk/pants



Want a really roarsome way to remember the rules? **Pantosaurus' kids' pack** is bursting with fun activities, stickers, a door hanger and a bookmark. Order yours at nspcc.org.uk/shop

Now it's time to talk PANTS

So you know about our icebreakers and you've worked out when to start the conversation with your child.

Now you're ready to teach your child the five PANTS rules. We'll take you through each letter of PANTS so you know what to say about each one.

You can start off by having a simple talk with your child about keeping safe – and then go into more detail when you are both ready.

PRIVATES ARE PRIVATE

ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

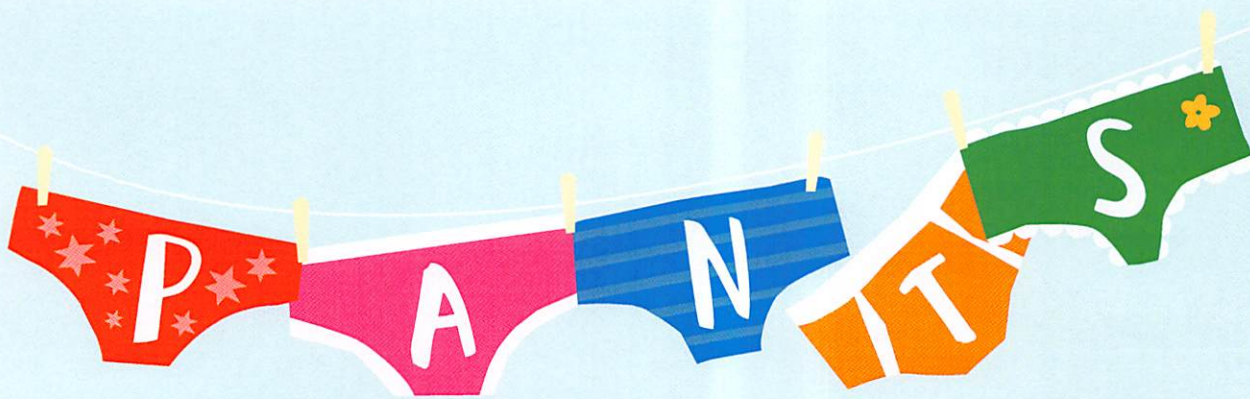
NO MEANS NO

TALK ABOUT SECRETS THAT UPSET YOU

SPEAK UP, SOMEONE CAN HELP



WHAT ARE
THE PANTS
RULES?



Privates are private

Be clear with your child that your underwear covers up your private parts and what 'private' means.

Explain to them that no one should ask to see or touch their private parts, or ask them to look at or touch anyone else's.

Sometimes doctors, nurses or family members might have to. Explain that this is OK, but that those people should always explain why, and should ask them if it's OK first.

Always remember your body belongs to you

Let your child know their body belongs to them, and no one else. No one has the right to make them do anything that makes them feel uncomfortable.

If someone asks to see or tries to touch them underneath their underwear they must say 'No' – and tell an adult they trust. This might be a family member, teacher, support worker or a doctor.

No means no

Make sure your child understands that they have the right to say 'No' to unwanted touch – even to a family member or someone they know or love.

They're in control of their body and no one should ever make them do things that make them feel uncomfortable.

Talk about secrets that upset you

Explain to your child that they should always talk about stuff that makes them worried – and that sharing it won't get them into trouble.

Explain the differences between 'good' and 'bad' secrets. Bad secrets make you feel sad, worried or frightened, whereas good secrets can be things like surprise parties or presents for other people which make you feel excited.

Any secret should always be shared in the end.

Speak up, someone can help

Tell your child it's always good to talk to an adult they trust, about anything that makes them sad, anxious or frightened, so they can help. And it doesn't have to be a family member. It can be a teacher or a friend's parent, for example.

Reassure them that whatever the problem, it's not their fault and they will never get into trouble for speaking out.

They can also call Childline on **0800 1111** and a friendly person will help.



WHAT PARENTS SAY ABOUT PANTS

Since we launched PANTS we've spoken to many parents who have had the conversation...



I used swimming as a great opportunity to have a chat with my six-year-old daughter. I started with a question about why boys' swimwear is different to girls' and this led to a conversation about privacy. It gave me a really good starting point to introduce a delicate subject really easily.

Katherine's mum





OVER
400,000
PARENTS HAVE
ALREADY TALKED PANTS
SO WE KNOW
IT REALLY HELPS

“

I found it so empowering to have these really clear messages to use with my five-year-old. He understood what I was telling him – in fact he made me laugh one day after school when he stood up and proudly said “I know that what’s under my pants is private and I have told my teacher about this!”

Sam’s mum

“

If the unthinkable happened and someone pushed physical boundaries with my daughter, would she know what to do? Would she tell me? Would she even know that it was wrong?

I felt so proud after we’d had the conversation and so relieved that I hadn’t scared or somehow corrupted her, but finally taken an important step to help her keep safe. That’s why I want all parents to talk PANTS.

Mabel’s mum





By starting to talk PANTS with your child you're taking really important steps to help keep them safe. You should feel proud for doing something amazing.

But remember this isn't a one-off conversation. It's better to have these chats little and often and adapt it as your child gets older – it will help to reinforce the messages and make sure they remember them. Just pick the moments that feel natural for you.



Get the PANTS guide that's right for you

We have a range of other PANTS guides for parents, carers and children, including guides in a number of different languages and guides for people with a disability.

- * Guide for foster carers
- * Guide for parents with a learning disability
- * Guide for parents of children with autism
- * A film for deaf children

You can find these at nspcc.org.uk/pants

Your child may naturally have some questions

But don't worry – we can help you answer them. You can find loads more information and support about talking PANTS at **nspcc.org.uk/pants**

Talk to us

If you ever need to talk, we're here 24/7. Call us on 0808 800 5000 or email us at **help@nspcc.org.uk**

NSPCC

Together we can help children who've been abused to rebuild their lives. Together we can protect children at risk. And, together, we can find the best ways of preventing child abuse from ever happening.

But all this is only possible with your support. Every pound you raise, every petition you sign, every minute of your time, will help make sure we can fight for every childhood.

[nspcc.org.uk](https://www.nspcc.org.uk)



EVERY CHILDHOOD IS WORTH FIGHTING FOR

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