

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

JANUARY 2024

Welcome back to a new term at St. Mary's. I hope you all enjoyed a happy and peaceful time together over the Christmas holiday. Thank you so much for all of the good wishes, cards and gifts you sent both to me and to individual staff members. We noticed that the staffroom had a continual supply of boxes of chocolates, biscuits and cakes again this year (again as in previous years there are still quite a few boxes to be eaten!) as the holiday approached. Thank you for your wonderful generosity.

Thank You!

It was lovely to see the children come back to school this week looking well rested, full of stories about Christmas presents / holiday relaxation, happy and ready for work.



Infant Productions

A lovely time was had by all who attended the Christmas entertainment in the Hall. A big thank you to the children of Years 2, 1 and Reception for their enthusiastic singing, dancing, speaking, instrument playing and acting. Lots of budding future stars I think!



Many thanks to all of the staff for their hard work and dedicated effort in preparing the children. Thank you too parents for your help in providing costumes where necessary and helping and encouraging your children to practise song words etc at home. Your voluntary donations (so many of you generously donated money for tickets) will be used to

cover costs and help fund new projects in school.

The productions earned the school £259.82 this year. The Year 2 performance of carols earned £63.01 for the Nightingale Hospice. Thank you to all who made voluntary contributions.



A Time To Remember

Thank you to all who so generously supported the school's church collection for the Nightingale Hospice. This was taken up after the junior carol concert just before Christmas in memory of deceased members of our school community.

The money collected was given to Father John to be added to the Parish collection for the Hospice. A total of £212.59 was donated on

the evening. This is wonderful.

A sincere thank you to the children from the junior classes for their very moving singing and reading. A special thank you to Mrs Jones and other staff who helped to prepare the children and offered their support on the evening.



Nursery Christmas

Many thanks to all who attended the Nursery performance before Christmas. There was a happy festive atmosphere in the Nursery as all enjoyed some lovely singing and acting by the children. A sincere thank you to Mrs Whytock for preparing and organising the children.



Christmas Jumper Day

Thank you for your wonderful support for this day which was organised by the Year 6 children. We had a wonderful variety of both shop bought and home decorated jumpers. £253.23 was collected for 'Save the Children'. Well done children, parents and school staff.



Children in Need

The spotacular day earned £418.67 for Children in Need. The School Council organised a much enjoyed Cake Sale. Well done everyone!

Own Clothes Day - 22nd December

£107.14 was donated. Thank you parents and children.

'The Big Ambition' will be closing on Friday 19th January.

Children and parents or carers can complete the survey here:

www.childrenscommissioner.gov.uk/thebigambition

Re-establishing the Friday Penance

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

This act of common witness formally came into effect on Friday 16th September 2011 (the anniversary of the visit of Pope Benedict XVI to the UK).

As you know we formally began our practice of not serving meat to the children / staff on a Friday right from the start of September in 2011.

Thank you parents for not including meat as part of your child's

packed lunch on a Friday.

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

Thinking Maps

Our teaching staff have been trained in the use of Thinking Maps.

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

together as a set of tools for showing relationships. We hope that you will see these maps being used across the curriculum.

Habits of Mind

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

Staff also received training on 'Habits of Mind' - these are a set of habits or dispositions which focus on developing a mature, independent and successful learner / citizen in the long term. You will recognise many habits of mind immediately as you will have tried or are currently trying to develop these dispositions in your own children. There are sixteen in total. They are:

Persisting,
Managing impulsivity,
Listening with understanding and empathy,
Thinking flexibly,
Metacognition,
Striving for accuracy,
Questioning and posing problems,
Applying past knowledge to new situations,

Thinking and communicating with clarity and precision,
Gathering data through all senses,
Creating, imagining, innovating,
Responding with wonderment and awe,
Taking responsible risks,
Finding humour,
Thinking independently,
Remaining open to continuous learning.

We are again gradually introducing these to the children. Ask your child if he / she has focused on any of the habits of mind in school. Don't hesitate to ask the teacher about the current habit of mind focus in your child's class or the school's 'habit of mind for the week'.

Online Safety at Home



You might find the following links helpful:

[Parents & Carers - KIDSONLINEWORLD.COM](#)

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

This site has been created by ECP, the company which has provided our staff safeguarding training for many years and has provided numerous sessions of online safety for our children. This company also provides training on behalf of the local authority and to many different business and community groups. There is some really useful help to understand apps, games and parental controls.



Internet Matters have provided updated resources for schools and parents, with information packs and teaching resources. There are age specific resources for early years, primary and secondary aged children.

Each section has:

- teaching resources
- a parent pack
- common online safety issues for that age group
- popular social

media platforms for that age group

- a list of additional resources

[Early years online safety resources - Internet Matters](https://www.internetmatters.org/advice/)

<https://www.internetmatters.org/advice/>

What is mental health?

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

Looking after our mental health is important. We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

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

Young Minds: Guides and advice on mental health and wellbeing for young people [Mental Health](#)

[Support For Young People](#)

[YoungMinds](#)

NHS UK: Every Mind

Matters: [Children's mental health - Every](#)

[Mind Matters - NHS \(www.nhs.uk\)](#)

Mental Health

Foundation: Make it count guide for parents and carers: [Publications \(mentalhealth.org.uk\)](#)

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.s
ch.uk

Volunteers

A sincere thank you to all parents who have volunteered to help in classes. 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 for the safety of all children at St. Mary's.



Sickness

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



Also a very small number of 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 regularly. Please also ensure that all long hair is tied back at all times.

Health and Safety

Please try not to park on the zig-zag lines this term. **This is a criminal act, punishable by instant points on your driving licence if you are caught parking in the vicinity of the zigzags.** It is also dangerous and puts our children in danger.

I would like to take this opportunity to thank all parents who always make the effort to get to school a little bit earlier, park away from the school entrance (avoiding the driveways of the residents on our road and the neighbouring roads and the carpark which belongs to the Italian Community next door) and then walk to school with their children. Thank you for helping to keep our children safe.

Parents a huge thank you to so many of you for your wonderful support for our School Street. More and more children are walking, cycling or scooting to school.

<https://letstalk.enfield.gov.uk/SchoolStreets>.



Uniform

Again a big thank you to all parents who assist us by encouraging their children to wear the correct uniform. Our uniform is part of our individual identity as a school.



Wearing the correct uniform proudly is an outward sign of our support for our school. Please read the attached list so you can ensure your child is wearing the proper clothes to school.

Please encourage your child to tie long hair back in school colours only. Also in the interests of Health and Safety only

small stud earrings may be worn in school - these must be removed for P.E.

Nails

False nails or nail polish are not permitted in school.

Tissues

It's runny nose weather again! We don't have any tissues!

Please, if you can, send in a box to your child's classroom / School's Medical Room.



Music Lessons

EMS offers instrumental tuition to pupils in Enfield schools within the school day and on Saturdays. Please enquire at the office if you (or your child) are interested.

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

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

Wednesday Word



The Sunday Gospel through School on Wednesday

Have you started to read 'The Wednesday Word' yet?

The Wednesday Word is a gift to you and your family because of your connection with our Catholic school.

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' is designed to ensure that all family members feel included. It presents an effective way for even the busiest of parents to enrich relationships with their children through spending a very special 5 or 10 minutes together each week.

We suggest Wednesdays for *Family Time* because it is the day that the Catholic Church dedicates to St Joseph - the Patron Saint of Families. But rather than miss out, any other night/day would do just as well.

The Wednesday Word is currently available online:

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



**100% Attendance
Autumn 2023**

96 pupils had 100% attendance! Well done children and parents!



Holidays and Absences

I would urge you to try not to book holidays during term time as time away from school can unsettle children and affect their progress. Any requests for time off (for special circumstances only please) must be put in writing to the Headteacher.

It is not school policy to provide homework for time off which is taken during term time.

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

Please remember that your child's absence from

school affects our total absence figures. It was 5.9% at the end of the last school year (6% nationally) Our absence was 5.68% at the end of the autumn term.

Well done everyone for trying your best in these times which are still a bit more challenging for all families trying to cope with these coughs and colds which seem to be around at the moment.

Our absence level is higher than in past years but with time this should improve.

Up to the end of Autumn 2023, the class with the highest attendance over the term was Year 3, St. Bernadette (97.57%) closely followed by Year 5/6, St. Joseph (97.14%), Year 5, St. Anthony (95.68%) and Reception, Hope (95.44%).

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

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 | 46 or more sessions | 31 or more sessions |

1-5 more more
sessions sessions

Half term 56 or 38 or
1-6 (full more more
academic sessions sessions
year)

Spring Term Reminder!

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

Half -term holiday = 12th - 16th February 2024.

INSET Day (no school for children) = 19th February 2024.

Easter Holiday = 29th March - 12th April 2024.

Summer Term Reminder!

School opens for the summer term on Monday 15th April 2024.

Half -term holiday = 27th May - 31st May 2024.

May Bank Holiday = Monday 6th May 2024.

INSET Day (no school for children) = 7th May 2024.

Last Day of the School Year = 19th July 2024.

Shoe Recycling

Remember if you have any old shoes that there

is a shoe bin in the main corridor by the school office.

Play Equipment

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

Children are also asked not to cycle or use their scooters / bicycles / tricycles while on the playground after school. As the area is very crowded it is easier and safer for all if children walk with their bikes or scooters until they leave the school premises. Parents / childminders please keep your children with you once you have collected them from the classroom / teacher.

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



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

With all of our good wishes for you and your family for this New Year ahead. May 2024 bring you peace, happiness and many blessings.

Miss M. Creed
Headteacher

ADMISSIONS FOR ACADEMIC YEAR 2023/2024

Due to the fact that there are now fewer pupils in London (there is a continued decrease in the population of children) and the issues with finding affordable housing we currently have places in our Nursery, Reception, Years 1, 2 and 4 2023-2024 year groups.

Thank you parents for recommending our school and helping to build up our pupil numbers. Please continue to do this.

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

Morning Offering

O My God, you love me,
You are with me night
and day.

I want to love you always
in all I do and say.

I'll try to please you
Father.

Bless me through the
day. Amen



Night Prayer

God our Father, I come
to say,

Thank you for your love
today.

Thank you for my family,
And all the things you
give to me.

Guard me in the dark of
night.

And in the morning send
your light. Amen.

Grace Before Meals

Bless us O Lord as we sit
together,

Bless the food we eat
today.

Bless the hands that
make the food.

Bless us O Lord. Amen.



Grace After Meals

Thank you God, for the
food we have eaten,

Thank you God for all our
friends.

Thank you God for
everything,

Thank you God. Amen.



The Our Father

Our Father, who art in
heaven; hallowed be Thy
name; Thy kingdom come;
Thy will be done on earth
as it is in heaven. Give us
this day our daily bread;
and forgive us our
trespasses as we forgive
those who trespass
against us, and lead us
not into temptation; but
deliver us from evil.
Amen.

The Hail Mary

Hail Mary, full of grace,
the Lord is with thee;

blessed art thou among
women and blessed is the
fruit of thy womb, Jesus.

Holy Mary, Mother of
God, pray for us sinners,
now and at the hour of
our death. Amen.



Glory be to the Father

Glory be to the Father,
and to the Son, and to
the Holy Spirit. As it was
in the beginning, is now,
and ever shall be, world
without end. Amen.

Our School Prayer



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

May love dwell here
among us
Every day.
Love of one another,
Love of all people
everywhere,
Love of life itself,
And love of God.

Let us all remember that

As many hands build a house,
So every child
Can make this school
A lovely place. Amen



Some Dates for Spring 2024

8th January - Return to school for spring term. Feast of the Baptism of the Lord - Years 3 and 4 attend Mass at 9.30am.

10th January - Transport for London Presentations for Year 6 pupils.

16th January - SATs Meeting for parents of children in Years 5 and 6, 5pm (online meeting).

17th January - Year 6 pupils to Mass at 9.30am.

24th January - Year 5 pupils to Mass at 9.30am.

1st February -Year 3 Spring Performance Dress Rehearsal AM (parents with babies and toddlers welcome).

2nd February - The Presentation of the Lord School Mass (Years 2-6 to attend the Mass at 9.30am).

5th February - Year 3 Spring Performance AM (adults).

6th February -
OPEN EVENING
(1.30pm-4.30pm and 5.30pm-6.30pm) *Early Closing at 12.30pm Infants and 12.45pm Juniors.*

9th February - Own Clothes' Day.

12th - 16th February - Half - Term Holiday. **No School!**

19th February - INSET Day. **No School!**

22nd February - Years 4 and 6 classes Mass in School Hall at 9.30am.

29th February - Year 3 classes to Mass at 9.30am.

1st March - St. David's Day - School Mass (Years 2-6 to attend the Mass at 9.30am).

5th March - Ducklings visit St. Mary's.

7th March - Mass in School Hall at 9.30am. Years 3 and 5 to attend.

18th March - Year 4 Production AM (parents with babies and toddlers)

19th March - Feast of St. Joseph, School Mass (Years 3-6 to attend the Mass)

20th March - Year 4 Production AM (adults).

Year 2 classes to parish Mass at 9.30am.

26th March - Year 4 classes to parish Mass at 9.30am.

27th March - End of Term School Mass (Years 2-6 to attend the Mass).

End of Term Class Parties PM.

28th March - Maundy Thursday - Last day of Spring Term. Own Clothes' Day. **Early Closing at 12.45pm** EYFS and Key Stage 1 and Key Stage 2 at 1pm. Holidays begin until 15th April.

Good Friday - 29th March

Holy Saturday - 30th March

Easter Sunday - 31st March

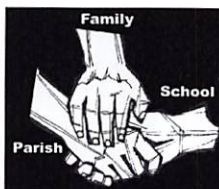
British Summer Time begins. Clocks go forward 1 hour!

Monday 15th April - Summer Term begins!

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



People of Prayer - Linking School, Home and Parish



St. Mary's Catholic Primary School

Newsletter for Parents – Early Years

Unit 3: People of Prayer
Spring (first half-term) 2024



Religious Education

Topic Theme: People of Prayer

This unit is intended as the first for the spring term in the academic year 2023-2024. Continuing the Liturgical Year, this framework explores the Epiphany of the Lord (the visit of the Wise Men, Matthew 2:1-12) and the Escape to Egypt before moving to teaching about the Beatitudes and the Lord's Prayer. Scripture passages are all taken from the Gospel of Matthew.

Learning opportunities include:

- Coming to know Jesus is God the Father's Son
- 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
- Experiencing praying with others as a celebration
- Joining in simple prayers and hymns
- Exploring ways in which a Christian

Monitoring opportunities:

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

family and parish share and celebrate life, and show care for one another

Affective and Spiritual Dispositions

It is hoped that pupils will develop:

- A willingness to pray
- An openness to people of other faith traditions
- An appreciation of the role of prayer in deepening a relationship with God
- A sense of wonder about the different styles of 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 greater if you and the school are engaged in talking about the same ideas and beliefs. Help your child by trying one or more of these activities while this unit is being taught:

- Make a list of all the blessings your family experiences: small and large. Write them on strips of paper (one on each) and place them in a jar or bowl on the table. Take one out at each mealtime and thank God for the wonderful blessing in your life. Make sure the name of each family member is included!

An idea for prayer at home

Prayer Activity

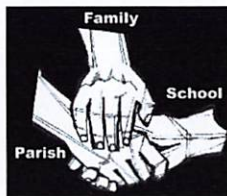
Loving God,

We thank you for the blessings we enjoy, especially for ... Help us to remember how we are blessed and to look for ways in which we can help and support those who do not enjoy the things we take for granted. We ask this through Jesus who taught us to know and love God.

Amen



*St. Mary's Catholic Primary
Religious Education Newsletter
Spring 2024 (first half-term) -
Years 1-6*



Religious Education

Key Idea: Jesus at Prayer

This topic is intended for the Spring Term 2024. It presents pupils with the story of the Exodus and within it, the Passover. As a Jew, Jesus would have celebrated Passover with his family; in preparation for Easter this resource teaches pupils about the story that is the foundation for our own Eucharist.

Attitudes and Spiritual Dispositions

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

- | | |
|---|---|
| <ul style="list-style-type: none"> • A sense of the truths contained in Scripture. • An appreciation of/for our connection to the Jewish people | <ul style="list-style-type: none"> • Respect for the faith and practices of the Jewish people • An openness to learning from other faiths |
|---|---|

Activities to try at home

You are the first educator of your child in faith. Your child's learning in religious education will be much greater if you and the school are engaged in talking about the same ideas and beliefs. This topic takes pupils on a journey back in time to the Exodus. Pupils will be invited to consider the symbolism of the journey the Israelites took and the ritual of Passover which continues to give thanks for the many blessings the people have received.

- Talk to your children about what they have: foster a sense of appreciation and thankfulness for the many blessings and privileges they enjoy.

An idea for prayer at home

Prayer Activity



Blessed are You, Lord our God, ruler of the universe, who has kept us alive, sustained us and enabled us to celebrate this joyous occasion.
May we remember all those who live in fear or oppression; help us to work towards their release and freedom.
Amen.

Adapted from the Haggadah, the prayer of the Passover meal.



Online Safety Newsletter January 2024

WhatsApp

You must be at least 16 years old to register for and use WhatsApp. WhatsApp is a free messaging app that allows you to send messages, voice notes, photos and videos.

What should I be aware of?

Group chats: One of the key features is the group chat function. Everybody in the group, even if they are not one of your child's phone contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat. In settings, you can change who can add your child to groups. You can leave a group chat at any point so talk to your child and encourage them to leave any chat that makes them feel uncomfortable.

Location sharing: you can share your location on WhatsApp. Talk to your child about when this would be appropriate to use but also the potential danger of sharing their location, for example with strangers.

Blocking/Reporting: Show your child how to block and report other users or inappropriate content. You can find out how to do it based on your child's device here:
<https://faq.whatsapp.com/1142481766359885/>

Further information

NSPCC provide further advice and tips to help keep your child safe:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-01-12-is-whatsapp-safe-for-my-child/>

New devices

If your child has a new device, have you set up parental controls?



Consoles

All consoles offer parental controls such as limiting the time spent on the device or restricting who your child can communicate with. Find out the specific settings below:

- **PlayStation:** <https://www.playstation.com/en-gb/support/account/psn-safety-parents-guide/>

- **Xbox:** <https://www.xbox.com/en-GB/family-hub>
- **Nintendo Switch:**

<https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>



Mobiles/Tablets

You can set up parental controls and restrictions on most mobile devices, which can limit what your child can access. Additionally, make sure appropriate settings are applied on the apps your child is using.

- **Apple devices:** <https://www.apple.com/uk/families/>
- **Android devices:** <https://families.google/familylink/>

Further information

Internet Matters provide a checklist here:

<https://www.internetmatters.org/resources/e-safety-checklist-getting-your-kids-tech-devices-set-up-safe>

LEGO Fortnite – PEGI 7

Lego Fortnite is free to play (in game purchases are available though). The game has been rated as PEGI 7, meaning that the content is suitable for children over the age of 7. However, you should be aware that this game can be played with up to seven people (or solo). Lego Fortnite is only accessible on Fortnite, so you must download the main game. When setting up an account, if your child is under the age of 13, then they will be given a 'cabined account,' therefore certain features will be disabled (such as communicating with other players) unless you override them.

Please ensure you set the parental controls as appropriate for your child, we also recommend setting the appropriate settings on the console itself.

There are two worlds available - Survival or Sandbox, you can find out more about each world here so you can decide which would be best for your child:
<https://www.lego.com/en-gb/themes/fortnite/lego-fortnite-parents-guide>

YouTube

YouTube is intended for users over the age of 13 (however, children of all ages may use the Service and YouTube Kids if enabled by a parent/legal guardian).

What if my child is under the age of 13?

If your child is under the age of 13 then your child should use either YouTube Kids or a Supervised Account. Which option you choose, will depend on your child's age and your requirements.



- **YouTube Kids** – this is a separate app that includes a smaller selection of videos based on the age you select:

- Preschool (ages four and under)
- Younger (ages 5–8)
- Older (ages 9–12)

- **Supervised accounts** – this is a parent-managed version of YouTube. You can select one of the following options, again depending on your child's age and your requirements:

- **Explore** - Generally for viewers aged 9+.
- **Explore more** - Generally for viewers aged 13+
- **Most of YouTube** - This setting includes almost everything on YouTube except for videos marked as 18+ and other videos that may not be appropriate for viewers using supervised experiences.

Google have created a table to show the differences between YouTube Kids and a Supervised account to help in your decision:

<https://support.google.com/youtube/answer/10315420>

Posting videos

You should be over 13 to post videos. If your child does post videos on YouTube, ensure they understand what information they should keep private and what to do if they receive negative comments. Talk to them about the different settings available -

1. Public: anyone can view the video.
2. Private: video can only be viewed by users that you select.
3. Unlisted: only people who have the link to the video can view it.

YouTube have produced these safety tips for teens when posting content:

<https://support.google.com/youtube/answer/2802244>

How can I make YouTube safer?

- **Explore YouTube together** and see what they like to watch. Make sure your child understands that they can **talk to you** if they see anything that makes them feel uncomfortable online.

- **Restricted mode** - is an additional setting (when logged in via a Google account) to restrict the availability of mature content.

- Ensure your child knows how to **report inappropriate content/comments**. Find out more here: <https://support.google.com/youtube/answer/2802027>.

A Guide to the Online Safety Bill

The Online Safety Bill is a new set of laws to protect people online. The laws will make social media companies more responsible for the safety of their users on their platforms. The Government have created a guide to the new laws detailing how the laws will protect children and adults. For example, the new laws mean social media companies will have to show how they are enforcing age limits.

<https://www.gov.uk/guidance/a-guide-to-the-online-safety-bill>

YouTube Content Warning

The INEQE Safeguarding Group have published a report warning about the YouTube cartoon series called Jeffy. Due to the content being animated, viewers may believe that it is suitable for children to watch when in fact the content is inappropriate. You can find out more here:

<https://ineqe.com/2023/11/09/safeguarding-update-youtube-cartoon-jeffy>

World Events

There are a lot of distressing events happening around the world, which your child may see online. Childnet have published an article discussing how you can support your child when they see something worrying or upsetting online. The article also directs you to other organisations that you can contact if you require further help and support:

<https://www.childnet.com/blog/navigating-violent-online-content-from-global-events/>

School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme

PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

SCHOOL HEIGHT & WEIGHT CHECKS



Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

PARENTS' ACTION

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.



Parents can visit the **children's weight** page at Better Health - Families for tips on healthier changes.

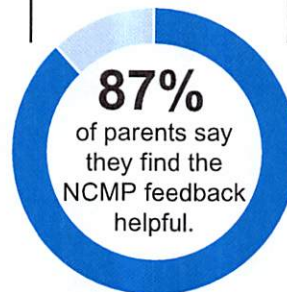
Parents can monitor their child's weight by visiting the **NHS healthy weight calculator**.

DATA USE

The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.



Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.



What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

For more information on helping your family lead a healthy life, please turn over.



Department of Health & Social Care

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Better Health Families is here to help your family be healthy and happy

Sign up for NHS Healthy Steps emails



Let's do this

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit healthysteps.uk or scan the QR code to get started!



Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.



Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.



Find Better Health Families on [Facebook!](#)

Enfield Psychology Service



Telephone support line for parents and carers

Enfield EP Service is offering Enfield parents and carers the opportunity to speak to a member of the Educational Psychology Service (EPS) about a concern or issue they may have in relation to their child.

Educational Psychologists are professionals concerned with the development, learning and social and emotional wellbeing of children and young people. Issues we can help you to think about include:

- ▶ Learning
- ▶ Emotions (e.g. fears and worries, low mood, anger)
- ▶ Transitions at school and home
- ▶ Parenting
- ▶ Resource seeking
- ▶ Signposting to appropriate services



Calls can be booked between 9.30am and 4.30pm Monday to Friday.

If you have internet access, please [fill in the online form here](#) to request a phone call.

If you don't have access to the internet, please call us to request a phone call.

0208 379 2000

We will do our best to respond to your request within ten working days.

A telephone consultation is not a formal referral to our service.



For more information email eps@enfield.gov.uk

www.enfield.gov.uk



Online
translation
available

Is your child unwell?

Get expert health advice and guidance
for your child this winter

For advice, scan the codes.

Fever



Cough



Skin rash



Sore throat



Stomach ache



Vomiting



Earache



Head injury



Breathing issues



Diarrhoea



Find all this information online and in other
languages at bit.ly/nlchild or scan here





Diarrhoea & Vomiting

Every year lots of children, in schools and nurseries, suffer from diarrhoea and vomiting. This is normally caused by a virus. Symptoms begin one to two days after a child becomes infected and the illness usually lasts between one and three days.

Your child may experience the following symptoms:

- Vomiting (often sudden in onset) and / or diarrhoea.
- Tiredness
- Fever
- Nausea (feeling sick)
- Aching muscles
- Stomach pain
- Headache

If your child has diarrhoea and / or vomiting, your child should stay at home and get plenty of rest.

Give your child lots of fluids to avoid dehydration. You can give your child water or squash. Encourage your child to take small sips if they are feeling sick.

Your child can eat when they feel able to. They do not need to avoid eating.

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Avoid contact with other people until they feel better.

Good hygiene stops infections from spreading. Teach and encourage your child to wash their hands regularly for at least 20 seconds.

If at any point you are worried about your child, you can get further advice from your GP or NHS 111.

Urgent mental health support - 24/7 crisis lines

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

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

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



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

shout
85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS
PREVENTION OF YOUNG SUICIDE

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

childline

ONLINE, ON THE PHONE, ANYTIME

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

Urgent and other support available

Good Thinking

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

THE MIX
Essential support for under 25s

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

Beat
Eating disorders

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

kooth

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



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