

ST MARY'S CATHOLIC PRIMARY SCHOOL



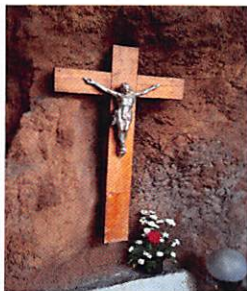
NEWSLETTER

FEBRUARY 2025

Spring is nearly here and it's already nearly half-term! It's hard to believe that the children have now completed almost half of this school year. I hope you all enjoy the half-term break (17th - 21st February). Remember Monday, 24th February is an INSET day so the school will be closed.

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 is later 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 - Well done and Thank you Year 3!



The children in Year 3 are to be congratulated for their recent (and current) and wonderful performances of 'The Bee Musical'. All have 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, other children 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.



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 small number of adults parking on the zig-zags however generally in order to drop off or collect children from school.

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

Please try not to park across the driveways of our neighbours on Durants Road, across driveways in the other roads around 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.



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.

[Videos](#) | [School Streets](#) | [Let's Talk Enfield](#)

As you are aware 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.



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.

Don't forget to log on to the school website -

stmarysenfield.co.uk

Open Evening

You are very welcome to attend our Open Evening on Tuesday 11th February (1.30pm-4pm and 5pm-6pm).

The school will close on the 11th February for Reception, Year 1 and Year 2 children at 12.30pm and for Year 3 to Year 6 children at 12.45pm. We would be very grateful if you could take your children off the school site on time on the 11th as you do at the end of the day to give us a chance to prepare for Open Evening.

Your child's teacher will meet with you in the Hall. You are very welcome (either before or after you meet with your child's teacher) to look at your child's work as well as classroom displays.

If you would prefer to have a phone call from the teacher to update you on your child's progress and targets please just let the office staff know and they will arrange the time and date of this for you.



School Fund

Each family is asked to make a contribution towards the School / Governors' Fund each year. Your contributions are used to pay towards the costs of repairs and general school maintenance and improvements.

As our school is a voluntary aided school we depend in part for your voluntary donations to fund projects.

Each year if we build, extend or develop the school building in any way, we apply for and thankfully have been lucky enough to receive a capital funding grant from the Government. However in all works (when we receive grant funding) we are required to raise a percentage of the cost of the project ourselves. Over the past few years the school has had many improvements

All of the improvements to the school were of course completed with the aim of making the learning environment better for our children. To date we have received £1,575.50 in school fund contributions. Thank you to all who have made contributions.

This year we have 249 families in our school. If each family paid its School Fund for one year we would have at least £20,000 in donations! This money would make a real difference to our school and to our provision for the children.

School Fund costs £2.00 per week / £25.50 per term / £76.00 per year for one child. For two children School Fund costs £2.50 per week / £32.00 per term / £95.00 per year.

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

Developments in the Curriculum

Thinking Hats - Our staff have completed training on Edward de Bono's Six Thinking Hats for Education. This is a whole school thinking programme which can be used across the curriculum in all subjects.



Dr. de Bono is a pioneer in the teaching of thinking in education. He has written 60 books in the general area of thinking and his material is used all over the world. We have re-launched our 'thinking hats' this term. Ask your child to tell you about the different hats.

As you may be aware the school community was awarded (following two days of rigorous assessment by an external assessor) the Dr. Edward de Bono Thinking Schools' Award.

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 have the opportunity to 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 have 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 / across the school.

Online Safety

Resources for children and young people

As half term approaches, children and young people may spend more time online and many will play games for entertainment over the break.

Band Runner is a fun way for 8-10s to learn about safer use of technology.

<https://www.ceopeducation.co.uk/parents/articles/band-runner/>

They will learn to:

- distinguish between safe and unsafe behaviours online
- feel more confident to seek help from a trusted adult when they need it
- understand how they can use our 8-10s website to seek advice and support

[https://www.ceopeducation.co.uk/4-7/'Hello, I am Jessie'](https://www.ceopeducation.co.uk/4-7/'Hello,IamJessie')

Visit the CEOP Education 4-7s website with your child. Featuring characters from *Jessie & Friends*, the 4-

7s website helps children to recognise worrying or scary situations online through four interactive badges covering: watching videos, sharing pictures, online gaming and chatting online. Children collect stars and certificates by answering questions to help characters Jessie, Tia and Mo to 'Tell A Grown Up' when something happens online that is worrying, scary or upsetting.

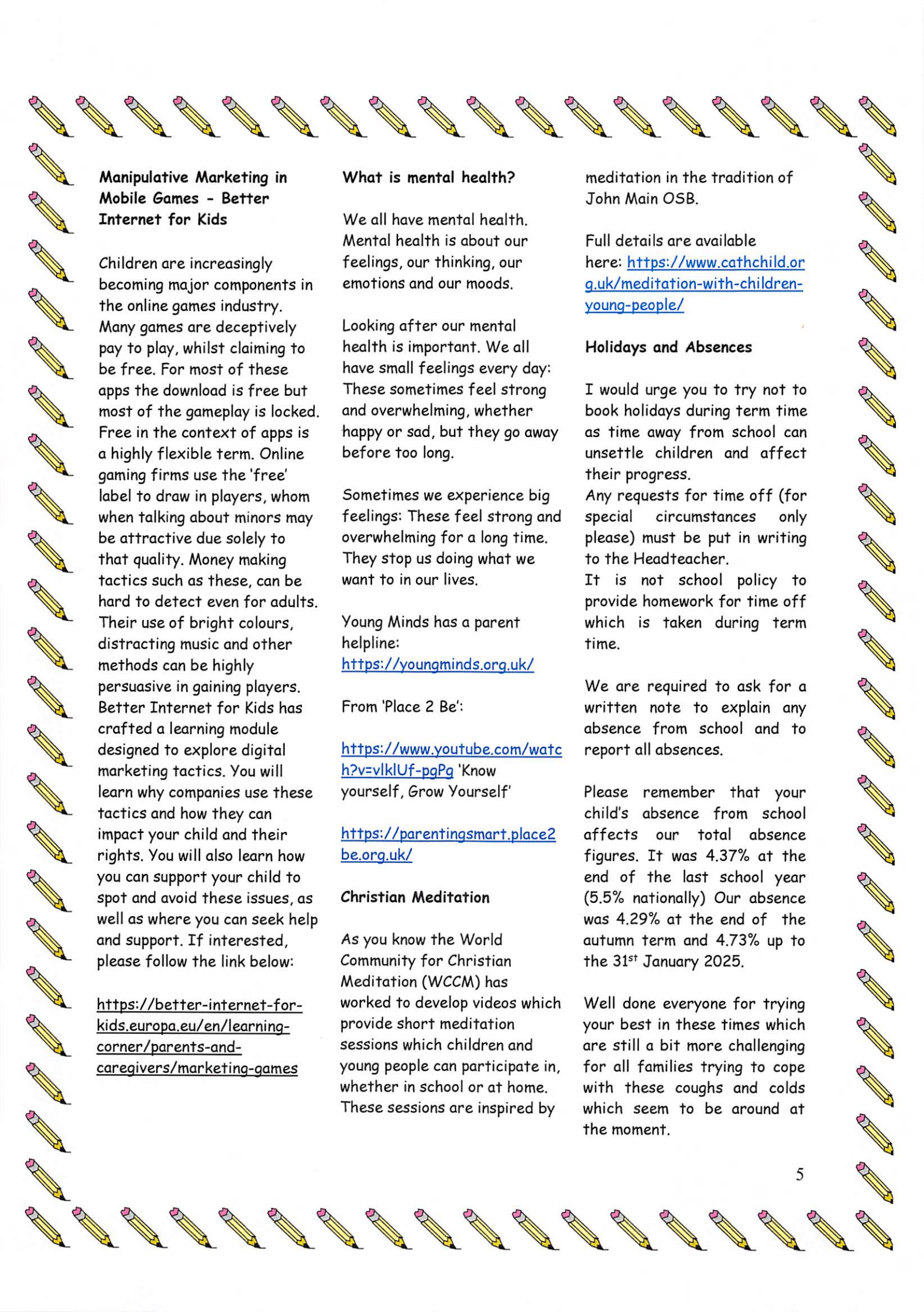
<https://www.ceopeducation.co.uk/parents/jessie-and-friends/>

Jessie & Friends is a series of three animations that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. There's also a storybook for each episode, to help you and your child keep the conversation going.

The key message throughout *Jessie and Friends* is that if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them.

<https://www.kidsonlineworld.com/shareables.html>

<https://www.enfield.gov.uk/news-and-events/2024/11/keep-your-child-safe-online-the-tech-approach>



Manipulative Marketing in Mobile Games - Better Internet for Kids

Children are increasingly becoming major components in the online games industry. Many games are deceptively pay to play, whilst claiming to be free. For most of these apps the download is free but most of the gameplay is locked. Free in the context of apps is a highly flexible term. Online gaming firms use the 'free' label to draw in players, whom when talking about minors may be attractive due solely to that quality. Money making tactics such as these, can be hard to detect even for adults. Their use of bright colours, distracting music and other methods can be highly persuasive in gaining players. Better Internet for Kids has crafted a learning module designed to explore digital marketing tactics. You will learn why companies use these tactics and how they can impact your child and their rights. You will also learn how you can support your child to spot and avoid these issues, as well as where you can seek help and support. If interested, please follow the link below:

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

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 has a parent helpline:
<https://youngminds.org.uk/>

From 'Place 2 Be':

<https://www.youtube.com/watch?v=vlklUf-pgPg> 'Know yourself, Grow Yourself'

<https://parentingsmart.place2be.org.uk/>

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/>

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 and 4.73% up to the 31st January 2025.

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

Our absence level is higher than in past pre-Covid years but with time this should continue to improve.

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%).

Up to the end of January 2025, the classes with the highest attendance since the beginning of the school year were:

1. Year 4, St. Paul (97.33%)
2. Year 2, Faith (97.00%)
3. Year 6, St. Christopher (96.99%)
4. Year 4, St. Peter (96.95%)
5. Year 5/6, St. Catherine (96.53%)
6. Year 2, Fatima (95.85%)
7. Year 1, Rosary (95.80%)
8. Year 3, St. Bernadette (95.69%)

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

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

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

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

	15 per cent	10 per cent
Half-term 1	10 or more sessions	7 or more sessions
Half term 1-2 (autumn term)	22 or more sessions	14 or more sessions
Half term 1-3	30 or more sessions	20 or more sessions
Half-term 1-4 (autumn term and spring)	38 or more sessions	25 or more sessions

term combined)

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

100% Attendance Autumn 2024

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



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.

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.

Tissues

We have very few tissues and hundreds of runny noses! We are no longer able to afford to provide tissues for classrooms. Donations of boxes of tissues would be so very gratefully received. If your child has a cold please try to send some tissues to school in his / her school bag.

School Uniform

Try very hard to ensure your child wears the correct uniform.

Some pupils (a very small few) are not wearing the correct

colours in their hair or stud earrings. One or two are wearing trainers instead of shoes. This really is not acceptable. Our uniform is part of our identity as St. Mary's School.

Thank you to the majority of parents who always encourage their children to wear the right uniform neatly in school every day.

Remember!

Try very hard to ensure your child is on time for school i.e. in the classroom before 9am when school begins

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 bugs still going around at the moment. Please support us in helping them not to spread.

Also on 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. Please also ensure that all long hair is tied back at all times.

We have also seen the occasional case of ringworm. Please check any unusual rashes and encourage your child to wash his / her hands thoroughly.

Volunteers

A sincere thank you to all who have volunteered to help in classes and with various activities in school. 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 / DBS checked for the safety of all children at St. Mary's.

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.

Recycling!

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

Home School Agreement

Thank you to the great number of parents who have already returned their child's Home School Agreement. Remember if you haven't already done so to read, sign and return one of the copies as soon as possible (you should have received two

copies - one is for you to keep at home). If you need a new copy just ask at the Office.

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.

These are the prayers we say each day with the children. You might like to say these prayers with your child at home. 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

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.



Play Equipment

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

Children are also asked not to cycle or use their scooters / bicycles / tricycles while on the playground after school. As the area is very crowded it is easier and safer for all

if children walk with their bikes or scooters until they leave the school premises.

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

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

Year Group Addresses:

nursery@stmarys.enfield.sch.uk

reception@stmarys.enfield.sch.uk

year1@stmarys.enfield.sch.uk

year2@stmarys.enfield.sch.uk

year3@stmarys.enfield.sch.uk

year4@stmarys.enfield.sch.uk

year5@stmarys.enfield.sch.uk

year6@stmarys.enfield.sch.uk

Some Dates for Spring 2025

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

Years 5 and 6 to Mass at 9.30am.

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.



Best Wishes

Thank you for your continued support both for me and for the staff of St. Mary's. It is greatly appreciated.

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.

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

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 Feb 2025

Messaging others

There are many ways in which our children can communicate online, for example via messaging apps, social media apps and online games such as FIFA and Fortnite. We need to understand how and who our children are communicating with to keep them safe online.

Ensure your child knows to talk to a trusted adult should they need to. However, remind them that it is not appropriate to contact teachers online, they should only use official school communication methods.

What are the risks?

- Bullying and inappropriate chat.
- Contact from strangers.
- Sharing personal information including images.
- Sextortion - this is a form of extortion where somebody threatens to share a nude/sexual image of you.

How can I mitigate the risks?

- Ensure your child is accessing age-appropriate apps/games and that appropriate parental controls are set up.
- Chat to your child about the risks so they are aware of what can happen online.
- Depending on the age of your child, it may be more appropriate for devices to be used in family rooms so you can monitor what they are doing.

Further information

- <https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/Online-contact-and-staying-safe/>
- <https://www.brightcanary.io/what-to-do-when-your-child-sends-inappropriate-texts/>

Squid Game – rated 15+

Season 2 of Netflix's Squid Game is now available and has been **rated 15** by the British Board of Film Classification (BBFC). You can find out why Squid Game has been rated 15 by visiting the BBFC: <https://www.bbfc.co.uk/release/squid-game-q29sbgvjdgvlbjpwwc01mzm3ndg>.

Due to its popularity, Squid Game related content can be found on numerous other platforms such as YouTube, TikTok and Roblox, so your child may come across this show without even viewing it on Netflix. Content may range from trailers of the show or content that other people create such as memes and games.

What can I do?

- **Parental Controls** - Set up appropriate parental controls on your broadband, devices and on individual apps to reduce access to content that is not appropriate for their age.
- **Talk** - Chat to your child about age ratings and why this means certain programmes are not suitable for them to watch.
- **Individual Profiles** - Set up child profiles on any streaming services to ensure your child is only viewing content appropriate to them.
- **Reporting** - Make sure your child knows how to report and block on all platforms that they use.
- **Explore** - Watch and explore things online together so you can see what your child is doing and how to support them.

More information:

It is important to talk to your child regularly about what they are watching and ensure that they know they should always tell you or another trusted adult if they do see anything upsetting. You can find out more about the type of inappropriate content your child might come across online here: <https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

Should children have mobile phones?

The Children's Society explore this important question in their recent blog titled "Should children have mobile phones?" The article discusses concerns such as excessive screentime being linked with mental health issues as well as the benefits of a child friendly phone rather than a smart phone. You can read the full article here:

<https://www.childrensociety.org.uk/what-we-do/blogs/should-children-have-mobile-phones>

Snapchat

What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.



Key Concerns

There are potential risks to using Snapchat, including:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map) (this can be switched off).
- cyberbullying.
- contact from strangers.
- excessive screen time.

Family Centre features

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

Safety tips

Please make sure the appropriate privacy settings are set up on Snapchat, including who can see their location and also ensure your child knows how to block and report other users if necessary:

- <https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

More information

For more detailed advice and information:

- <https://www.childrensociety.org.uk/what-we-do/blogs/the-risks-snapchat-poses-to-children>
- <https://www.internetmatters.org/parental-controls/social-media/snapchat/>

Do you need help managing your child's device?

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

Google Family Link

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

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

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

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

Apple Family Sharing

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

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

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

Monitoring Apps (paid for)

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

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

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%

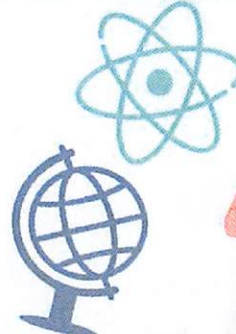
Serious impact on education and reduces life chances

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



Should I keep my child off school?



Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

Please reply Dudu Sher-Arami
to:

E-mail: dudu.sher-arami@enfield.gov.uk

Phone: 020 8132 0494

Date: 28th January 2025

Dear Parent/Carer

Enfield Council has launched two public health websites for kids and teens in Enfield.

Children, young people and families in Enfield can now access two new dedicated websites which will provide health messages and advice through interactive tools and creative marketing materials. The Health for Kids and Health for Teens websites cover age-appropriate subjects that promote health and wellbeing, with the aim of educating and supporting the development of children at every stage of growing up.

Enfield Council have worked in partnership with Leicestershire Partnership NHS Trust to ensure that all children, young people and families in Enfield can easily access trusted information about their health.

Health for Kids – Primary School Age Children


Health for Kids (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 – Secondary School Age Children

Health for Teens (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.

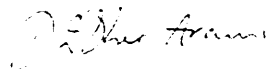
Tony Theodoulou
Executive Director People
Enfield Council
Civic Centre, Silver Street
Enfield EN1 3XY

www.enfield.gov.uk

 If you need this document in another language or format contact the service using the details above.

Please do encourage your child to explore the website that is suitable for their age group to help them improve their health knowledge.

Yours faithfully

A handwritten signature in black ink, appearing to read "Dudu Sher-Arami". The signature is written in a cursive style with some loops and flourishes.

Dudu Sher-Arami
Director of Public Health
Enfield Council

Staying Healthy

Illness

Feelings

Getting Help

A fun and interactive resource
for learning about health



www.healthforkids.co.uk

Psst! Parents!

As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.

www.healthforkids.co.uk/enfield

 EnfieldCouncilUK

 EnfieldCouncil

 enfieldcounciluk



Or call your School Health Service for
confidential health advice and support

020 3988 7300

Enfield Parenting Directory

Our Directory has a range of evidence-based parenting resources to support parents & carers through their parenting journey

- Accessible and easy to use
- Available in different languages
- Direct links to Enfield Start for Life, Local Offer, Informed Families, My Life, EarlyHelp4All directory

Start for
Life

0-2 years



Early
Years

1-5 years



Primary
Years

4-11 years



Tweens &
Teens

10-18 years



For more information visit www.enfieldparentingdirectory.co.uk



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

www.enfieldparentingdirectory.co.uk

Free bike marking at Dr Bike

Throughout February we will
be offering bike marking at
all Dr Bike locations in the
borough

Find your nearest one by
scanning the QR code

**journeys
& places**



FREE half term cycle training sessions for children

Session will take place between 17 - 21 Feb 2025 at The Raglan Primary School



Scan the QR code for more info and to book

**journeys
& places.**

ENFIELD
Council





FEBRUARY
half term
EVENTS



EPPING FOREST DISTRICT MUSEUM

SATURDAY 15TH - 10:30AM - 3:30PM

**DROP IN SESSION - MAKING A FRIENDSHIP BRACELET
(£3)**

TUESDAY 18TH - 10:30AM - 3:30PM

DROP IN SESSION FLORAL FUN (£3)

WEDNESDAY 19TH - 10:30AM - 11:30AM & 2:30PM - 3:30PM

**BOOK IN ADVANCE TO CREATE HEART SUNCATCHERS OR A
VALENTINES DAY CARD (£3)**

FRIDAY 21ST 10:30AM - 11:30AM & 12PM - 1PM

**BOOK IN ADVANCE FOR STORY-TELLING & DECORATING
BISCUITS (£4)**

SATURDAY 22ND - 10:30AM - 3:30PM

DROP IN SESSION MAKE A RECYCLED PAPER PET (£3)



 **Epping Forest District
Museum**

EPPING FOREST DISTRICT MUSEUM TRUST CIO
39 - 41 SUN STREET
WALTHAM ABBEY
ESSEX, EN9 1EL
W: [HTTPS://WWW.EFDMUSEUM.ORG.UK/](https://www.efdmuseum.org.uk/)
E: ENQUIRIES@EFDMUSEUM.ORG.UK
T: 01992 716 882

@EFDMUSEUM FACEBOOK.COM/EFDMUSEUM @EFDMUSEUM

BEGINNER UKULELE CLUB

ENFIELD MUSIC SERVICE

SATURDAY MORNINGS

10:15 - 11:00 AM

At The Raglan Schools
(Raglan Road, EN1 2RG)

Termly membership £60

Come along and try our group for beginners - no experience is necessary and ukuleles are available to borrow on the day!

Suitable for children in school Year 3 and upwards (age 7+).

Email Paula.Warren@Enfield.gov.uk to book a place.



Special Guardianship / Kinship Care Education Support

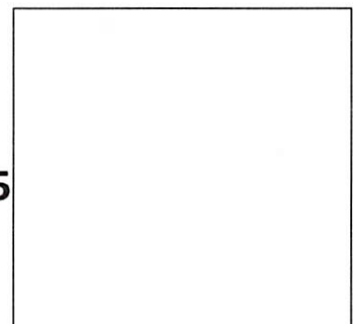


Coffee Morning

- Are you a Special Guardian or Kinship Carer?
- Are you aware of the educational support available for your child?
- Would you like the opportunity to discuss any educational issues? (Examples could include SEN, attendance, homework, friendships, or anything else!)
- Would you like to meet other Special Guardians / kinship carers?

Please come and join us on:

Wednesday 5th February 2025
10 – 11.30 am
Dugdale Arts Centre Cafe,
39 London Road
Enfield Town. EN2 6DS



Please contact Jane Manning (contact details below) to reserve your space

To find out more contact: Jane Manning (Previously Looked After Children Officer): jane.manning@enfield.gov.uk



ENFIELD
Council



Small changes, big differences.



Triple P for Baby –

A positive start for babies and parents

Aims to prepare parents-to-be and parents with a baby up to 12 months old make a positive transition to parenthood. It promotes sensitive and responsive care before and after birth, up to baby's first birthday.

Delivered in groups, parents will learn ways to cope with frequent crying, set up good sleep habits, read baby's cues, look after themselves, adapt to changes in family life, and more.

Topics covered includes:

Session 1: Positive parenting

Session 2: Responding to your baby

Session 3: Survival skills

Session 4: Partner support

Sessions 5-7: Implementing parenting routines

Session 8: Ways to maintain changes

WHEN?

Wednesday, 5 February to 2 April at 12:30 – 2:30pm

WHERE?

Ponders End Youth & Family Hub, 141 South Street, EN3 4PX

HOW TO BOOK ONLINE? [Triple P Baby Referral](#)

Also visit: <https://enfieldparentingdirectory.co.uk>

CONTACT INFORMATION: ParentingProgrammes@enfield.gov.uk

OR SCAN QR CODE



Start for Life | [Enfield Council](#)



Adoptive Parents Education Support



**NOTE NEW
TIME!**

**Now 9:30 –
11:00am**

Coffee Morning

- Are you the parent of an adopted child?
- Are you aware of the educational support available for your child?
- Would you like the opportunity to discuss any educational issues? (Examples could include SEN, attendance, homework, friendships, or anything else!)
- Would you like to meet other adoptive parents ?

Please come and join us on:

**Wednesday 26th February 2025
9:30 – 11:00 am
West Lea School, (Haselbury Campus)
Haselbury Road
Edmonton, N9 9TT**

Please contact Jane Manning (contact details below) to reserve your space



To find out more contact: Jane Manning (Previously Looked After Children Officer): jane.manning@enfield.gov.uk

