

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

MARCH 2024

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



Lent

We are in the season of Lent, a wonderful time of renewal. As you know Lent began on Ash Wednesday 14th February.



Maybe these weeks of Lent could be a time for us to make a big effort to change and grow as we get ready for the feast of the Resurrection of Christ.

Spring Performance



The children in Year 3 are to be congratulated for their wonderful performance of 'Tattybogle' last half-term. All worked hard and co-operated so well to prepare. The singing, dancing and speaking were of such a high quality. We could see from the faces of all in the audience how much parents and friends of the school enjoyed the performances. Thank you very much children for your hard work. Also a sincere thank you to the teachers, teaching assistants and volunteers who spent many hours of their own time planning and preparing and then guiding the children through. Thank you to the parents who helped with practices, scenery and costumes. £176.00 was earned in voluntary contributions for tickets.

Wednesday Word

Starting on Wednesday 17th April 2013 children began to bring *The Wednesday Word*

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

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

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

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

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

The Wednesday Word is currently available online:

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

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



Re-establishing the Friday Penance

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

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

As you know we formally began our practice of not serving

meat to the children / staff on a Friday right from the start of September in 2011. Thank you parents for not including meat as part of your child's packed lunch on a Friday. Although our children are young we know that you agree that it is good to establish the practices of our faith right from the start. This good habit formed when young will hopefully be part of your child's way of life as he / she grows up. He / she will see abstaining from meat on a Friday as a distinctive mark of his / her Catholic identity.

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



shutterstock · 197401883

Pupil Progress

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

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

the school office to arrange a time.



Illegal Parking

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



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

walk a little bit each day and enjoy our school street.

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

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

If you are late for school please do not abandon your child on the road outside. You must come in to school with your child and sign your child in as the classroom registers will already have been taken.



Tissues

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



School Uniform

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

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

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

Please continue to remember!

Try very hard to ensure your child is on time for school i.e. before 9am when registers are taken and lessons begin. It is very important that your child has enough time to walk from the school gate to the classroom before 9am.

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

Please try hard to pick your child up on time at the end of the day (The infants finish their lessons at 3pm and the juniors at 3.15pm. Children will normally leave the classroom just after their lessons finish.).

Online Safety

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

<https://youtu.be/zhKwpdv6vQQ>

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



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

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

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

Parental Controls

The more you know the better:

<https://www.kidsonlineworld.com/parental-controls.html>

Interactive online security resources for 7-11 year olds.

Young people are growing up in an increasingly digital world, exposing them to both the opportunities and risks of the internet. CyberSprinters empowers them to make smart decisions about staying secure online.

The digital game can be played on a phone, tablet and desktop, and is supported by a suite of activities to be led by educational practitioners /parents working with 7-11 year olds. Parents and carers can also try the CyberSprinter puzzles with their children at home!

<https://youtu.be/UFjyyFwrepc>

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/>

Sacrament of Reconciliation

[Sacrament of Reconciliation Explained - YouTube](#)

This video explains this Sacrament through drawings and Scripture in a straightforward and detailed way which can be used with children from KS2. It also explains how this sacrament was passed down from Christ to his Apostles and then to priests.

Volunteers

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

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

We do ask volunteers not to use the staffroom but arrangements are made to provide tea /coffee/ water for

any volunteers who work across breaks.

Spring Term Reminder!

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

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.

Early Closing

Thursday 28th March is the last day of the school term and the school will be closing at 12.45pm for EYFS and Key Stage 1 pupils and for Key Stage 2 pupils at 1pm. We would be very grateful if you could ensure that your children are collected promptly on that

day. This is also an OWN CLOTHES DAY.

Sickness

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

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

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

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

The Angelus

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

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

Hail Mary...

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

Hail Mary...

Pray for us, O Holy Mother of God.

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

Let us Pray.

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may be brought by his passion and cross to the glory of his resurrection, through the same Christ our Lord. Amen.

May the divine assistance remain always with us and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

Phone calls

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



Recycling!

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

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



Thinking Skills

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



Future Dates

- 1st March - St. David's Day - School Mass (Years 2-6 to attend the Mass at 9.30am).
- 5th March - Ducklings visit St. Mary's.
- 6th March - Class Photographs.
- 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.
- 21st -27th March - Scholastic Book Fair - Small Hall.

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.



Holidays and Absences

I would urge you to try not to book holidays during term time

as time away from school can unsettle children and affect their progress.

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

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

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

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

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

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

	15 per cent	10 per cent
Half-term	10 or	7 or

Half-term 10 or 7 or

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

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

In the autumn term 96 children had 100% attendance. Well done!

Please remember that your child's absence from school affects our total absence figures.

It was 5.68% at the end of the autumn term 2023 (7.21% at the end of the autumn term 2022) and was 5.38% at the end of the first half of the spring term 2024 (6.65% at

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

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

The class with the highest attendance at the end of the first half term was Year 3, St. Bernadette (97.55%) closely followed by Year 5, St. Anthony (97.51%) and Year 6, St. Christopher (97.41%), Year 5/6, St. Joseph (96.94%), Year 2, Faith (95.84%) and Reception, Hope (95.23%).

Play Equipment

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

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

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

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

Year Group Addresses:

nursery@stmarys.enfield.sch.uk

reception@stmarys.enfield.sch.uk

year1@stmarys.enfield.sch.uk

year2@stmarys.enfield.sch.uk

year3@stmarys.enfield.sch.uk

year4@stmarys.enfield.sch.uk

year5@stmarys.enfield.sch.uk

year6@stmarys.enfield.sch.uk



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

Morning Offering

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

Night Prayer

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

Grace Before Meals

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

Grace After Meals

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

Our School Prayer

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

Every day.

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

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

Own Clothes

Thank you to all who supported the Own Clothes' Day before the half-term. £107.03 was donated.



Best Wishes

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

Miss M. Creed
Headteacher

ADMISSIONS FOR ACADEMIC YEAR 2024/2025

We need your help to remind friends, neighbours, relatives to apply for places in our Nursery and Reception

classes for their children for September 2024!

It is not too late to apply!



NSPCC: Promoting mental

health and wellbeing:

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

NHS UK: Every Mind Matters:

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

Dealing with Body-Confidence for Young People - ChildLine

The world is now more superficial than ever before.

To help young people with this, ChildLine has created a page on their site with advice on these issues. If you're interested please follow the link below:

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

Worried Children - How Can We Help?

Growing up is no easy task. We can all remember times when

we were children, or maybe a little older when everything seemed too much.

Fortunately Save the Children have published expert led guidance aimed at aiding educational professionals and parents, in their endeavours to understand and uplift their children when they're down.

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

Chickenpox: Be aware please. It seems to be around currently -- [Chickenpox - NHS \(www.nhs.uk\)](#)

A Lenten Challenge

Fasting

Fast from hurtful words and speak kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints and contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.

Pope Francis



Online Safety Newsletter

March 2024

Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

- <https://www.internetmatters.org/issues/screen-time/protect-your-child>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

- <https://www.internetmatters.org/issues/screen-time/deal-with-it/>

This final link provides a guide on how to balance screen time:

- <https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>



Fortnite Battle Royale

Fortnite Battle Royale is rated PEGI 12 because it features moderate violence which means it is not suitable for persons under 12 years of age.

It is important to remember that when rating games, PEGI do not take into consideration the communication features of a game. Fortnite does include a chat facility, which adds further risks.



What is Fortnite?

There are different versions of Fortnite, including Battle Royale, which is free to play (although in-app purchases are available). In Battle Royale up to one hundred players compete against each other.

What do I need to be aware of?

- **Chatting to strangers and inappropriate language:** Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any inappropriate behaviour.
- **In app purchases:** All users can purchase V-Bucks directly through the game so make sure you don't store your card details within the game/device and restrict purchases.

Parental Controls

Fortnite includes several parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings. **Also, remember to set up age-appropriate parental controls on the device your child is playing on.**

Further information

Virgin Media outline how to set up the different parental controls available: <https://www.virginmedia.com/blog/parental-controls/gaming-fortnite>

Does your child need a mobile phone?

If you are thinking about giving your child their own phone, then you might find this article from Family Lives useful as it discusses things you need to consider:

<https://www.familylives.org.uk/advice/primary/health-and-development/does-your-child-need-a-mobile-phone>

Instagram

You will probably know that Instagram is used to post photos and videos, but did you know that it can also be used to message, voice/video call and send disappearing messages? Users can also upload to 'Stories' (which disappear after 24 hours), broadcast live and upload reels (short videos).

You must be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but it is not verified). *When you set up an account for users under 16 years old, the account is set to Private. This is the recommended setting so that your child approves who follows them and sees their content.* Even if your child's profile is private, their bio (at the top of their profile) can still be seen by **everyone**. Check they have not included personal information here e.g. they should not be wearing their school uniform in their photo.

Instagram includes several privacy settings, so go through these with your child and ensure they are set appropriately. Settings include:

- Messages/Group chats – set who can message you/add you to groups.
- Story replies – you can turn this off or choose who can message you.
- Hidden words – turn this option on to hide comments/messages that may be offensive. You can also add your own custom words or emojis.

Make sure your child understands that there is a risk that content they upload can be shared with others without their permission as other users can screenshot it.

Supervision

You can set up supervision on your child's (aged 13-17) Instagram account. This gives you access to a set of tools including the ability to see who they follow/who follows them, how much time they are spending on Instagram, set a time limit and view accounts your child has blocked. Your child can also share when they have reported anything to Instagram with you. Learn more here: <https://help.instagram.com/658522825492278>

Safety Features

Ensure your child knows how to report posts and people, how to unfollow and block people, delete and turn off comments. View here: <https://help.instagram.com/269765046710559>

Quiet mode

Your child can activate quiet mode, so they do not receive notifications (to provide less distraction whilst studying and at night time).

How can I keep my child safe on Instagram?

The NSPCC have published a blog with everything that you need to know: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/keeping-children-safe-on-instagram/>

More information

- Visit the family centre to learn more about the features available: <https://familycenter.instagram.com/>
- Download a parent's guide to Instagram: <https://help.instagram.com/299484113584685>

Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link

This is a parental control app from Google that lets you:

- See activity reports showing how long they spend on each app.
- Approve or block new app downloads
- Set screen time limits.
- Find their location (using their device)

You will need to download an app and then decide appropriate settings.

<https://families.google.com/familylink>

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions.
- Share purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

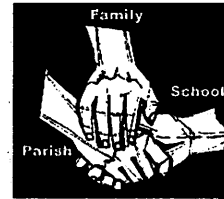
<https://www.apple.com/uk/family-sharing/>

Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/ton-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>

St. Mary's Catholic Primary School – Religious
 Education Newsletter Spring (second half-term) 2024
 – Nursery and Reception



Religious Education	
Topic Theme: From Lent to Easter	
<p>Children will explore the season of Lent as a time of thoughtfulness (penance), prayer and generosity (almsgiving). The season of Lent officially ends on Holy Thursday when the Triduum, the three days – Holy Thursday, Good Friday and Holy Saturday, occur. This unit looks only at the Passion of Jesus, not the Resurrection. The Resurrection, post Resurrection experiences and Pentecost are covered in the next topic.</p> <p>The word 'Easter' actually refers to the Sunday of the season, the day of the Resurrection and the season that follows it to Pentecost.</p>	
Learning opportunities include:	Monitoring opportunities:
<ul style="list-style-type: none"> • Hearing the story of Easter • Coming to know that God loves each one always and at all times • Experiencing that a Church is a special place where God's people gather to pray. • Experiencing liturgical celebrations in a variety of simple settings. • Experiencing and recognising prayer is talking and listening to God • Considering ways in which a Christian family and parish share and celebrate life, and show care for one another. 	<p>Student'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>	

- An awareness of the events of the Passion
- A sense of prayerfulness
- A openness to God's love

Activities to try at home

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

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

An idea for prayer at home

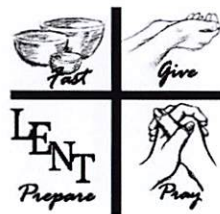


Prayer Activity

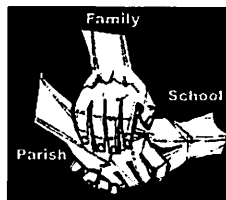
Pray with your children at meals.

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

Amen



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



Religious Education

Key Idea: From Lent to Easter

This topic is intended for the Spring Term of 2024 and as the conclusion to the previous resource. Having been presented with the story of the Exodus and within it, the Passover, pupils are now taught how it acts as foundation for our own Eucharist. As this is the Year of Mark, pupils will focus on Mark's account of the Last Supper of Jesus.

This resources also teaches the Examen, the Jesuit prayer form, as part of preparation during Lent.

Attitudes and Spiritual Dispositions

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

It is hoped that pupils will develop:

- A sense of the sacred presence of God in life
- An appreciation of/for Jewish ancestry

- An openness to learning from other faiths
- A willingness to pray

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.

- Make mealtimes a time of celebration and ritual. Be more conscious of sitting at the table, of saying grace and of talking together about your shared, family story.
- Ask your children to talk to you about the class Drawer of Life!

An idea for prayer at home

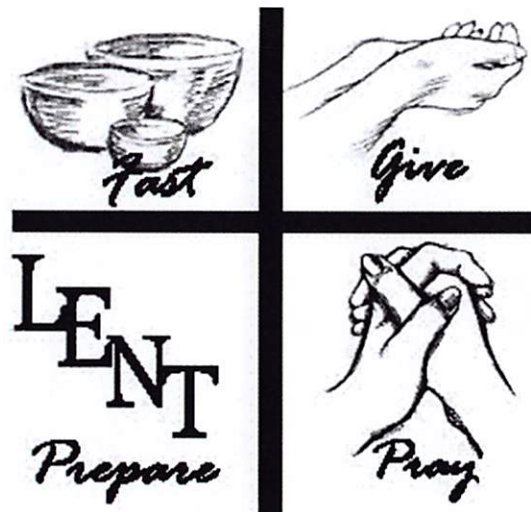


Prayer Activity

Pray at bedtime with your children:

God of our day. Thank you for all those who have brought us your love, kindness and care. May tomorrow be filled with a sense of your presence and may we be for others the God you are for us!

Amen.



Book now for lessons in the Summer term!



MUSIC CAN HELP US:

- Build confidence
- Enhance memory
- Express ourselves
- Be creative

EMS lessons start from around £7 per week

Visit the Music Store now to book:
<https://traded.enfield.gov.uk/musicstore>

Closing date: 10th March 2024



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.



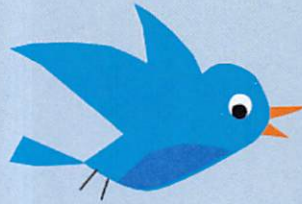
THE IMPACT OF SCHOOL ABSENCE

- 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

NSPCC

**THE
TALK**



GUIDE

FOR PARENTS

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

EVERY CHILDHOOD IS WORTH FIGHTING FOR

YOUR
NAME



This guide belongs to

.....

and

.....

YOUR
CHILD'S
NAME





We all want to keep our children safe

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

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

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



WHY
TALK
PANTS?



An important conversation to have

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

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

PANTS never mentions sex

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

We never use scary words

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

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



Finding the right moment

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

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



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



HOW DO I FIND THE RIGHT WORDS?

How to get started

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

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

Our icebreakers!

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

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

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

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



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

Now it's time to talk PANTS

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

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

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

P RIVATES
ARE PRIVATE

A LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

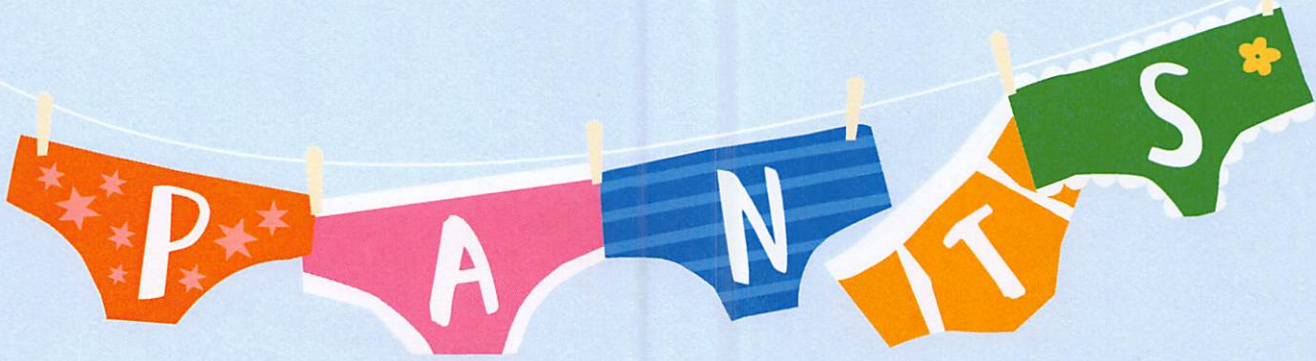
N O MEANS NO

T ALK ABOUT SECRETS
THAT UPSET YOU

S PEAK UP, SOMEONE
CAN HELP



WHAT ARE
THE PANTS
RULES?



Privates are private

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

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

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

Always remember your body belongs to you

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

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

No means no

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

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



Talk about secrets
that upset you

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

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

Any secret should always be shared in the end.



Speak up,
someone can help

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

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

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



WHAT PARENTS SAY ABOUT PANTS

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



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

Katherine's mum





OVER
400,000

PARENTS HAVE
ALREADY TALKED PANTS
SO WE KNOW
IT REALLY HELPS

“

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

Sam’s mum

“

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

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

Mabel’s mum





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

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



Get the PANTS guide that's right for you

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

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

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

Your child may naturally have some questions

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

Talk to us

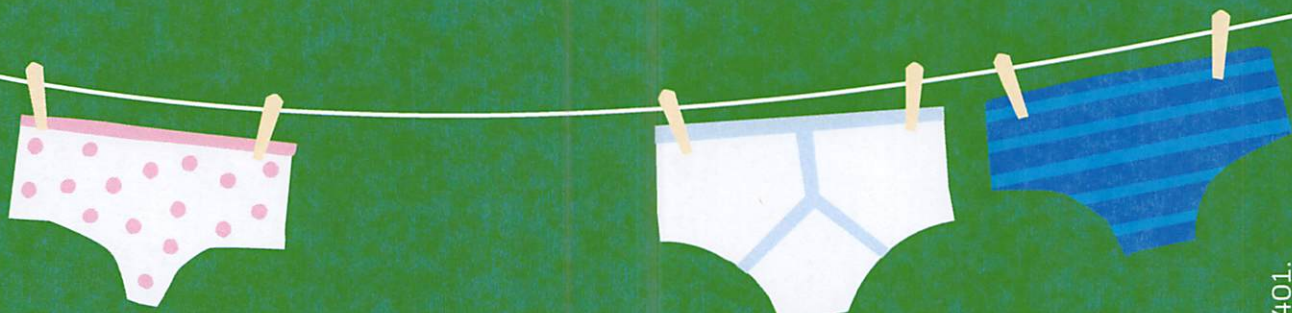
If you ever need to talk, we're here 24/7. Call us on 0808 800 5000 or email us at **help@nspcc.org.uk**

NSPCC

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

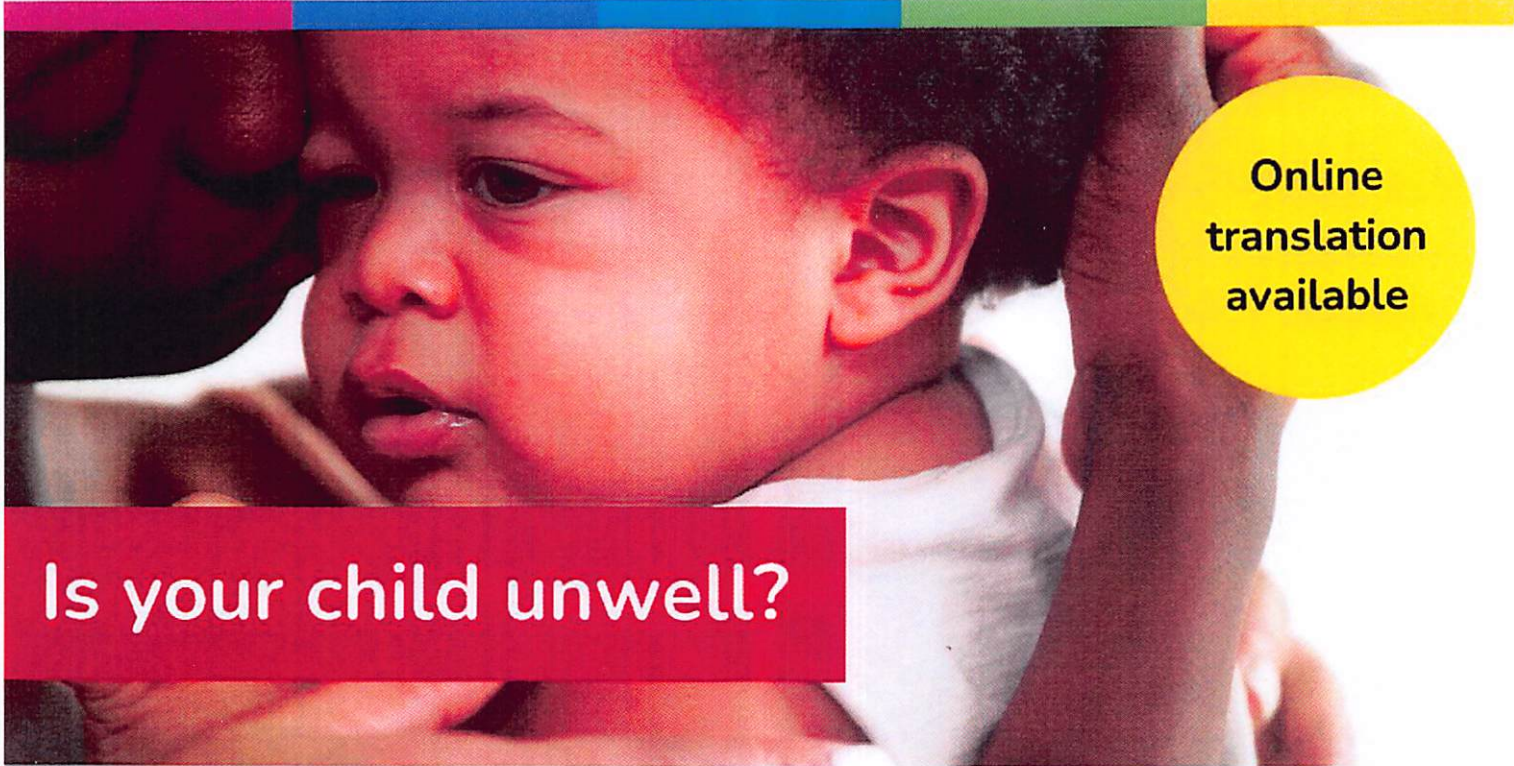
But all this is only possible with your support. Every pound you raise, every petition you sign, every minute of your time, will help make sure we can fight for every childhood.

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



EVERY CHILDHOOD IS WORTH FIGHTING FOR

National Society for the Prevention of Cruelty to Children
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Scotland SC037717. J20171066. Illustrations by Jamie Nash.



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**



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