

ST MARY'S CATHOLIC PRIMARY SCHOOL



NEWSLETTER

JANUARY 2025

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

Thank You!

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



Infant Productions

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



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

cover costs and help fund new projects in school.

The Reception and Year 1 productions earned the school £225.20 this year. The Year 2 performance of carols earned £133.89 for the Nightingale Hospice. Thank you to all who made voluntary contributions.



A Time To Remember

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

The money collected was given to Father John to be added to the Parish collection for the Hospice. A total of £246.35 (+ a few dollars)

was donated on the evening. This is wonderful.

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



Nursery Christmas

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



Christmas Jumper Day

Thank you for your wonderful support for this day which was organised by the Year 6 children. We had a wonderful variety of both shop bought and home decorated jumpers. £119.05 was collected for 'Save the Children'. Well done children, parents and school staff.



Children in Need

The pyjama day and cake sale earned £372.27 for Children in Need. The School Council organised the much enjoyed Cake Sale. Well done everyone!

Own Clothes Day - 20th December

£123.25 was donated. Thank you parents and children.

Re-establishing the Friday Penance

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

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

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

Thank you parents for not including meat as part of your child's packed lunch on a Friday.

Although our children are young we know that you agree that it is good to establish the practices of our faith right from the start. This good habit formed when young will hopefully be part of

your child's way of life as he / she grows up. He / she will see abstaining from meat on a Friday as a distinctive mark of his / her Catholic identity. Parents thank you for your wonderful support with the re-establishment of the Friday penance.

Thinking Maps

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

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

Habits of Mind

'Successful people keep moving. They make mistakes but never quit' -

something Conrad Hilton said.

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

Persisting,
Managing impulsivity,
Listening with understanding and empathy,
Thinking flexibly,
Metacognition,
Striving for accuracy,
Questioning and posing problems,
Applying past knowledge to new situations,
Thinking and communicating with clarity and precision,
Gathering data through all senses,
Creating, imagining, innovating,
Responding with wonderment and awe,
Taking responsible risks,
Finding humour,
Thinking independently,

Remaining open to continuous learning.

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

Online Safety



You might find the following links helpful:

[Parents & Carers - KIDSONLINEWORLD.CO.M](#)

[Parental Control Apps - KIDSONLINEWORLD.CO.M](#)

This site has been created by ECP, the company which has provided our staff safeguarding training for many years and has provided numerous sessions of online safety for our children (including in the autumn term). This company also provides training on behalf of the local authority and to many

different business and community groups. There is some really useful help to understand apps, games and parental controls.



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

Each section has:

- teaching resources
- a parent pack
- common online safety issues for that age group
- popular social media platforms for that age group
- a list of additional resources

[Early years online safety resources - Internet Matters](#)

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

T.E.C.H Safeguarding Guidance

The internet is a big part of children's lives in the UK, with children spending 2 to 5 hours online daily (OFCOM, 2024). It helps them make friends, learn, and be creative. However, the internet also has risks, such as exposure to harmful content and online abuse.

Safeguarding is everyone's responsibility and while it is never possible to remove risk entirely, parents and carers also have a duty to ensure their children are kept safe and are able to manage risk effectively both in the real world and online. The TECH approach is designed to help families to develop safe and healthy internet use. It is research-based, practical and trauma-informed.

T.E.C.H Safeguarding Guidance

T - TALK - Encourage two-way communication with your child

E - EDUCATE - Stay informed about the latest online risks

C - CO-VIEW - Spend time online together

H - HOUSE RULES - Set clear rules for internet use

Helpful Guides for Specific Online Risks:

- Report sexual abuse images/videos here: [Report online child sexual abuse imagery or 'child pornography' \(iwf.org.uk\)](#)
- Parental guidance of sexual image-sharing: [Parent guide to sexual image-sharing among kids | Internet Matters](#)
- Resources to tackle online grooming: [Online grooming resources | Internet Matters](#)
- Resources to protect children for radicalisation and grooming: [Radicalisation of young](#)

[children online | Internet Matters](#)

- Resources to support your child if they are being bullied: [How can I help my child if they are being bullied? | NSPCC](#)
- Resources to tackle cyberbullying: [Re sources to deal with cyberbullying | Internet Matters](#)
- Guidance for online abuse: [How to talk about harassment and abuse online | Internet Matters](#)
- Resources on racism and racial bullying: [Racism and racial bullying | Childline](#)
- Supporting LGBTQ+ children online: [Supporting LGBTQ children and young people online | Internet Matters](#)
- Resources to tackle harm from inappropriate content: [Learn](#)

[about inappropriate content online | Internet Matters](#)

- Resources to protect children's privacy and identity online: [Online identity theft facts and advice for parents | Internet Matters](#)
- Resources to manage in-game spending: [How to manage in-game spending:](#)

What is mental health?

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

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

Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing

what we want to in our lives.

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

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

Mental Health

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

Year Group Addresses:

nursery@stmarys.enfield.sch.uk

reception@stmarys.enfield.sch.uk

year1@stmarys.enfield.sch.uk

year2@stmarys.enfield.sch.uk

year3@stmarys.enfield.s
ch.uk

year4@stmarys.enfield.s
ch.uk

year5@stmarys.enfield.s
ch.uk

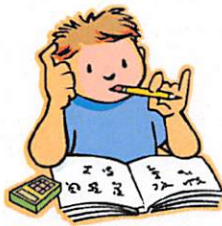
year6@stmarys.enfield.s
ch.uk

Volunteers

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

Remember if you have time to spare that we always need volunteers.

All who work in classes must be police checked for the safety of all children at St. Mary's.



Sickness

We have been advised by the London Borough of Enfield that any child who has been sick must not return to school for

48 hours. Unfortunately there are lots of sickness bugs still going around at the moment. Please support us in helping them not to spread.



Also a very small number of occasions parents have reported finding nits in their child's hair. Unfortunately these are easily spread and can be quite difficult to eradicate. We would appreciate it if you could check your child's hair regularly. Please also ensure that all long hair is tied back at all times.

Health and Safety

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

I would like to take this opportunity to thank all parents who always make the effort to get to school a little bit earlier, park away from the

school entrance (avoiding the driveways of the residents on our road and the neighbouring roads and the carpark which belongs to the Italian Community next door) and then walk to school with their children. Thank you for helping to keep our children safe.

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

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



We were delighted to be awarded a Travel for Life Gold Level accreditation recognising all of the work done by all members of the community to support active travel.



Uniform

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



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

Please encourage your child to tie long hair back in school colours only. Also in the interests of Health and Safety only small stud earrings may be worn in school - these must be removed for P.E.

Nails

False nails or nail polish are not permitted in school.

Tissues

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

Please, if you can, send in a box to your child's

classroom / School's Medical Room.



Music Lessons

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

Phone calls

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

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

Wednesday Word



The Sunday Gospel through School on Wednesday

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

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

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

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

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

We suggest Wednesdays for *Family Time* because

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

The Wednesday Word is currently available online:

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



Holidays and Absences

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

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

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

Please remember that your child's absence from school affects our total absence figures. It was 4.37% at the end of the last school year (5.5% nationally) Our absence was 4.29% at the end of the autumn term.

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

Up to the end of Autumn 2024, the class with the highest attendance over the term was Year 4, St. Paul (97.44%) very closely followed by Year 6, St. Christopher (97.12%). Then Year 2, Faith (96.83%), Year 4, St. Peter (96.73%), Year 3, St. Cecilia (96.71%), Year 5/6, St. Catherine (96.60%) and Reception, Hope (96.35%).

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

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

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

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

	15 per cent	10 per cent
Half-term 1	10 or more sessions	7 or more sessions
Half term 1-2 (autumn term)	22 or more sessions	14 or more sessions
Half term	30 or more	20 or more

1-3 sessions 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

May Bank Holiday= Monday 5th May 2025.

INSET Day (no school for children): Monday 9th June 2025

Last Day of the School Year = 18th July 2025.

Shoe Recycling

Remember if you have any old shoes that there is a shoe bin in the main corridor by the school office.

Play Equipment

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

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

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



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

With all of our good wishes for you and your family for this New Year ahead. May 2025 bring you peace, happiness and many blessings.

Miss M. Creed
Headteacher

ADMISSIONS FOR ACADEMIC YEAR 2024/2025

Due to the fact that there are now fewer pupils in London (there is a continued decrease in the population of children) and the issues with finding affordable housing we currently have places in our Nursery, Reception, Years 1, 2 and 3 2024-2025 year groups.

Spring Term Reminder!

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

Half -term holiday = 17th - 21st February 2025.

INSET Day (no school for children) = 24th February 2025.

Easter Holiday = 7th - 21st April 2025.

Summer Term Reminder!

School opens for the summer term on Tuesday 22nd April 2025.

Half -term holiday = 26th May - 30th May 2025.

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

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

Morning Offering

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



Night Prayer

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

And in the morning send your light. Amen.

Grace Before Meals

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



Grace After Meals

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



The Our Father

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

deliver us from evil.
Amen.

The Hail Mary

Hail Mary, full of grace,
the Lord is with thee;
blessed art thou among women and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.



Glory be to the Father

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

Our School Prayer



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

May love dwell here
among us
Every day.

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

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



Some Dates for Spring 2025

6th January - Return to school for spring term.

14th January - SATs Meeting for parents of children in Year 6 (+ any who wish to attend from Year 5), 5pm (online meeting).

15th January - School Mass for new term, 9.30am in the church Years 2- 6 pupils to attend.

3rd-9th February - Children's Mental Health Week.

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

4th February - Year 3 Spring Performance AM (adults).

5th February - Years 3 and 4 to the parish Mass at 9.30am.

11th February (Our Lady of Lourdes) - Years 5 and 6 to the parish Mass at 9.30am.

OPEN EVENING
(1.30pm-4pm and 5pm-6pm) *Early Closing at 12.30pm* *Infants and 12.45pm Juniors.*

13th February - Year 2 classes to parish Mass at 9.30am

14th February - Own Clothes' Day.

17th - 21st February - Half - Term Holiday. No School!

24th February - INSET Day. No School!

4th March - Forensic Workshops Day 1

5th March Ash Wednesday - School Mass at 9.30am for Years 2-6

Forensic Workshops Day 2

6th March - Year 3 classes to Mass at 9.30am.

12th March - Mass in School Hall at 9.30am. Infants to attend.

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

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

21st March - Year 4 Production AM (parents with babies and toddlers)

24th March - Year 4 Production AM (adults).

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

26th March - Year 2 classes to parish Mass at 9.30am.

Year 4 classes to theatre from 12.30pm.

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

30th March - Mothering Sunday. British Summer Time begins (clocks go forward one hour).

1st April - Year 4 classes to parish Mass at 9.30am.

2nd April - End of Term Class Parties PM

4th 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 21st April

Return to school on Tuesday 22nd April (after the Easter bank holiday weekend)

Sunday 6th April - 5th 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, 13th 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, 17th 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, 18th April

Holy Saturday, 19th April

Easter Sunday, 20th April

The Paschal Candle remains near the altar for the whole of the Easter Time until the end of Pentecost Sunday (8th 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.





Online Safety Newsletter

Jan 2025

Social Media Influencers

What is an Influencer?
An influencer is somebody on a social media platform such as YouTube and Instagram, who have a high number of followers. Influencers share their opinions/ideas and may be paid to advertise/promote products through their account.

What should I be concerned about?
Whilst there are some great influencers, there are some that choose to share content that is for example, misogynistic, racist or misleading. These opinions can be expressed or interpreted as fact, so it is important to talk to your child and encourage them to fact check and critically analyse what they see and hear online.

What we see on social media
What we see is influenced by algorithms, which predict what type of content we are most likely to interact with. Whilst there are benefits of algorithms, it can mean that once we start looking at certain content, our social media feed can become more aligned with that opinion, creating an echo chamber and therefore we do not see a balanced picture. Find out more here: <https://www.childnet.com/blog/algorithms/>

What can I do to help my child?
Talk to your child about social media and who they follow. If there is anybody that you are unsure of, then check their feed and discuss with your child if you find anything worrying.

Further information
<https://swgfl.org.uk/topics/social-media/>

Fortnite Battle Royale



Fortnite Battle Royale is rated PEGI 12 due to moderate violence, meaning it is not suitable for children under the age of 12.

What is Fortnite?

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

What do I need to be aware of?

- **Chatting and inappropriate language:** Fortnite includes voice and text chat, which may mean your child encounters strangers and may hear inappropriate language. Ensure your child knows how to report/block any players that make them feel uncomfortable.
- **In app purchases:** Players can purchase V-Bucks so make sure you restrict purchases and do not store your card details.

Parental Controls

Fortnite provides several parental controls in your child's Epic account to help you create a safer environment for your child. The controls allow you to:

- disable voice chat
- filter language
- manage which experiences your child can access based on their age
- set a PIN to add friends
- set a PIN for purchases
- set time limits
- set appropriate privacy settings.

Also, remember to set up age-appropriate parental controls on the device your child is playing on.

Reporting/Blocking Features

As always, ensure your child knows how to use the reporting and blocking features and that they know they should talk to you or another trusted adult if anything concerns them.

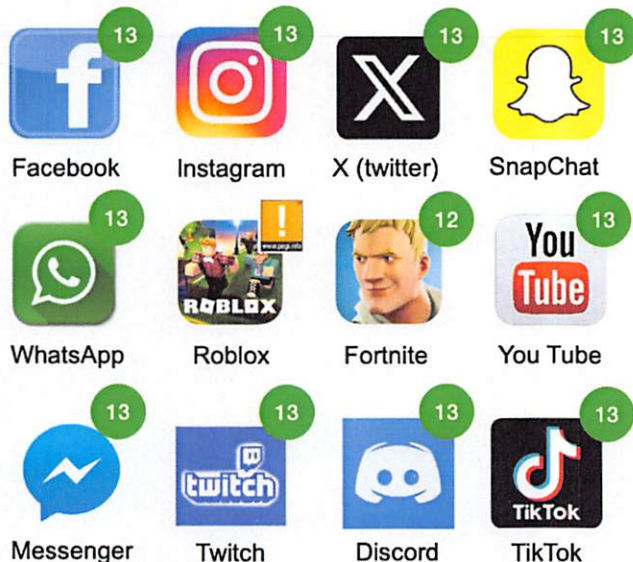
Further information

You can find out more here:

- <https://safety.epicgames.com/en-US/parental-controls>
- <https://parentzone.org.uk/article/fortnite>

Get to know age ratings

Age ratings exist to help protect your child, so we thought we'd provide you with a little reminder of how important it is to check the age ratings of what your child is accessing online. Here are the age ratings of some of the more popular apps that young people are accessing.



Whether your child is viewing films, accessing apps, playing games online or using social media – make sure you check the age rating first to see if your child is old enough. In addition, the likes of PEGI (Pan European Game Information) provide further content descriptors, which will give you an indication of the type of content that your child might view e.g. violence or bad language.

What else should I review?

It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, it is also important to review the content yourself. This will allow you to make an informed decision as to whether it is suitable for your child to access and if it would be beneficial to apply further parental controls. For example, does it include the ability to communicate with others and are in game/app purchases available?

What else can I do?

- Explain the importance of age ratings to your child and how they protect them.
- Go online together to see what your child is accessing.
- Set up parental controls on your broadband, devices and on any individual apps that your child is using. This will reduce the chances of them accessing or viewing anything unsuitable.
- Chat to your child regularly about what they are doing online and as always, remind your child that if anything is worrying them then they should talk to you or another trusted adult.

Further information

You can find out more here:

<https://eegamesmart.co.uk/articles/how-age-ratings-help-families/>

Smartphone Free Childhood



Smartphone Free Childhood is a parent led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here:

<https://smartphonefreechildhood.co.uk>

Digital differences between men and women revealed

Ofcom have released their annual report into our daily habits. The findings show that women and teenage girls are more worried about online harms. You can read the full report here:

<https://www.ofcom.org.uk/media-use-and-attitudes/online-habits/digital-differences-between-men-and-women-revealed/>


X (Twitter) Checklist

You should be at least 13 years of age to have a Twitter account. The SWGFL have created a free Privacy and Security checklist for you to download. The resource is available here:

<https://swgfl.org.uk/magazine/introducing-the-x-checklist-keeping-your-profile-under-control/>



WE HAVE ACHIEVED
GOLD LEVEL
 ACCREDITATION



This is to certify that:

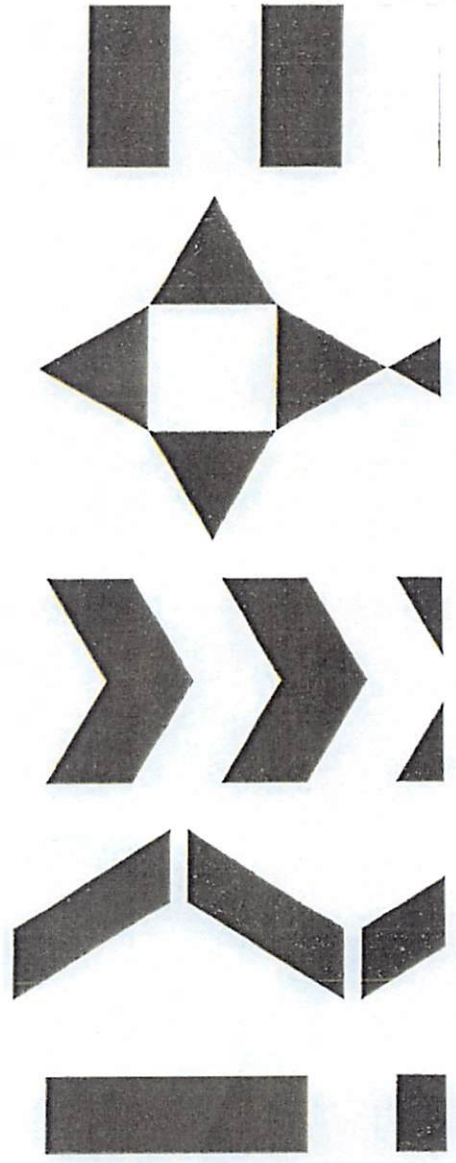
**St Mary's Catholic
 Primary School**

has been awarded Gold in recognition of achievement in the TfL Travel for Life programme, supporting the next generation of Londoners to travel towards a brighter, safer and more sustainable future.



Will Norman
 Walking and Cycling Commissioner
 Transport for London

Expiry Date
 31/08/2027



journeys
& places

Road closed to
motor traffic

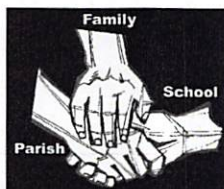
School Street



Our school has a School Street

This means the road is closed to vehicles at drop-off and pick-up times. Please travel safely to school by walking, wheeling, cycling, using public transport or the park-and-stride way where possible!

Linking School, Home and Parish



St. Mary's Catholic Primary School

Newsletter for Parents – Early Years

Unit 3: Being a Sacramental People
Spring (first half-term) 2025



Religious Education

Topic Theme: Being a Sacramental People

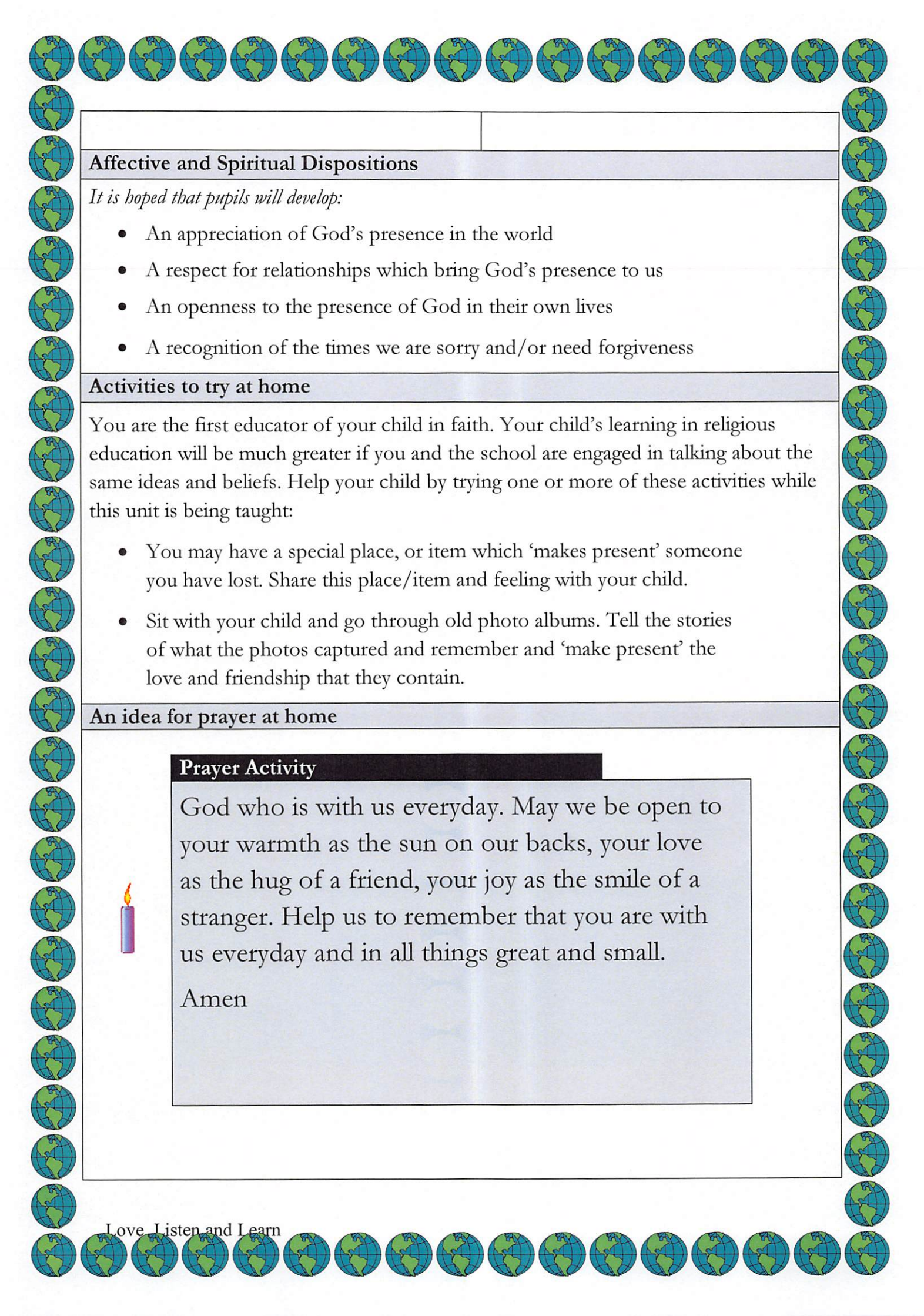
The children will explore the presence of God in the world; in people and the rituals of Church. They will learn to give and receive expressions of sorrow.

Learning opportunities include:

- 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.
- Coming to know that Jesus helps us to choose the good
- Experiencing liturgical celebrations in a variety of simple settings.
- Experiencing and recognise prayer is talking and listening to God
- Learning to say 'sorry'
- Considering ways in which a Christian family and parish share and celebrate life, and showing care for one another.

Monitoring opportunities:

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



Affective and Spiritual Dispositions

It is hoped that pupils will develop:

- An appreciation of God's presence in the world
- A respect for relationships which bring God's presence to us
- An openness to the presence of God in their own lives
- A recognition of the times we are sorry and/or need forgiveness


Activities to try at home

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

- You may have a special place, or item which 'makes present' someone you have lost. Share this place/item and feeling with your child.
- Sit with your child and go through old photo albums. Tell the stories of what the photos captured and remember and 'make present' the love and friendship that they contain.

An idea for prayer at home

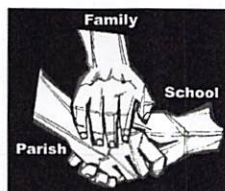
Prayer Activity



God who is with us everyday. May we be open to your warmth as the sun on our backs, your love as the hug of a friend, your joy as the smile of a stranger. Help us to remember that you are with us everyday and in all things great and small.

Amen

Linking School, Home and Parish



St. Mary's Catholic Primary School



Newsletter for Parents – Years 1-6

Unit 3: Being a Sacramental People

Spring (first half-term 2025)

Religious Education

Key Idea: Being a Sacramental People

Having learned something of the nature of God we now ask where God is - and find out that God is with us in our world, bidden or not! Being sacramental means that we can know God in our everyday lives – the highs and lows, the joys and fears. There is nowhere that God is not! In this resource we look for God in the world and come to understand that knowing God in our everyday helps us to see how the Sacraments celebrate and express this. In this resource our need for healing, physical and social, in the Sacraments of Healing, is studied.

Attitudes and Spiritual Dispositions

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

- An appreciation of God's presence in the world
- A respect for relationships which bring God's presence to us
- An attitude of openness to the Sacraments: words, actions and symbols
- A willingness to seek God in their own lives
- A recognition of the need for healing in the world.

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.

- Healing is for body, mind and soul. It settles our fears, it takes away the sadness of our wrong-doing and it clears the way of

obstacles which bind us. The best way to teach your children about healing is to be open and generous in your healing: your gift of it and your reception of it from those who love you.

An idea for prayer at home

Prayer Activity

Loving God,



At every moment of our lives you are present to us, God, in gentle compassion, in strengthening guidance and in and loving forgiveness. Help us to recognize you around us, especially in our actions and words so that our being in the world helps heal it of fear and hurt and doubt. We ask this through Jesus who taught us to love. Amen.



Dear Parents,

You have probably seen on the News reports of how widespread Flu is this year and how it is affecting school age children. Over the last few months Vaccination UK on behalf of the NHS has been visiting schools in the Borough to vaccinate children to protect them against the flu virus.

Your child may have missed this opportunity so we are now offering a free catch-up clinic in the borough where you can get your child protected.

Having the vaccine will help protect your child from what can be a very nasty illness in children.

It will also reduce the chance of others in your family, who could be at greater risk from flu, such as grandparents or those with long term health conditions, getting flu from your child.

It can help you avoid having to take time off work, or other activities, to look after your sick child or if you become sick yourself.

For most children, it is given as a nasal spray. If the nasal spray is not suitable for a child, an injection can be given instead, usually into the muscle in the upper arm.

We do urge you to take advantage of this opportunity to ensure your child is healthy.

Many thanks,

Michael Law

Programme Manager NCL

FLU CATCH-UP COMMUNITY CLINICS



Vaccination UK

Immunisation Provider for
NHS

Winter season is upon us, and with cold weather keeping us indoors and in close contact, it's easier than ever for the flu to spread. Protect yourself, your loved ones, and your community by getting your flu jab today.

The flu vaccine is your best defense against severe illness, hospitalisation, and missed work or school.
Let's work together to keep everyone well this winter.

Stay Well:

Avoid the misery
of flu
this winter.

Stop the Spread:

Help prevent flu
outbreaks in your
community.

Protect Others:

Especially children,
the elderly, and those
more vulnerable.

You can book your child an appointment for their flu
vaccination at one of our community clinics.

For our clinic locations and contact details for the
Vaccination UK team please follow one of these links:

<https://www.schoolvaccination.uk/catch-up-clinics>



Co-parenting with care

Creating a positive environment for children

This programme is specifically for parents who are separated or divorced and needing support to improve their co-parenting of a child/ren living in Enfield. This is a valuable opportunity to enhance relationships and strengthen co-parenting skills; Both parents are welcome to attend.

Sessions include

- Understanding co-parenting
- Communication skills
- Creating a co-parenting plan
- Navigating emotions
- Building a collaborative relationship
- Resources and support
- Moving forward



These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates and times:

Date: Wednesday 5, 12, 26 February & 5, 12, 19 March 2025

Time: 9.30 am - 11.30 am

Date: Monday 24 February & 3, 10, 17, 24, 31 March 2025

Time: 7.00 pm to 9.00 pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699



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www.familylives.org.uk

 @FamilyLivesHertsandBeds

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Council



Toy safety

“I would hate for any other child to go through what Becca suffered because of buying dangerous toys via online marketplaces.”

Mum of two-year-old Becca who swallowed magnets from a toy

Toys from reputable brands are made to be safe. But if they've come from an unknown seller on an online marketplace, a market or small discount store, they could be dangerous.

Buying safely

- ✎ Buy toys from brand names you know. If you've never heard of the seller or the brand and price is really tempting, it could be dangerous
- ✎ Watch out for cheap copies of popular toys. They may not be made to UK safety standards.
- ✎ Check if the toy has been removed from sale because it's unsafe. Visit gov.uk and search 'product recalls'
- ✎ If you buy something that looks unsafe, trust your instincts and send it back.

Under 3s most at risk

Babies and toddlers are curious and naturally put everything in their mouths. So dangerous toys can pose the biggest risk to small children. Be especially careful when buying for under 3s.

Watch out for missing or contradictory age warnings. If a toy is pictured with a toddler but marketed as unsuitable for young children, pick something else.

Which toys are most dangerous?

- ✎ Toys with:
 - accessible button batteries that can burn through your child's food pipe
 - super strong magnets that can rip through your child's belly
 - long cords that can strangle your child
 - small parts that can choke your small child
- ✎ Water beads that can block your child's bowel if swallowed
- ✎ Electrical toys with exposed wires or chargers that can catch fire.



Checking toys

If you're unsure about the safety of a toy, here are some checks you can do:

- ✎ Check battery compartments for accessible button batteries or loose spares in the box
- ✎ Check for any loose small magnets
- ✎ Give the parts on the toy a quick tug and check for small parts that come off
- ✎ Look for long cords or access to stuffing
- ✎ Check if there are any age restrictions or safety warnings on the product.

Report dangerous toys

If you spot or buy a toy you're concerned about:

- ✎ Citizens Advice consumer helpline: 0808 223 1133
- ✎ Citizens Advice consumer helpline (Welsh-speaking adviser): 0808 223 1144
- ✎ Advice Direct Scotland helpline: 0808 164 6000
- ✎ Northern Ireland Consumerline: 0300 123 6262