

# ST MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER

## October 2023

Almost a whole half term in school complete already (only just three weeks to go including this week)! Thank you to all who have worked hard to make these first weeks a success. It's good to see the new children settling so happily in Reception and Nursery. Welcome to any new children who have joined other classes this year - thank you to the children already in school for being friendly, welcoming and kind to our new pupils.



Where can I find out more about St. Mary's School?

If you visit [www.ofsted.gov.uk](http://www.ofsted.gov.uk) and click on 'Inspection Reports' you can access the full inspection report for our school.

Also if you visit the website for the Diocese of Westminster at [www.rcdow.org.uk](http://www.rcdow.org.uk) and click on

'Find a School' you can read the full Section 48 inspection report for our school (I know many of you are aware that our school is also inspected by inspectors from the Diocese of Westminster. The school was last inspected in September 2019 by 3 Diocesan inspectors and received an Outstanding grading. This wonderful outcome is due to the hard work of all members of our community - children, parents and staff).

Over the course of each school year the school also has visits from people from the Diocese of Westminster and the local authority to check standards.



If you have any questions about the work, the organisation of the classroom, need any support or just want to say hello please contact the teacher via the year group e-mail address or via the school address or call us at school. I know the teachers are always happy to hear from you.

Staff will also be on the playground each afternoon if you need to check anything.

It was great to see so many parents attending the 'Meet the Teacher' sessions after school at the beginning of term. Remember if you missed the session for your child's class or want a bit more clarification you are more than welcome to meet with the teacher to discuss your child's work, progress, the routines in the classroom etc. Just contact the school office to arrange a meeting.

Year Group Addresses:

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

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

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

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

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

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

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





### St Mary's Catholic Primary School Street

As I know you are aware Enfield Council have set up a School Street for St Mary's between Alexandra Road and Bursland Road.

A 'School Street' is an area transformed into a pedestrian and cycling zone operating Monday to Friday during the school term, during set times at drop-off and pick-up times.

School Streets aim to:

- ensure the safety of school students as they arrive to and leave school,
- improve the air quality near the school, and
- encourage more young people to walk and cycle to school.

When the School Street zone is in operation during the designated hours, motor vehicles cannot pass through the zone, except for those who have applied for and received a permit or exemption.

**The times of operation for the St Mary's Primary School Street are 8.15am to 9.15am, and 2.30pm to**

**3.30pm from Monday to Friday during school term time only and operates using a camera enforced system.**

Further information on School Streets and how they operate can be found at

<https://letstalk.enfield.gov.uk/schoolstreets/widgets/38314/videos/3024>

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



### Parking

Parking difficulties in the vicinity of the school tend to occur (and have happened already this term) when children are being collected from / dropped off to school each day. I do understand how busy some of the roads around our school can be especially now that Durants Road is a school street but please make every effort to park responsibly as you drop off / collect your child each day.

I hope that during the rest of this school term all parents and carers will act in a responsible manner both for the safety of our children and a positive association with our

neighbours. Thankfully so many already do.

**Parents a huge thank you to so many of you for your wonderful support. More and more children are walking, cycling or scooting to school. Lots of parents too are cycling and walking with their children.**

For those adults who are still blocking driveways and parking illegally please ***park legally and walk with your child!***

Please try hard to:

- **Park legally and walk with your child.** Walking is better for your general health. If you can, leave the car at home and try to build the walking time into your child's day. If a child minder or another family member brings your child to school please encourage them to park legally and walk.
- **Please do not sit in the car with the engine running.** This is not good for the health of others.
- **Never park in / across any of the driveways even for a minute.** This is disrespectful and causes a lot of problems for the



school with local residents.

- **Never park on the zig-zag lines** during the designated no parking times (please check the signs) or in the disabled bays which are reserved for blue badge holders.

### International Walk to School Month

October 2023

Some great resources and activity ideas here;

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/international-walk-to-school-month>

### Handwashing Advice



We know that it is essential that everyone continues to wash their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of

the virus-destroying friction that rubbing your hands together and rinsing with water provides.

Guidance and video on hand washing can be found at: <https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

### Wednesday Word

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

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

Every Wednesday, a 'word' (inspired by the Sunday Gospel) will be suggested for you and your family to talk about in your home.

This weekly Family Time is structured around the Sunday Gospel because evidence shows that Gospel values really do help family relationships to thrive.

Regularly spending quality time with children is without doubt one of the most important aspects of parenting. *The Wednesday Word* seeks to support you in this important task: to help you and your children maintain a special closeness throughout the school years.

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

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

The Wednesday Word is currently available online:

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



**100% Attendance for 2022-2023 School Year**

16 pupils had 100% attendance! Well done to those children and their parents! This is an excellent achievement!





105 children had 100% attendance in the summer term! Well done everyone

### Attendance for September 2023

1. Y3, St. Bernadette: 98.99%
2. Y5, St. Anthony: 98.64%
3. Reception, Hope: 98.35%
4. Y5, St. Joseph: 97.79%
5. Y3, St. Cecilia: 97.02%
6. Y2, Faith: 96.55%
7. Y4, St. Paul: 96.54%
8. Y1, Wisdom: 94.97%
9. Y1, Rosary: 94.37%
10. Reception, Grace: 94.01%

Well done children and parents!

Our target continues to be 98%. Our overall attendance for September was 95.68%.

### Holidays and Absences

I would urge you to try not to book holidays during term time as time away from school can unsettle children and affect their progress. **I regret that we are unable to authorise time off during the term which is requested for holidays.**

Any requests for time off (special circumstances will only be considered) must be put in writing in advance to the Headteacher.

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

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

### The Angelus

**In the autumn term we try to learn / say The Angelus each day at 12 noon in all of our junior classes from Year 3 - Year 6.** This is a wonderful prayer which reminds us that God the Son became man in order to save us.

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

#### The Angelus

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

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

Hail Mary...

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

Hail Mary...

Pray for us, O Holy Mother of God.

That we may be made worthy of the promises of Christ.

Let us Pray.

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



### Online Safety at Home

You might find the following link helpful:

<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 and parents. 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.

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parent's website](#) and download their home activity worksheets for fun, online safety activities to do with your family.

#### **A Safer Internet for All: Online Safety Bill Ready to Become Law**

The Online Safety Bill has passed its final parliamentary debate and is poised to become law. This legislation represents a monumental step forward in safeguarding children and empowering adults in the digital world.

#### **Key Highlights:**

##### **Ground-breaking Child Protection:**

The bill adopts a zero-tolerance approach to child protection, ensuring that social media platforms are held accountable for the content they host. Failure to rapidly address illegal content and protect children from harmful material, such as bullying, may result in

substantial fines and even imprisonment for company executives.

##### **Enhanced**

**Protections:** Through extensive parliamentary scrutiny, the bill has emerged stronger, with reinforced safeguards for children and adults alike. It aims to create a safer online environment for all users.

**Empowering Adults:** The bill empowers adults to take control of their online experiences by offering three layers of protection. Users will have the ability to remove illegal content, hold platforms accountable for their terms and conditions, and filter out harmful content like bullying.

**Robust Enforcement:** Non-compliant social media platforms could face fines of up to £18 million or 10% of their global annual revenue, potentially reaching billions of pounds for the largest platforms.

##### **Addressing Fraud and**

**Violence:** The bill also introduces new measures to combat online fraud and violence against women and girls. It facilitates the conviction of individuals who share intimate images without consent, providing better protection for the public.

##### **Animal Cruelty and**

**Torture:** Amendments to the bill require social media firms to prevent content that

facilitates animal cruelty and torture, even if it occurs outside the UK but is accessible to UK users.

[Parents and carers | CEOP Education \(thinkuknow.co.uk\)](#)

Remember, primary-age children should be supervised at all times when online.

#### **Sharing pictures**

Using devices like phones and tablets to share pictures and videos can be a great way for children to have fun and stay in touch with friends and family. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

[Younger children sharing pictures or videos online \(thinkuknow.co.uk\)](#)





## Teaching Body Safety with Music (My Body is My Body Foundation)

'My Body is My Body' is an international, musical body safety programme for over 35 and is available in a number of languages. Resources for the programme are free of charge and can be found here: <https://www.mybodyis.com/>

### LGfL DigiSafe resources to help young children stay safe online

The LGfL team have created an excellent set of resources for young primary school children to help keep themselves safe online.

The DigiSafe website says, "We want schools and parents to spread the message of Undressed to the very youngest primary pupils because law enforcement agencies such as NCA CEOP have repeatedly warned about sexual predators tricking young children into getting changed or undressed on camera by playing a 'game' or issuing a 'challenge' to see how fast they can get changed into different clothes or into a swimming costume.

This might happen over video chat or a livestreaming app; children often don't even know this has happened; videos are

often taken and then circulated".

[Undressed \(lgfl.net\)](https://www.undressed.org.uk/)

[parentsafelgfl.net](https://www.parentsafelgfl.net/)

### Keeping children safe during community activities, after-school clubs and tuition:

#### Questions to help parents and carers choose out-of-school settings

As we start a new school year, parents may well be looking for after-school clubs, theatre groups or sports' clubs.

The DfE has a document that helps parents identify the safeguarding issues to consider when choosing a provider.

Keeping children safe during community activities, after-school clubs and tuition: Questions to help parents and carers choose out-of-school settings.

Parents can access the guidance here:

<https://www.gov.uk/government/publications/guidance-for-parents-and-carers-on-safeguarding-children-in-out-of-school-settings/keeping-children-safe-during-community-activities-after-school-clubs-and-tuition-questions-to-help-parents-and-carers-choose-out-of-school-settings>

## 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.

### Christian Meditation

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

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

### Harvest

This year we are again supporting the Manna Centre, a centre for the homeless in







pleased to make an appointment for you).

Father John has asked that both the child and parent attend. He would like you to bring along with you your child's Birth and Baptismal certificates and proof of address.

*Please remember that the local Catholic secondary schools in Enfield do not require a Certificate of Catholic Practice / reference.*

[How To Teach Kids About Money and Finances | Money Sense \(mymoneysense.com\)](http://mymoneysense.com)

#### Development of School Building and Site - School Fund



We have had a continuous programme of updating and improving our school site over the last 20 years.

Six years ago during the summer break we had new lighting fitted in the Reception and Year 1 classes as well as in the main corridor and offices. We also replaced a number of older ceilings.

Five years ago we replaced the roof covering to the school kitchen.

During the summer holidays four years ago we renewed the toilets for the Reception children.

Three years ago during the summer half-term we had the ground floor carpet replaced and renewed some of the older interactive boards.

Two years ago we had our new canopy installed during the summer break and prior to that had the new climbing frame installed in the playground.

During Easter last school year we had all of the lighting in the main school and Reception classes renewed. We also had the pupil toilets re-decorated.

Remember your donations to the School Fund assist the school in improving the facilities provided for all of the children. This is part of your commitment to the wider community and Catholic Education.

Thank you to all who made contributions last school year.

Your support for the School Fund will make a real difference to what we are able to do for the children.

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

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

If each family in our school paid its School Fund for one year we would have at least £20,000 in donations! This money would make a real difference to our school and to our provision for the children.

#### School Dinners

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

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

Please contact the school office if you believe your child qualifies for free meals. Although meals are currently free for all pupils this school



year, entitlement to free school meals provides much needed additional funding for the school.

### Some Dates for this term

#### Monday 2<sup>nd</sup> October:

Month of the Rosary begins - children are encouraged to bring their rosary beads to school for prayer.

Feast of the Holy Guardian Angels - Year 4 to Parish Mass at 9.30am.

Friday 6<sup>th</sup> October: Our Lady of the Rosary and Harvest Fast Day - School Mass in church for Years 2-6. **Rosary beads are blessed.**

Monday 16<sup>th</sup> October: Year 6 trip to PGL (return on Friday 20<sup>th</sup> October).

Wednesday 18<sup>th</sup> October: Year 2 to parish Mass at 9.30am.

Friday 20<sup>th</sup> October: Own Clothes' Day.

**Monday 23<sup>rd</sup> October - Friday 27<sup>th</sup> October: HALF-TERM (No School)**

Monday 30<sup>th</sup> October and Tuesday 31<sup>st</sup> October: Judaism workshops.

Wednesday 1<sup>st</sup> November: Feast of All Saints - School Mass in church for Years 2-6 at 9.30am.

Thursday 2<sup>nd</sup> November: Feast of All Souls - Years 5 and 6 to Mass at 9.30am.

Thursday 2<sup>nd</sup> - Wednesday 8<sup>th</sup> November: Book Fair after school

Tuesday 7<sup>th</sup> November: Bring your Dad to School AM.

Thursday 9<sup>th</sup> November: Year 3 to parish Mass at 9.30am.

Wednesday 15<sup>th</sup> November: Photographer in school - individual photographs.

Tuesday 21<sup>st</sup> November: The Presentation of the Blessed Virgin Mary - Years 5+6 to Mass followed by Benediction.

Wednesday 22<sup>nd</sup> November: Nasal flu Immunisations.

Friday 24<sup>th</sup> November: Own Clothes' Day - items for Christmas Bazaar.

Thursday 30<sup>th</sup> November: Year 4 to parish Mass at 9.30am.

Friday 1<sup>st</sup> December: Nursery Christmas Performance AM.

Monday 4<sup>th</sup> December: School Mass in church for Years 2-6 at 9.30am for Blessing of Advent Wreath.

Year 1 Christmas Performance AM (parents with babies and toddlers).

Tuesday 5<sup>th</sup> December: Reception Christmas Performance AM (parents with babies and toddlers).

Wednesday 6<sup>th</sup> December: Year 1 Christmas Performance AM (adults).

Thursday 7<sup>th</sup> December: Reception Christmas Performance AM (adults).

Friday 8<sup>th</sup> December: The Immaculate Conception of the Blessed Virgin Mary - School Mass in church for Years 3-6.

Monday 11<sup>th</sup> December: Year 2 Carol Service for parents / relatives, 9.30am (for Nightingale Hospice).

Thursday 12<sup>th</sup> December: Junior Carol Service in church, 5pm (for the Nightingale Hospice)

Thursday 14<sup>th</sup> December: Years 5 and 6 to Mass at 9.30am followed by Confessions.

Monday 18<sup>th</sup> December: Christmas Lunch.

Tuesday 19<sup>th</sup> December: Christmas Class Parties PM.

Friday 22<sup>nd</sup> December: Last day of autumn term - School Mass (Mrs. Derwin's 19<sup>th</sup> anniversary Mass) in church for Years 2-6.

Early Closing (12.45 Infants and 1pm Juniors). Own Clothes' Day.

Monday 8<sup>th</sup> January 2024: Return to school for Spring Term.

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

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

### Morning Offering

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



### Night Prayer

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





### Grace Before Meals

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



### Grace After Meals

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

### **Thank you and Best Wishes!**

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

Stay safe and well please.  
Wishing you a good new month  
in school.

Miss M. Creed  
Headteacher

**Sharing God's Word -**  
enriching our evangelisation,  
formation and proclamation.

*"The study of the sacred  
Scriptures must be a door  
opened to every believer. It is  
essential that the revealed  
word radically enrich our  
catechesis and all our efforts  
to pass on the faith..."*

### Pope Francis - Evangelii Gaudium



*"... to help young people to gain  
confidence and familiarity with  
sacred Scripture so it can  
become a compass pointing  
out the path to follow...  
witnesses and  
teachers who can walk  
with them, teaching them to  
love the Gospel and to share  
it...."*

### Pope Benedict XVI - Verbum Domini



### How to Read the Bible

1. Pray before you start  
reading the Bible.
2. Learn how to find your  
way around.
3. Appreciate the variety  
of what's in the Bible.

4. Don't skip the 'first  
series' - the Old  
Testament.
5. Understand how truth  
is expressed in the  
Bible.
6. Explore the different  
senses of Scripture.
7. Interpret the Bible  
using the three golden  
rules.
8. Listen to what the  
Bible has to say about  
itself.
9. Recognise the Bible as  
food for your soul.
10. Read the Bible with  
other people and share  
ideas.



<https://www.godwhospeaks.uk/wp-content/uploads/2020/06/How-to-read-the-Bible.pdf>

<https://www.biblesociety.org.uk/explore-the-bible/word-on-the-go/a-crash-course-on-scripture/> (Click on this



link for a Scripture crash course!)

Dear God,  
We thank you for giving us your peace.  
Help us to spread peace at home and at school by loving and caring for one another.  
Help us to spread peace by listening to one another, even when we don't agree.  
Help us to spread peace by sharing our time with those who are lonely and who need a friend.  
Help us to spread peace by thinking and praying for children who have no food or who are frightened and live in fear.  
Let us pray every day for peace for our families, for our friends and for ourselves.  
Amen.

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

From our School Inspection Reports:

*'The leadership team has maintained the good quality of education in the school since the last inspection...Pupils make good progress from their various starting points...Their willingness to come to school is evident in their well above average rates of attendance...You have successfully maintained the above-average attainment by the end of Year 6 in reading, writing and mathematics...Teachers form good relationships with pupils, providing them with a wealth of interesting activities across the curriculum. Pupils concentrate well in class and are keen to work with each other...Pupils say they feel safe at school and know how to avoid danger in the wider community'(OFSTED Inspection, June 2018).*

*'A. Classroom religious education is outstanding*

*• The school has adapted and developed the themes of the Religious Education Curriculum Directory in an excellent manner to meet the learning needs of the pupils' of St Mary's.*

- The religious education programme in use fully delivers this content and the use of De Bono system in religious education pushes pupils to develop their understanding further.*
- After carefully analysing the needs of their pupils, the school has developed a curriculum and teaching programme that has reached outstanding achievement by the pupils in religious education.*
- Teachers have high expectations and plan lessons that deepen pupils' religious literacy.*
- Since the last inspection, staff confidence in recording and assessment has been demonstrably achieved with the evidence of the clarity and confidence on the part of the staff in planning imaginative lessons based on the religious education programme followed in the school.*
- The headteacher is also the religious education curriculum coordinator and she takes the closest interest in developing the excellent teaching and learning of religious education in the school.*
- The chair of governors is a recent appointment but with her years of experience on the governing body she is clear in her role of both support*



and challenge in pursuing the special responsibility of governors of a Catholic school.

**B. The Catholic life of the school is outstanding**

- The curriculum fully conforms to the classroom curriculum time of at least 10% for religious education and teaching is fully in line with the requirements of the Bishops' Conference.
- The previous inspection asked the school to develop pupils' understanding of Catholic Social Teaching and to help pupils understand the ethics of the market place and fair trade. The school has fully addressed these priorities, both in their classroom teaching and in the encouragement offered when choosing charities to support.
- The pupils of St Mary's enjoy an outstanding experience of prayer, liturgy and Catholic worship.
- Pupils and staff have a deep understanding of the call to 'human flourishing' and are given opportunities to develop and celebrate their gifts and talents.

- Partnership with the parents is excellent; they appreciate and support all that the school provides for their children.
- The leadership and management of the school are very effective in promoting the Catholic life of the school. The head is strong and devoted in providing both oversight and support on all aspects of Catholic life. The contribution and regular visits of the parish priest provides a strong and stable reinforcement of the foundational position of Catholicism in the life of the school' (OFSTED Section 48 Inspection, September 2019).



**Our School Prayer**

This is our school.  
May we all live here  
Happily together.

May our school be full of  
joy.  
May love dwell here  
among us  
Every day.

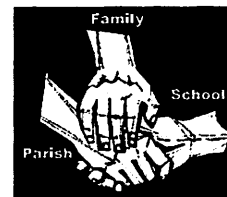
Love of one another,  
Love of all people  
everywhere,  
Love of life itself,  
And love of God.

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





# Family – Parish – School Links



## St. Mary's Catholic Primary School Autumn 2023 First Half-Term



### Newsletter for Parents – Nursery and Reception

Religious Education	
<b>Topic Theme: Beginnings</b>	
Children will explore how we 'begin': in our families, in our Church and at school.	
Learning opportunities include:	Monitoring opportunities:
<ul style="list-style-type: none"> <li>• Coming to know that God loves each one always and at all times.</li> <li>• Coming to know Jesus is God the Father's Son.</li> <li>• Experiencing and becoming familiar with the sign of the cross.</li> <li>• Knowing that they are special within their family and the community.</li> <li>• Experiencing that a Church is a special place where God's people gather to pray.</li> <li>• Coming to know that Sunday is a special day for the Church family who come together to celebrate.</li> <li>• Experiencing and recognising prayer is talking and listening to God.</li> <li>• Considering ways in which a Christian family and parish share and celebrate life, and show care for one another.</li> </ul>	<p>Children's development will be monitored through observation and the collection of work samples for their portfolio.</p>
Affective and Spiritual Dispositions	
<p><i>It is hoped that pupils will develop:</i></p> <ul style="list-style-type: none"> <li>• Value being special within their families and communities</li> <li>• Appreciate that families come together to celebrate</li> <li>• Respect for each other and for adults.</li> <li>• Good relationships with peers and with adults in the school community.</li> <li>• Appreciation of their friendship with Jesus brought about through Baptism.</li> </ul>	



### Activities to try at home

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

- Look over photo albums and recall stories of your family.
- Look at their Baptismal Certificate or photos of their Baptism. Explain who their Godparents are.
- Celebrate the friends you have who are from different cultures. Speak positively about difference.

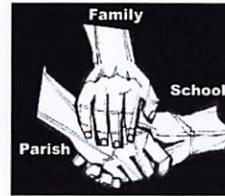
### An idea for prayer at home

When you next collect your child from school take some time to walk around the Church and to prayerfully look at the religious items it contains. Allow your child to light a candle and together pray for a special intention.





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



**Religious Education**

**Key Idea: Beginning with the Church**

This topic is intended for the first of the academic year 2023/2024. As we welcome new and returning members to our schools community, we learn about how the Church formal welcomes new members in study of the sacraments of Initiation. This topic is the last in our study of the Year of Matthew.

**Attitudes and Spiritual Dispositions**

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

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• A sense of the importance of the sacramental life of the Church</li> <li>• A commitment to celebrating their faith</li> </ul> | <ul style="list-style-type: none"> <li>• An openness to the presence of God in the Sacraments</li> <li>• Reflectiveness in prayer</li> </ul> |
|--|--|

**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 this activity while this topic is being taught:

- Welcoming people into our homes, workplaces and communities is part of life. Talk with your children about how you welcome new friends and family and why. Making people welcome is the first moment when we say to them you matter to us – you are important and valuable to us...and to God.

**An idea for prayer at home**



**Prayer Activity**

Loving God, as we gather as a family today/tonight, may we remember your great love for us. You call us your daughters and sons, making us all members of one family. This day and tomorrow might we remember to welcome and show our love and appreciation for those around us: old friend and new. Make us people who welcome as you did – inviting others to be part of your family, your home.  
Amen.



## It's October! It's Rosary Month!

We will say a decade of the Rosary each day in school for the month of October.

We say one decade.



It's a wonderful prayer to the Patron of our School, St. Mary.

### A Beginner's Guide to the Rosary

#### **Who Can Pray the Rosary?**

Anyone can pray a Rosary. You will also need to know twenty Mysteries to meditate upon as you pray. You do *not* have to be a Catholic.

#### **The Order of Prayers**

The Rosary begins with the Apostles Creed, followed by one Our Father, three Hail Marys (for the Holy Father's intentions), a Glory Be and the Fatima Prayer. Next focus on five mysteries, each consisting of one Our Father, ten Hail Marys, a Glory Be and the Fatima Prayer. Conclude with the Hail Holy Queen.

#### **Rosary Beads**

If you do not have Rosary beads just count with your fingers. Counting beads frees your mind to help you meditate.

#### **The Twenty Mysteries**

##### **The Joyful Mysteries**

- *The Annunciation:* The Archangel Gabriel announces to Mary that she will conceive the Son of God.
- *The Visitation:* Mary visits her cousin Elizabeth, who is pregnant with John the Baptist.
- *The Nativity:* Jesus is born.
- *The Presentation:* Mary and Joseph present Jesus in the Temple where they meet Simeon.
- *The Finding in the Temple:* After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple.



## The Luminous Mysteries (The Mysteries of Light)

- *The Baptism in the Jordan:* The voice of the Father declares Jesus the beloved Son.
- *The Wedding at Cana:* Christ changes water into wine, his first public miracle.
- *The Proclamation of the Kingdom:* Jesus calls to conversion (cf. Mk 1:15) and forgives the sins of all who draw near to him.
- *The Transfiguration:* The glory of the Godhead shines forth from the face of Christ.
- *The Institution of the Eucharist:* Jesus offers the first Mass at the Last Supper with his apostles, establishing the sacramental foundation for all Christian living.

## The Sorrowful Mysteries

- *The Agony in the Garden:* Jesus sweats water and blood while praying the night before his passion.
- *The Scourging at the Pillar:* Pilate has Jesus whipped.
- *The Crowning with Thorns:* Roman soldiers crown Jesus' head with thorns.
- *The Carrying of the Cross:* Jesus meets His mother and falls three times on the way up Calvary.
- *The Crucifixion:* Jesus is nailed to the cross and dies before His mother and His apostle John.

## The Glorious Mysteries

- *The Resurrection:* Jesus rises from the dead.
- *The Ascension:* Jesus leaves the Apostles and bodily "ascends" to heaven.
- *The Descent of the Holy Spirit:* The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary.
- *The Assumption:* Mary is taken body and soul into heaven by God at the end of her life here on earth.
- *The Coronation:* Mary is crowned Queen of Heaven and Earth.

## Mysteries for Certain Weekdays

Monday - Joyful

Tuesday - Sorrowful

Wednesday - Glorious

Thursday - Luminous

Friday - Sorrowful

Saturday - Joyful

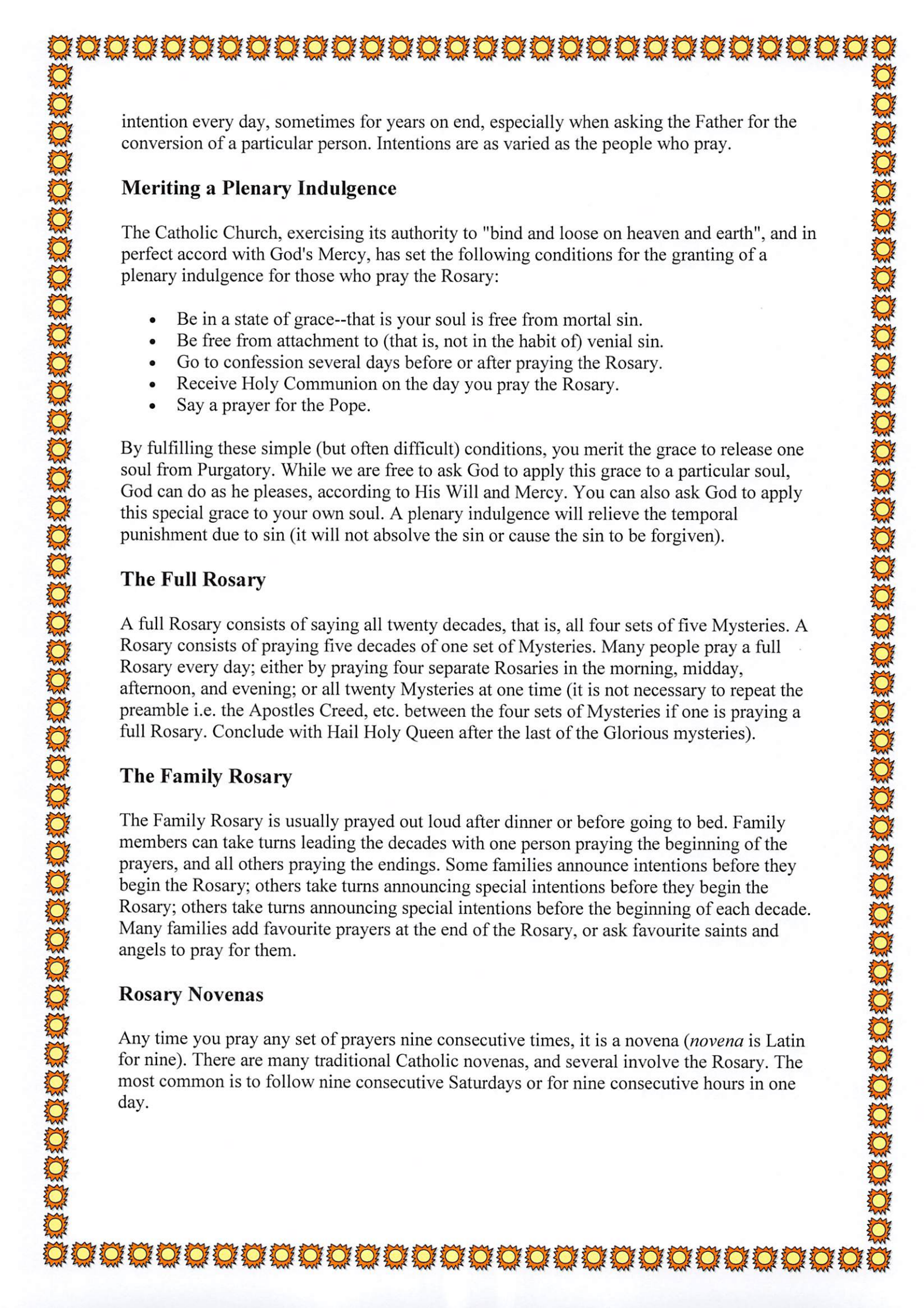
Sunday - Glorious

Try to place yourself into the scene of the particular mystery as you pray, imagining the sights, smells, sounds, and emotions that Jesus, Mary, Joseph, and other participants experienced during the actual events.

## Offering Intentions

Practically everyone who prays the Rosary offers the Rosary to God and Our Lady for an intention. Some people offer particular intentions before each decade. You can ask God to grant you a favour, heal a sick person, or convert a sinner. Some people offer the same





intention every day, sometimes for years on end, especially when asking the Father for the conversion of a particular person. Intentions are as varied as the people who pray.

### **Meriting a Plenary Indulgence**

The Catholic Church, exercising its authority to "bind and loose on heaven and earth", and in perfect accord with God's Mercy, has set the following conditions for the granting of a plenary indulgence for those who pray the Rosary:

- Be in a state of grace--that is your soul is free from mortal sin.
- Be free from attachment to (that is, not in the habit of) venial sin.
- Go to confession several days before or after praying the Rosary.
- Receive Holy Communion on the day you pray the Rosary.
- Say a prayer for the Pope.

By fulfilling these simple (but often difficult) conditions, you merit the grace to release one soul from Purgatory. While we are free to ask God to apply this grace to a particular soul, God can do as he pleases, according to His Will and Mercy. You can also ask God to apply this special grace to your own soul. A plenary indulgence will relieve the temporal punishment due to sin (it will not absolve the sin or cause the sin to be forgiven).

### **The Full Rosary**

A full Rosary consists of saying all twenty decades, that is, all four sets of five Mysteries. A Rosary consists of praying five decades of one set of Mysteries. Many people pray a full Rosary every day; either by praying four separate Rosaries in the morning, midday, afternoon, and evening; or all twenty Mysteries at one time (it is not necessary to repeat the preamble i.e. the Apostles Creed, etc. between the four sets of Mysteries if one is praying a full Rosary. Conclude with Hail Holy Queen after the last of the Glorious mysteries).

### **The Family Rosary**

The Family Rosary is usually prayed out loud after dinner or before going to bed. Family members can take turns leading the decades with one person praying the beginning of the prayers, and all others praying the endings. Some families announce intentions before they begin the Rosary; others take turns announcing special intentions before they begin the Rosary; others take turns announcing special intentions before the beginning of each decade. Many families add favourite prayers at the end of the Rosary, or ask favourite saints and angels to pray for them.

### **Rosary Novenas**

Any time you pray any set of prayers nine consecutive times, it is a novena (*novena* is Latin for nine). There are many traditional Catholic novenas, and several involve the Rosary. The most common is to follow nine consecutive Saturdays or for nine consecutive hours in one day.





Rosary Prayers:

The Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth. And in Jesus Christ, His only Son, our Lord. Who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day He rose again. He ascended into heaven and sits at the right hand of God, the Father Almighty. From there He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting. 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.

Fatima Prayer

O my Jesus, forgive us our sins. Save us from the fires of hell, lead all souls to heaven especially those in most need of your mercy.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, Hail our life, our sweetness and our hope, to you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this vale of tears; turn, then most gracious Advocate, your eyes of mercy towards us, and after this, our exile, show unto us the blessed fruit of your womb Jesus. O clement, O loving, O sweet Virgin Mary! Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.



Let us Pray

Let us pray, O God, whose only begotten Son, by His life death and Resurrection, has purchased for us the reward of eternal life. Grant we beseech Thee that while meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through the same Christ our Lord.  
Amen.



**SCHOOL UNIFORM**

**SCHOOL SWEATSHIRTS**

SIZE	PRICE EACH
AGE 3-4 (24)	10.50
AGE 5-6 (26)	10.50
AGE 7-8 (28)	10.50
AGE 9-10 (30)	10.50
AGE 11-12 (32)	10.50
AGE 13 (34)	10.50
S (36)	14.00
M (38-40)	14.00
L (42-44)	14.00

**SCHOOL JOGGERS**

SIZE	PRICE EACH
AGE 3-4 (24)	9.00
AGE 5-6 (26)	9.00
AGE 7-8 (28)	9.00
AGE 9-10 (30)	9.00
AGE 11-12 (32)	9.00
AGE 13 (34)	9.00

**REVERSIBLE SCHOOL COAT**

SIZE	PRICE EACH
AGE 3-4 (24)	21.00
AGE 5-6 (26)	21.00
AGE 7-8 (28)	21.00
AGE 9-10 (30)	21.00
AGE 11-12 (32)	21.00
AGE 13 (34)	21.00

**PE KIT**

SIZE	PRICE EACH
AGE 3-4 (24)	12.00
AGE 5-6 (26)	12.00
AGE 7-8 (28)	12.00
AGE 9-10 (30)	12.00
AGE 11-12 (32)	12.00
AGE 13 (34)	12.00

	PRICE EACH
SCHOOL CAP	3.00
WINTER HAT	4.00
BOOK BAG	4.35
BACK PACK	5.00

**ALL PAYMENTS MUST BE MADE THROUGH PARENTPAY IN ADVANCE**

**Uniform received**

**Child's Name** \_\_\_\_\_

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_



## School Uniform

All children are expected to wear the school uniform; this encourages a sense of identity and belonging.

<b>Winter</b>	<b>Grey Skirt or Pinafore / Dark grey tailored trousers / shorts</b>
	<b>St Mary's Sweatshirt</b>
	<b>White / Grey socks</b>
	<b>Grey / Navy tights</b>
	<b>White Polo Shirt</b>
	<b>Black Shoes (No Trainers)</b>
<b>Summer</b>	<b>Dark blue and white check dress / Dark grey tailored trousers / shorts</b>
	<b>Royal blue Cardigan / St. Mary's Sweatshirt</b>
	<b>White / Grey socks</b>
	<b>Black/White/Navy sandals or shoes</b>
	<b>No Open toe Sandals</b>
	<b>White Polo shirt</b>
<b>PE Kit</b>	<b>Dark Blue Shorts</b>
	<b>Royal Blue Joggers</b>
	<b>White crew neck T-Shirt</b>
	<b>Black Plimsolls</b>
	<b>White socks</b>

Please make sure your child wears sensible shoes – no fashion shoes please, low heels and NO trainers. In summer time children may wear black, white or navy blue sandals, but 'jellies' or open toes sandals are not part of the school uniform.

Children who wear wellingtons or boots to school should bring a change of footwear.

Jewellery (chains, bracelets, rings) should NOT be worn to school. Children with pierced ears may wear small studs only but not on PE days. Hooped or hanging earrings are not allowed.

Short hair must be in a plain neat style. Lines, logos or designs are not permitted. Hairstyles should be suitable for school i.e. long hair should be tied back, away from the face.

Hair accessories (hair bands and elastic ties) should be in school colours (blue, black and white).

Each child should have their own PE kit and a bag in which to keep it. Children change for PE for reasons of hygiene. It would be helpful if you could equip older children with a change of socks.

Reversible School Coat, St. Mary's School Cap and Winter Hat are available from the school office – these are optional.

All clothing, bags and personal possessions must be clearly marked with your child's name.



Dear Parents/Carers,

I hope you have been able to access the Monster Phonics website and E books using the links that were sent out.

In addition, there is a Monster Phonics webinar on Wednesday 4<sup>th</sup> October for parents. It is called *Monster Phonics a Guide for Parents*. This is a good way of learning all about how Monster Phonics is taught. This a free webinar.

Please follow the link:

<https://www.eventbrite.co.uk/e/monster-phonics-a-guide-for-parents-tickets-668760981097?aff=ebdsoporgprofile>

You will need to register using this link as soon as possible to secure your place.

If you need any help please contact Mrs Rowley.

Mrs Rowley





## **St. Mary's Catholic Primary School**

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**has achieved the Gold School Games Mark  
award for their commitment, engagement  
in the School Games for 2022/23.**







# Online Safety Newsletter

October 2023

## Parental Controls

Does your child have a games console? If yes, have you set up age-appropriate parental controls? The controls vary across the different consoles, but all will allow you to restrict spending and communication for example.

### PlayStation

Set up your account as a family manager and create a separate child account so you can tailor their activities. Find out more here: <https://www.playstation.com/en-gb/support/account/psn-safety-parents-guide/>

### Xbox

You can download an app to manage your child's gaming experience. Find out more here: <https://www.xbox.com/en-GB/apps/family-settings-app>

### Nintendo Switch

Nintendo also offer a free app to monitor what and how your children are playing. Find out more here: <https://www.nintendo.co.uk/Nintendo-Switch-Family/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

## Does your child watch livestreams?

### What is livestreaming?

Livestreaming is when an individual broadcasts video live over the internet. People can watch livestreams from any device that is connected to the internet.

### Who is watching livestreaming?

Research from Ofcom reported that 57% of 3 – 17 year olds have watched live streams and the most used platforms to watch live streams were YouTube and TikTok. The research also showed that the percentage watching content on livestreaming app/sites increased by age. A third of 3-4 year olds were watching live content with this number growing to eight in ten of 16-17 year olds. This is reported in [Children and parents: media use and attitudes report 2022 \(ofcom.org.uk\)](#).



### What are the risks?

There are risks associated with watching livestreams that you should be aware of. The main risk being that your child may see or hear something inappropriate as your child may come across themes or content that is not suitable for them. It is difficult to moderate live content as it is happening in real time.

### How can I help my child?

- All online platforms have an age rating, ensure your child only accesses platforms that are appropriate to their age. For example, TikTok has an age rating of 13.
- For any platforms that your child uses, ensure appropriate parental controls and privacy settings are applied.
- Take an interest in what your child is doing online and on a regular basis, ask your child to show you what they are accessing.
- Ensure your child knows how to use any reporting/blocking tools on the app that they are using and as always please ensure that your child knows to talk to a trusted adult if they see anything that concerns them online.

### Further information

- <https://www.childnet.com/help-and-advice/livestreaming-parents/>
- <https://www.thinkuknow.co.uk/parents/articles/what-is-live-streaming/>





# Playing games online

Does your child play games online? We have outlined some points that you may wish to consider to try and create a safer experience for your child.

## Have you set up parental controls?

As well as setting up appropriate parental controls through the game's setting, ensure you have set them up on the console/device your child is playing on. For example, many consoles allow you to restrict the games accessed by age.



## Chatting to strangers

Some games will allow communication, for example (FIFA and Fortnite). Depending on the game, this may be via the in-game text chat, direct messages or talking through headphones. Some games do offer the ability to switch communication off or restrict bad language so make sure settings appropriate to your child are set up for each of the games they play.

It can be difficult to moderate online chat so ensure your child knows how to block and report other players who make them feel uncomfortable and that they know to talk to you or a trusted adult if they have any concerns. It can also be very easy online for children to behave in a way that they would not if they were face to face with each other. Talk to your child about how they are speaking to others online and encourage them to talk to people online with respect, like they would if they were face-to-face.

## Is the game age appropriate?

Before buying the game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store /Google Play. UK Safer Internet Centre have published a blog, which shares tips on what to do if your child asks about playing a new game:

- <https://saferinternet.org.uk/blog/help-my-child-wants-to-play-games-that-are-too-old-for-them-2>

## In app purchases

In addition to the above, you should be aware of in app purchases as lots of games include the option to purchase additional items/subscriptions so ensure you do not have payment cards saved or set up restrictions/pin code to approve.

## Further information

The NSPCC provide further guidance and support regarding this topic:

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

## Skill-building app suggestions from Internet Matters

Internet Matters have curated a list of apps that will help your child to develop skills and new interests in different areas, for example Game Builder Garage (7+), which helps children to create their own games and Tayasui Sketches to develop art skills. You can find the full list here:

<https://www.internetmatters.org/resources/skill-building-apps-guide-for-kids/>

## Scary Teacher 3D

Scary Teacher 3D is a game rated as 12+ by the App store (due to Mild Realistic Violence) or as 'Teen' on Google Play (due to violence). The game does include in-app purchases as well. Players must scare their teacher by completing different activities. There are lots of videos of this game on YouTube as well.

As with all games your child is asking to play, please take note of the age rating and play the game first to see if you think it is appropriate for your child.

## Teaching children about money

Lloyds bank have published information and resources to help us help our children develop good financial habits. The information is split into age groups so you can find support tailored to your child's age. You can find out more here:

<https://www.lloydsbank.com/help-guidance/family-finances/teaching-children-about-money.html>



Good attendance at school is the single most important factor in ensuring that children and young people have the best opportunities in adult life.

## How parents/carers can help their child have good attendance?

- From starting at nursery, make sure your child arrives at school on time, every day.
- Encourage your child to take part in school activities and ensure that they understand the importance of being there every day.
- Don't let your child take time off school for minor ailments – particularly those which would not stop you from going to work.
- Where possible, make appointments after school, at weekends or during school holidays.
- Remember, a morning appointment does not mean a whole day of absence. Bring your child back to school in the afternoon.
- Take family holidays during school holiday time only. Schools publish term time dates well in advance – use these to plan your family holiday.
- Encourage your child to tell you about any problems they may have at school. If you know or think that your child is having difficulties attending school you should contact the school straight away.
- Find out regularly your child's attendance and absence record and check that this matches with your own records.
- Acknowledge, praise and reward good or improved attendance, even small successes.



There are 365 days in a calendar year and 175 of them are non-school days! That's plenty of time to book appointments, holidays and lots of quality family time together!

Below  
90%

Serious impact on education and reduces life chances

90-95%

Less chance of success

96%  
& above

Best chance of success



## But it's only a day

- ▶ 90% attendance = half day missed every week!
- ▶ One school year at 90% attendance = four weeks of learning missed!
- ▶ Over 5 years of school = half school year missed!

All children and young people whose school attendance is 90% or below are considered to be persistent absentees.



## THE IMPACT OF SCHOOL ABSENCE

- The pupils with the highest attainment at the end of Key Stage 2 and Key Stage 4 have higher rates of attendance compared to those with the lowest attainment.
- At Key Stage 4 the overall absence rate of pupils not achieving grades 9-4 was over twice as high as those achieving grade 9-5 (8.8% absence compared to 3.7% absence).

Taken from 'Working Together to Improve School Attendance', September 2022



Explore, Connect, and Stay Active Enfield!

# September to December Activities

## Active Enfield

Discover a vibrant range of fitness activities suitable for different ages and abilities.



- Yoga 🧘
- Dance 🕺
- Swimming 🏊
- Badminton 🏸
- Tennis 🎾
- Pilates 💪
- Zumba 🕺
- And more!

From  
September 11th  
to December  
17th 2023



Get fit, have fun, and make new friends  
– Active Enfield has something for  
everyone!



[www.activeenfield.uk](http://www.activeenfield.uk)

@ActiveEnfield   



# 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](http://www.enfield.gov.uk) and search 'welfare advice and support' to find the referral form

### **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](http://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](mailto:ordnancepantry@gmail.com)

### **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](mailto:sadiyaam@hotmail.co.uk)

### **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](mailto: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](http://www.enfield.gov.uk/helpingyou)