

# ST MARY'S CATHOLIC PRIMARY SCHOOL



## NEWSLETTER

## MARCH 2025

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



### Lent

We are also moving towards the season of Lent, a wonderful time of renewal. As you know Lent will begin on Ash Wednesday 5th March (it falls later in spring this year).



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 at Easter.

### Spring Performance



The children in Year 3 are to be congratulated for their wonderful performance of 'The Bee Musical' 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. £137.50 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 16<sup>th</sup> 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.



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### 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 park legally away from the zig-zag lines and walk a little bit with your child 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

#### PEGI Ratings

PEGI (Pan European Game Information) ratings are a crucial system used to classify video games and apps based on their content and suitability for different age groups. Established in 2003, PEGI helps consumers, particularly parents, make informed decisions when purchasing games.

In addition to age ratings, PEGI uses content descriptors to indicate specific types of content, such as violence, drugs, and online interactions. These descriptors help consumers understand why a game received its rating.

PEGI ratings are widely used across Europe and are an essential tool for ensuring that video game content is appropriate for players of different ages. By understanding these ratings, parents and guardians can better protect their children from unsuitable content and promote a safe and enjoyable gaming experience for all.

[PEGI Public Site](#)

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:

[Parental controls - UK Safer Internet Centre](#)

[Homepage - UK Safer Internet Centre](#) - this site has guides

and resources for parents and carers.

### Manipulative marketing in games (Better Internet for Kids)

Children's online experiences increasingly intersect with potential financial and psychological risks. Manipulative marketing tactics are commonly employed in digital platforms, games, and apps that target children. Understanding these tactics is crucial for safeguarding professionals, as they can lead to unauthorised spending, privacy breaches, and impacts on mental wellbeing.

There are three important areas to consider: persuasive features (such as 'dark patterns' and variable rewards), subscription traps, and product placement. As digital safeguarding becomes increasingly complex, children need support to recognise and respond to manipulative online marketing strategies.

To read more about how manipulative marketing affects children and young people, go to:

<https://better-internet-for-kids.europa.eu/en/learning-corner/parents-and-caregivers/marketing-games>

### 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.

### Music Lessons - Enfield Music Service

Parents are now able to renew and book music lessons and activities for Summer 2025 from the Music Store: <https://traded.enfield.gov.uk/musicstore>

The deadline for booking lessons and instrument hire is Sunday 9<sup>th</sup> March.

### Health for Kids

Health for Kids ([www.healthforkids.co.uk/Enfield](http://www.healthforkids.co.uk/Enfield)) is aimed at primary school children, aged four to 11 years old and their grown-ups. It contains four exciting worlds of fun and games to help kids learn about their health. For grown-ups, it covers important features of a child's health and development, including healthy minds, healthy bodies, health issues and where to get professional help and support.

### Health for Teens

Health for Teens ([www.healthforteens.co.uk/Enfield](http://www.healthforteens.co.uk/Enfield)) is aimed at 11 to 19-year-olds. It features bite-sized information on a comprehensive range of physical and emotional health topics for teenagers, including healthy eating, body image, managing stress, advice on relationships, puberty, sexuality and much more. Please see the attached email which includes posters and information for social media.

### Are you a Kinship Carer?

The Department for Education funds Kinship, the national charity for kinship carers, to offer free online and in-person

workshops and a network of peer support groups open to all kinship carers, regardless of legal arrangements.

A kinship carer is a friend or family member who raises a child when their parents can't.

Please see the [Kinship website](#).

### 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 = 7<sup>th</sup> - 21<sup>st</sup> April 2025.



### Summer Term Reminder!

School opens for the summer term on Tuesday 22<sup>nd</sup> April 2025.

Half -term holiday = 26<sup>th</sup> May - 30<sup>th</sup> May 2025.

May Bank Holiday= Monday 5<sup>th</sup> May 2025.

INSET Day (no school for children): Monday 9<sup>th</sup> June 2025

Last Day of the School Year = 18<sup>th</sup> July 2025.

### Early Closing

Thursday 4<sup>th</sup> April 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](http://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

4<sup>th</sup> March - Forensic Workshops Day 1

5<sup>th</sup> March Ash Wednesday - School Mass at 9.30am for Years 2-6

Forensic Workshops Day 2

6<sup>th</sup> March - Year 3 classes to Mass at 9.30am.

7<sup>th</sup> March - World Book Day Celebration

12<sup>th</sup> March - Mass in School Hall at 9.30am. Infants to attend.

17<sup>th</sup> March (St. Patrick) - Years 3 to 4 to parish Mass at 9.30am.

19<sup>th</sup> March - Feast of St. Joseph, School Mass (Years 2-6 to attend the Mass)

21<sup>st</sup> March - Year 4 Production AM (parents with babies and toddlers)

24<sup>th</sup> March - Year 4 Production AM (adults).

25<sup>th</sup> March (Annunciation of the Lord) - School Mass. Years 2-6 to attend.

26<sup>th</sup> March - Year 2 classes to parish Mass at 9.30am.

Year 4 classes to theatre from 12.30pm.

27<sup>th</sup> March - Years 5 and 6 classes to parish Mass at 9.30am followed by Reconciliation.

30<sup>th</sup> March - **Mothing Sunday. British Summer Time begins (clocks go forward one hour).**

1<sup>st</sup> April - Year 4 classes to parish Mass at 9.30am.

2<sup>nd</sup> April - End of Term Class Parties PM

4<sup>th</sup> April - End of Term School Mass (Years 2-6 to attend the Mass).

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 21<sup>st</sup> April**

**Return to school on Tuesday 22<sup>nd</sup> April (after the Easter bank holiday weekend)**

Sunday 6<sup>th</sup> April - 5<sup>th</sup> Sunday of Lent

*The practice of covering crosses, statues and images in the church may be observed. Crosses remain covered until the end of the celebration of the Lord's Passion on Good Friday; statues and images*

*until the beginning of the Easter Vigil*

*Palm Sunday, 13<sup>th</sup> April (Palm Sunday of the Passion of the Lord- Blessing of Palms at all Masses.*

*Holy Week begins- In Holy Week the Church celebrates the mysteries of salvation accomplished by Christ in the last days of his earthly life, from his messianic entry into Jerusalem, until his blessed Passion and glorious Resurrection. Lent continues until Maundy Thursday.*

*Maundy / Holy Thursday, 17<sup>th</sup> April*

*The Paschal Triduum of the Passion and Resurrection of the Lord begin with the evening Mass of the Lord's Supper (on Maundy Thursday), has its centre in the Easter Vigil, and closes with Vespers (Evening Prayer) of the Sunday of the Resurrection.*

*Good Friday, 18<sup>th</sup> April*

*Holy Saturday, 19<sup>th</sup> April*

*Easter Sunday, 20<sup>th</sup> April  
The Paschal Candle remains near the altar for the whole of the Easter Time until the end of Pentecost Sunday (8<sup>th</sup> June 2025). It should be lit for the more solemn liturgical celebrations during this season.*

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



### **Holidays and Absences**

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

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

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

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

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

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

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

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

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

***In the autumn term 99 children had 100% attendance. Well done!***

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

It was 4.29% at the end of the autumn term 2024 (5.68% at the end of autumn 2023 and 7.21% at the end of the autumn term 2022) and was 4.49% at the end of the first half of the spring term 2025 (5.38% at the end of the first half of the spring term 2024 and 6.65% at the end of the first half of the spring term 2023).

Hopefully we will soon be over the worst of the surge of viruses 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 in spring was Year 4, St. Paul (97.33%) closely followed by Year 2, Faith (97.23%), then Year 4, St. Peter and Year 6, St. Christopher (97.15%), Year 5/6, St. Catherine (96.41%), Year 1, Rosary (96.03%), Year 3, St. Cecilia (95.88%), Year 2, Fatima, (95.85%) and Year 3, St. Bernadette (95.54%).

## 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](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)



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. £171.25 was  
donated.

#### Know Yourself, Grow Yourself

- Dress in your favourite  
colour day: £212.85 was  
donated. Thank you everyone.

#### Nightingale Hospice Collection

Father John received a  
certificate showing that the  
church and school communities  
raised £1243.97 in total  
before Christmas for this  
great charity. Well done  
everyone!

*Thank You!*

#### 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

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

**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](http://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.

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>

### ADMISSIONS FOR ACADEMIC YEAR 2025/2026

We need your help to remind friends, neighbours, relatives to apply for places in our Nursery and Reception classes for their children for September 2025!

It is not too late to apply!



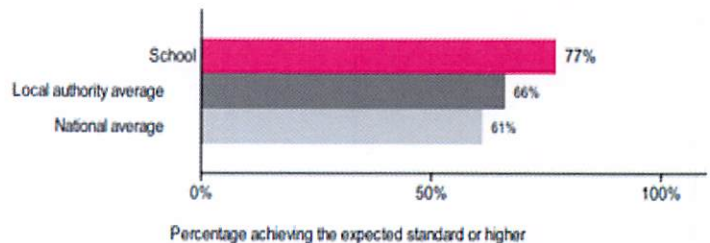
What does the school's publicly available data say?

End of Key Stage 2 2024:

### Reading, writing and maths combined

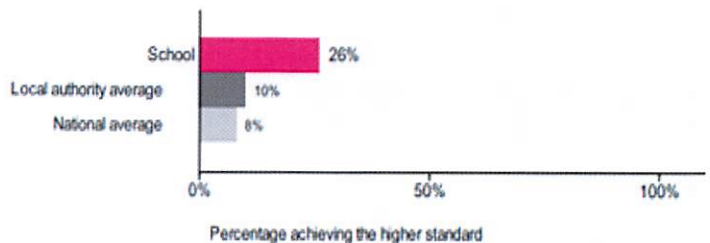
Percentage of pupils achieving the expected standard or higher

Number of pupils = 47



### Percentage of pupils achieving the higher standard

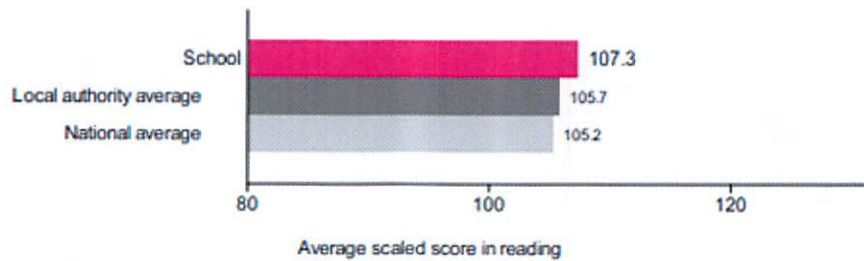
Number of pupils = 47



## Average scaled score in:

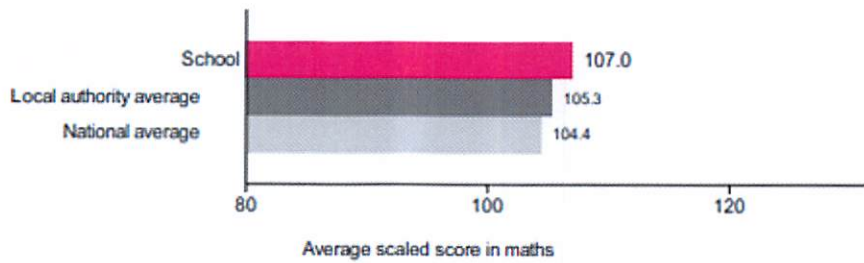
### Reading

Number of pupils = 47



### Maths

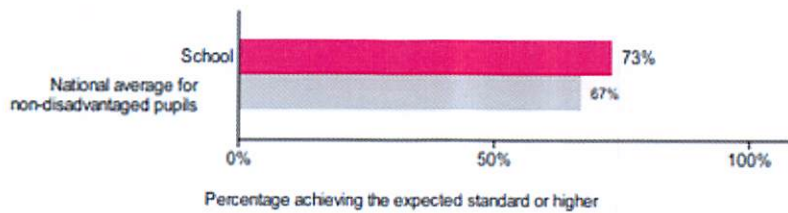
Number of pupils = 47



## Reading, writing and maths combined

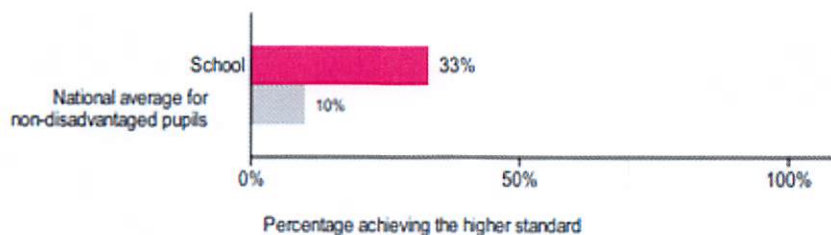
### Percentage of disadvantaged pupils achieving the expected standard or higher

Number of disadvantaged pupils = 15



## Percentage of disadvantaged pupils achieving the higher standard

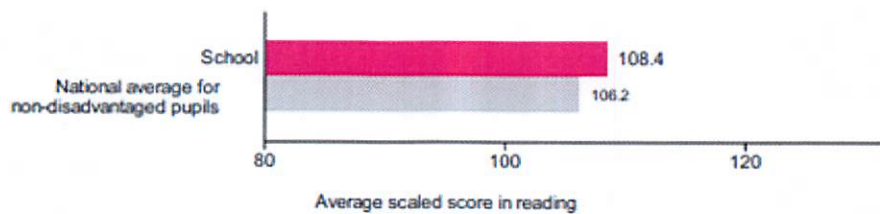
Number of disadvantaged pupils = 15



## Average scaled score for disadvantaged pupils in:

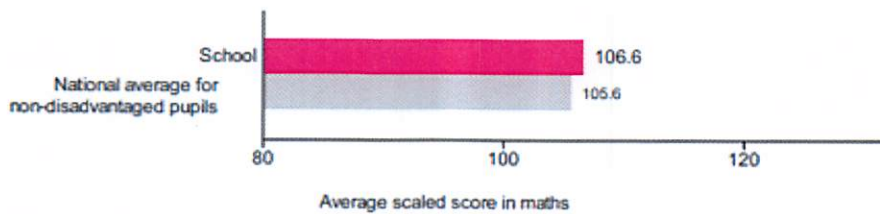
### Reading

Number of disadvantaged pupils = 15



### Maths

Number of disadvantaged pupils = 15



	2024 cohort	Performance in 2024	2024 value	2024 nat value	2024 vs 2023
RWM KS2 expected standard %	47	Sig above national and 85th percentile	77	61	—
Reading KS2 expected standard %	47	Sig above national and 83rd percentile	87	74	↑
Reading KS2 high standard %	47	Sig above national and 85th percentile	43	28	↑
Writing KS2 greater depth %	47	Sig above national and 93rd percentile	30	13	—
Mathematics KS2 high standard %	47	Sig above national and 87th percentile	38	24	—
EGPS KS2 expected standard %	47	Sig above national and 97th percentile	96	72	↑
EGPS KS2 high standard %	47	Sig above national and 98th percentile	68	32	↑

### A Smile!

**What is it? It costs nothing but means much. It enriches those who receive it without impoverishing those who give. It happens in a flash but the memory lasts forever. None are so rich that they can get along without it and none so poor that they are richer for its benefits. It is rest for the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote in times of trouble.**

**Yet it cannot be bought, borrowed or stolen, for it is something that is of no earthly value to anyone unless it is given away.**

**And if in the rush of life someone should be too tired to give you a smile, may we ask you to leave one of yours, for no one needs a smile so much as those who have none left to give.**

### 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*

### Prayer-From Parent to Child

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

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

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

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

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

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

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

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

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


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

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



# Online Safety Newsletter March 2025

## The impact of smartphones



There is a growing concern on how excessive use of smartphones can affect our children.

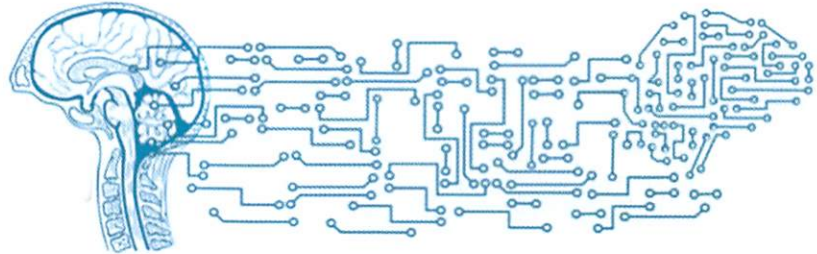
In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

If your child is using a smartphone then please try to ensure they maintain a healthy screentime limit.

According to King's College London, "two new studies of smartphone habits in teenagers have identified links between problematic smartphone use and depression, anxiety and insomnia." You can read more about these studies here: <https://www.kcl.ac.uk/news/teens-with-problematic-smartphone-use-are-twice-as-likely-to-have-anxiety-and-many-are-eager-to-cut-down>

Compass have published an article as well on what effects mobile phones have on children here: <https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

## Artificial Intelligence (AI)



### What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to increase, and examples include:

- **Virtual assistants** like Alexa and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat

### Potential Risks of AI?

- **Chat apps** - A simple search of "AI Chat" within the App store highlights the number of apps already available and just scrolling through, you can see that they are not suitable for children with many rated as 17+.
- **Image manipulation** – there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** – there are also AI tools that create realistic, fake videos which can be used to spread misinformation or cause harm.

Child Rescue Coalition discuss the dangers in more detail here: <https://childrescuecoalition.org/educations/the-dark-side-of-ai-risks-to-children/>

### How can I protect my child?

As always, to keep your child safe online, it is important to:

- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

### Further information

For further information, the NSPCC and Internet Matters provide useful guides on their websites:

- <https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents>
- <https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

*Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.03.25. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.*

# TikTok

**You must be over 13 years of age to use TikTok.** TikTok is a social media platform for sharing and watching short video clips. Some of the videos may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure appropriate security/privacy settings are applied.



## Account set up

It is important that when setting up an account, your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private and we would recommend keeping it as this. This means your child must approve follower requests. You can read more about the other settings available, such as switching off comments and restricted mode here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

## Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

## Inappropriate content, themes and challenges on TikTok

Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics or adult themes. We often see viral challenges on social media, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing.

## Stranger contact

Talk to your child about who is following them online and ensure that they understand that people may not be who they say they are when online. It is important that children understand not to share personal information.

## Refresh your feed

You can refresh your "For You" feed to update the content recommended: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

## Blocking and Reporting

Ensure your child knows how to use the safety features available to them, including how to report comments, direct messages and another user.

## Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://safeguarding.thekeysupport.com/factsheets-and-briefings/child-safety-tiktok-parent-factsheet/>

## Talk PANTS with the NSPCC

Talk PANTS was developed to help you have conversations with your child to help them understand that their body belongs to them.

You can find out more here as well as a further link to helpful questions:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

## LEGO Arcade

Are you looking for games for your child to play online? LEGO have a selection of fun games including Lego Ninjago and Lego Friends:

<https://kids.lego.com/en-gb/arcade>

## Stars Messenger App

The Stars Messenger App is rated as 4+ on the App store. It is a free messaging and video app designed for children to use. Users need their friend's username as well as their unique private Friend Code to add each other. There is also an optional Parent View available for a monthly charge.

South West Grid for Learning provide a full guide to staying safe on this app as well as safety considerations:

<https://swgfl.org.uk/magazine/a-guide-to-staying-safe-with-the-stars-messaging-app/>

# Mission Together Lenten Calendar 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
We will soon begin our Lenten journey to Easter. We pray that we may use this time to grow in faith, hope, and love.	<b>4 Shrove Tuesday.</b> Why do we eat pancakes the day before Lent starts? *	<b>5 Ash Wednesday</b> Why are ash crosses traced on our forehead today? *	<b>6</b> Why does Lent last forty days? *	<b>7</b> With your class, reflect and pray with the 1st and 2nd Stations of the Cross. +	<b>8</b> Many years ago, <b>Lent</b> was a name for <b>Spring</b> . Capture both in Mission Together's <i>Lent through a Lens</i> challenge. *	<b>9</b> Find a quiet place and ask God to help you pray and share more this Lent.
<b>10 Yesterday's Sunday Gospel was Lk 4:1-13.</b> What lessons can we learn from this reading? +	<b>11</b> In Lent, we give things up to put God and others first. What could you give up today?	<b>12</b> Jesus showed us how to be silent and still. Spend a minute being both now.	<b>13</b> Find out what the word <i>sacrifice</i> means and why we practice this in Lent.	<b>14</b> With your class reflect and pray with the 3rd & 4th Stations of the Cross. +	<b>15</b> Tell your family about the Stations of the Cross and why we pray them in Lent.	<b>16</b> Find a quiet place and spend a little time talking to Jesus, our God and our friend.
<b>17 Yesterday's Sunday Gospel was Lk 9:28-36.</b> What does it encourage us to do this week? +	<b>18</b> Yesterday was the feast of St Patrick. Find out why he is the patron of Ireland.*	<b>19</b> Hear God speak to you today through: *Loved ones *The Bible *Creation	<b>20</b> In Lent, we listen to God and others more carefully. How can you listen well today?	<b>21</b> With your class reflect and pray with the 5th & 6th Stations of the Cross. +	<b>22</b> Tell a family member three things you have learnt about Lent this week.	<b>23</b> Find a quiet place and pray the <i>Our Father</i> for all hungry children in the world.
<b>24 Yesterday's Sunday Gospel was Lk 13:6-9</b> What lessons can we learn from this reading? +	<b>25</b> Jesus taught us how to be hopeful. Where do we see signs of hope today?	<b>26</b> In Lent we give more time to help others. Look for ways to help today.	<b>27</b> During Lent we share more of what we have. Why is sharing important?	<b>28</b> With your class reflect and pray with the 7th & 8th Stations of the Cross. +	<b>29</b> Tell a family member why we pray more in Lent. Teach them your favourite prayer.	<b>30 Mothering Sunday</b> Ask God to bless mums and grandmas today.
<b>31 Yesterday's Sunday Gospel was Lk 15:11-32.</b> What does it teach us about God the Father? +	<b>1</b> In Lent we reflect on God's mercy. Why is it important to be sorry and to forgive?	<b>2</b> Write a Lent prayer. Include the words: <i>mercy, pray, share, Jesus, God, Holy Spirit.</i>	<b>3</b> Pray the <i>Our Father</i> for people who are lost and for those who seek them.	<b>4</b> With your class reflect and pray with the 9th, 10th, 11th Stations of the Cross. +	<b>5</b> Tell a family member about God's <b>love</b> and <b>mercy</b> and why it is important to trust in both.	<b>6</b> Lent is a time to say sorry and forgive. Ask God to help you and your family do both.
<b>7 Yesterday's Sunday Gospel was Jn 8:1-11.</b> What does it teach us about making judgments? +	<b>8</b> Jesus taught us to respect and include everyone. Who can I invite to play today?	<b>9</b> Pray a <i>Hail Mary</i> for people who feel worried today. Ask Mary to pray with us for them.	<b>10</b> We're coming closer to Holy Week. Why is it the most special week of the Church's year?	<b>11</b> With your class reflect and pray with the 12th, 13th and 14th Stations of the Cross. +	<b>12</b> Tomorrow is Palm Sunday. Tell a family member about the first Palm Sunday.	<b>13 Palm Sunday</b> Find a quiet place and thank God for sending Jesus to love and guide us.
<b>14 Yesterday's Sunday Gospel was Lk 19:28-40.</b> What does it teach us about who Jesus is? +	<b>15 Holy Week</b> Today we recall Judas' bad choice. Ask God to help you make good choices this week.	<b>16</b> Today Jesus and his disciples planned the Last Supper. Thank God for the food you'll eat today.	<b>17 Maundy Thursday</b> Why do Priests wash the feet of others at Mass tonight?	<b>18 Good Friday</b> Sit quietly, be still, and thank Jesus for loving us all so much.	<b>19 Holy Saturday</b> Today we wait as Jesus lies in the tomb. Say a prayer for those who are grieving today.	<b>20 Easter Sunday</b>

Calendar symbols: + refers to scriptures and reflections found in Mission Together's Lenten Celebrations of the Word, also to our Stations of the Cross. The \* symbol refers to Lenten activities or Five Fact Saints Assemblies. These and additional Lent resources are available at [missiontogether.org.uk](http://missiontogether.org.uk) Missio's registered Charity No. 1056651





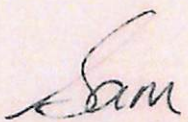
# CERTIFICATE

*OF THANKS*

THIS CERTIFICATE IS PRESENTED TO

**Catholic Church of Mary, Mother  
of God Church**

*In recognition of their valuable contribution made to  
The Nightingale Cancer Support Centre by raising £1243.97.*



SAMANTHA SETH  
CHAIR OF TRUSTEES



 **THE  
NIGHTINGALE**  
Cancer Support Centre

Reg. Charity No: 1094435

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%**

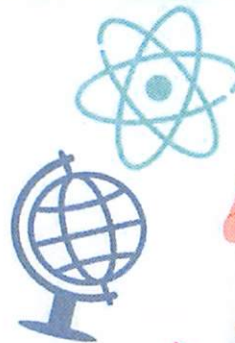
**Serious impact on education and reduces life chances**

**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*



UK Health Security Agency

**NHS**

**Wash it  
Wash it  
real good!**



**Washing your hands  
regularly can help stop  
infections spreading.**





# The Circle of Security Parenting



**At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you.**

Circle of Security Parenting is an 8-week evidence-based, relationship-focused programme. It is a reflective programme that helps caregivers focus on the quality of the relationship with their child, not just their behaviours. Participants attend a 2-hour group session once per week for 8 weeks.

#### **Aims of the Programme:**

- Help parents/Caregivers understand & respond sensitively to their children's needs
- Increase parents/Caregivers' reflective & empathic responses
- Enhance parent-child relationship
- Improve young children's developing self-esteem
- Support parents/Caregivers to be confident

**Who is it for?** Parents/Caregivers of children ages 4 months to 5 years old

**When?** Various dates: Tuesdays, Wednesdays or Fridays (see referral for specific dates)

**Where?** Various locations in Enfield: (see referral for specific locations)

**Time?** Morning or Afternoon

**How to book?** [Circle of Security Referral](#)

**Or Scan QR Code**



Contact Information: [parentingprogrammes@enfield.gov.uk](mailto:parentingprogrammes@enfield.gov.uk)  
[www.enfieldparentingdirectory.co.uk](http://www.enfieldparentingdirectory.co.uk)

# CLOTHING GIVEAWAY

10am - 11.30<sup>am</sup>~~pm~~ Wednesday 5th March 2025

The Church of Jesus Christ of Latter Day Saints  
9-11 The Ridgeway, Enfield, EN2 8NX

Feel Free to charge your phone! !

Clothes, shoes and hats available for all ages.

Bags, scarves and other accessories too!

Depending on availability

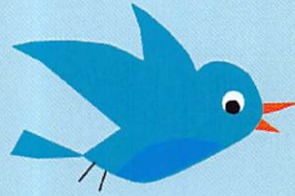


**NO DONATIONS ACCEPTED AT THIS TIME**

**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



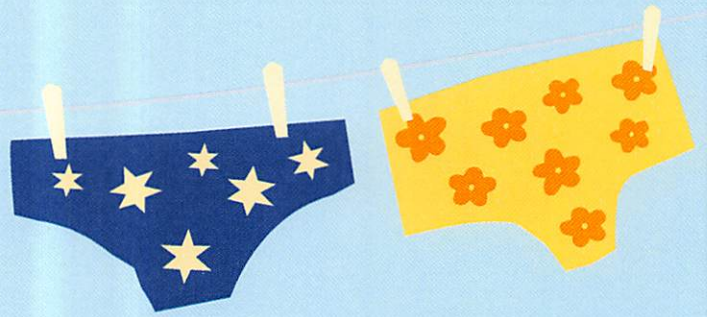
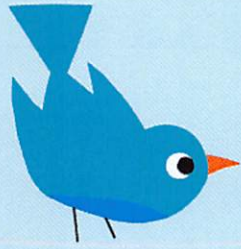
## **We all want to keep our children safe**

**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](https://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](https://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

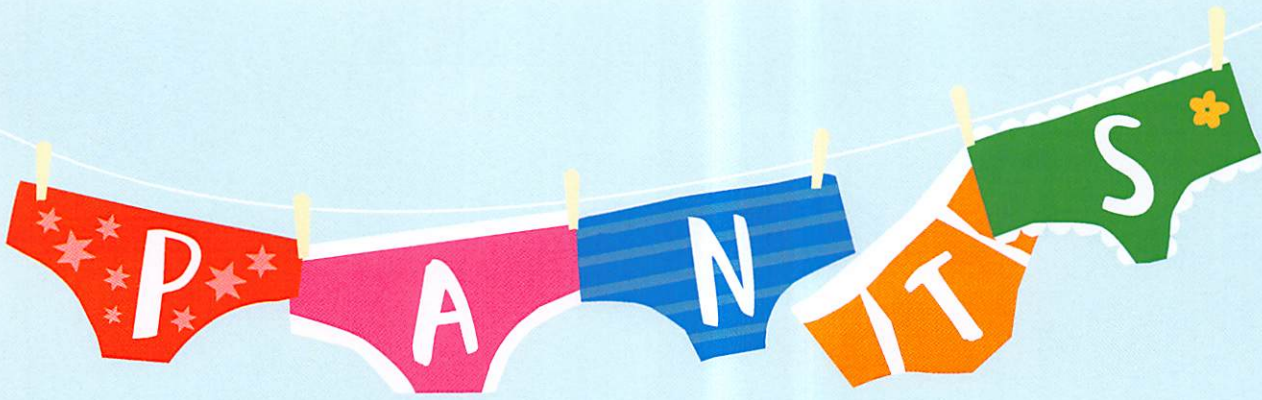
**N** O MEANS NO

**T** ALK ABOUT SECRETS  
THAT UPSET YOU

**S** PEAK UP, SOMEONE  
CAN HELP



WHAT ARE  
THE PANTS  
RULES?



## **P**rivates 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.

## **A**lways 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.

## **N**o 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.




**T**alk 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.



**S**peak 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!”

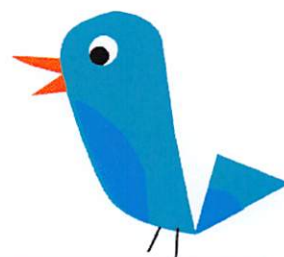
**Sam’s mum**



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](https://www.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](https://www.nspcc.org.uk/pants)**

### **Talk to us**

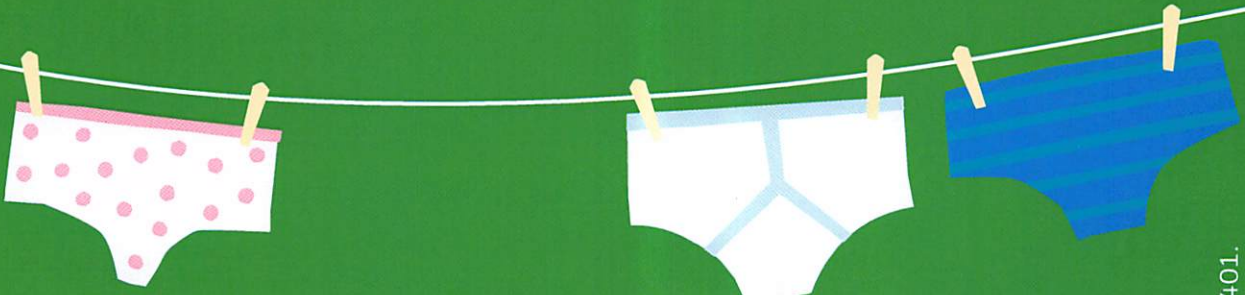
If you ever need to talk, we're here 24/7. Call us on 0808 800 5000 or email us at **[help@nspcc.org.uk](mailto:help@nspcc.org.uk)**

# 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.