

# Holy Family Catholic Primary School

## Prayer and Liturgy Policy



*We live, love and learn together in the light of God by...*  
*praying together*  
*learning together*  
*playing together*  
*and*  
*respecting each other.*

**Approved by:** Linda Mockler **Date:** 12<sup>th</sup> December 2024

**Next review due by:** December 2025

Prayer, worship and liturgical celebration are central to our Catholic tradition. It is of prime importance, however, that sound educational and pastoral principles determine the ways in which these are extended in the school community. It is the task of the school... to promote and develop as appreciation of and a more active participation in prayer, worship and liturgy.

(Evaluating the Distinctive Nature of a Catholic School)

*Just as Our Lord Jesus Christ is at the heart of all our prayer and liturgy, so too he is at the centre of every Catholic school. His Gospel is the reference point for its ethos and values; he offers the definitive example of the educator. Joining Christ in praise of the Eternal Father and united by the Holy Spirit in making intercession for the world through prayer and liturgy lies at the heart of the daily life of the school. The quality of the prayer and liturgy in school not only gives honour to God but forms the spiritual and ethical life of pupils and staff alike.*

(To Love You More Dearly - Prayer and Liturgy Directory)

It is through the observance of and participation in acts of prayer, worship and celebration of the Liturgy that the child has the opportunity to express his/her faith and to develop a relationship with God. School, for many of our pupils is their first, sustained experience of the Catholic tradition. Thus, we provide a range of opportunities where their faith can be practised

- Formal prayer: morning, afternoon, at mealtimes
- Reflective prayer in the form of guided meditations
- Collective Prayer in the form of assemblies: whole school, Class-led liturgies
- Celebration of Mass: each month, important feast days and solemnities
- Observance of feasts and the Church calendar
- Involvement in Parish and Community Celebrations
- We encourage those who attend Mass at Holy Family to become altar servers both for parish and school masses

### **Prayer Experiences**

Throughout the life of the school the children will experience different styles of prayer in different settings. Some of the different forms and experiences of prayer include:

- Traditional Prayers e.g. Hail Mary
- Repetitive prayer phrases

- Scripture - reflections on this
- Bodily prayer - genuflecting
- Prayer of the heart - stillness "Be still and know that I am God."
- Contemplation
- Gestures e.g. the sign of the cross and the sign of peace
- Hymns, both modern and traditional
- Music - listening to quiet reflective music or other
- Litanies - e.g. Thanks be to God
- Prayer and liturgies during Advent, Lent, Holy Week
- Celebrations - gathering in prayer, song, scripture, sharing food and celebrating all aspects of life
  - Use of visuals - art, banners, colour in pray,
  - Retreats - both daily through One Life Music and as a whole school

### **Liturgical Leaders**

Children in Year 6 are able to apply for the position of Liturgical leaders by a written letter. Liturgical leaders are called upon throughout the year to help lead prayer and liturgy services, assemblies, the rosary. They are also called upon to evaluate the whole school assemblies and the Catholic environment of the school.

### **Mini Vinnies**

To help develop our children at Holy Family as leader we have Mini Vinnies from Years 1 to 5. The Mini Vinnies help to organise charitable events.

### **Progression of Prayer**

Throughout their time at Holy Family School, there is an expectation that pupils will become familiar with a variety of scripture and that every opportunity will be given for the children to express themselves through a variety of forms of prayer. Each year has set prayers that the children focus on, as linked through the Teach us to Pray Document from the Diocesan.

### **The timetable for whole school acts of worship:**

Monday - Whole school assembly led by the Head teacher and class based worship

Tuesday - class based worship.

Wednesday - class based worship

Thursday - class based worship

Friday - Key stage Assemblies led by the class teachers on a rota and class based worship

The Mass is the centre of the Liturgical worship of the school. It is celebrated in Church and in school. We welcome families and parishioners to join in with our celebrations.

Other services during the school year include Advent and Christmas, Ash Wednesday, Holy Week and Easter, The Feast of the Holy Family and many others. These services or masses provide time for prayer and reflection for the whole school.

*We also encourage the KS2 children to take part in receiving individual confession during the seasons of Advent and Lent. This is carried out in church after mass.*

*Before Christmas we have phase liturgies from EYFS, KS1 and a KS2 in the church or in school.*

*During Lent/Holy Week Year 5 lead us in daily stations of the cross.*

### **Child-led Prayer and Liturgies at Holy Family**

Below are the expectations of how each year group will involve the children in leading prayer and liturgy services:

Each year is building upon the previous years' expectations.

#### **EYFS:**

Children will help to choose items for the central prayer focus e.g. cloth, cross, candle

#### **Year 1:**

Children will choose a song that can be sung during the service.

#### **Year 2:**

Children will choose a prayer to say during the service

#### **Year 3:**

Under the teacher's guidance, the children will choose a scripture reading.

#### **Year 4:**

Under the teacher's guidance at the start of the year, building up independence by the end of the year, the children will select the virtue and value/theme/liturgical year.

#### **Year 5:**

Under teacher's guidance at the start of the year, children will plan the 4 aspects of collective worship: Gather, Listen, Respond, Go. By the end of the year, the children will be planning and leading their own Collective Worship.

### **Year 6:**

The children will be able to lead Collective Worship - Modelling and leading in other year groups, leading voluntary worship sessions in the prayer garden.

The children who have led the liturgies in all year groups will then evaluate them afterwards.

### **Traditional prayers**

At Holy Family School the children are taught traditional catholic prayers in order for the children to build their own personal relationship with God. Our daily prayers allow us to share our lives with God and to give thanks for the blessings he has bestowed upon us.

Below you will find some of the prayers we use and the year that they are introduced to the children.

#### **Morning Offering (Nursery/Reception)**

Father in heaven, 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

#### **Grace Before Meals (Nursery/Reception)**

Bless us, O God, as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us, O God.

Amen

#### **Grace After Meals (Nursery/Reception)**

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

#### **Evening Prayer (Nursery/Reception)**

God our Father, I come to say  
thank you for your love today.

Thank you for my family

and all the friends you give to me.

Guard me in the dark of night  
and in the morning send your light.  
Amen

We also learn other traditional Catholic prayers. These prayers can be used at home to support parents in developing their children's knowledge of prayer and to continue to develop their children's understanding of what the words mean to us as Christians today.

### **Our Father (Nursery/Reception)**

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

### **Hail Mary (Nursery/Reception)**

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 (Year 1)**

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

### **Prayer to the Guardian Angel (Year 1)**

Angel sent by God to guide me,  
be my light and walk beside me;  
be my guardian and protect me;  
on the paths of life direct me.

### **Eternal Rest (Year 2)**

Eternal rest give unto them, O Lord.  
And let perpetual light shine upon them.  
May they rest in peace.  
Amen

### **The Angelus (Year 3)**

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

Hail Mary... Holy Mary...

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

Hail Mary... Holy Mary...

And the Word was made flesh: and dwelt among us

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 Christ our Lord.

Amen

### **Act of Contrition (Year 3)**

Oh my God,

Because you are so good,

I am very sorry that I have sinned against you

and, with the help of your grace

I will not sin again.

Amen.

### **The Memorare (Year 4)**

Remember, O most loving Virgin Mary,

that it is a thing unheard of,

that anyone ever had recourse to your protection,

implored your help,

or sought your intercession,

and was left forsaken

Filled therefore with confidence in your goodness

I fly to you, O Mother, Virgin of virgins.

To you I come, before you I stand, a sorrowful sinner.

Despise not my poor words,

O Mother of the Word of God,

but graciously hear and grant my prayer.

Amen.

### **The Magnificat (Year 5)**

My soul glorifies the Lord,

My spirit rejoices in God, my Saviour.

He looks on his servant in her loneliness;

henceforth all ages will call me blessed.

The Almighty works marvels for me.  
Holy his name!  
His mercy is from age to age, on those who fear him.  
He puts forth his arm in strength and scatters the proud-hearted.  
He casts the mighty from their thrones and raises the lowly.  
He fills the starving with good things, sends the rich away empty.  
He protects Israel, his servant,  
remembering his mercy, the mercy promised to our fathers,  
to Abraham and his sons for ever.

### **Benedictus (Year 5)**

Blessed be the Lord, the God of Israel;  
he has come to his people and set them free.  
He has raised up for us a mighty saviour,  
born of the house of his servant David.  
Through his holy prophets he promised of old  
that he would save us from our enemies,  
from the hands of all who hate us.  
He promised to show mercy to our fathers  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship him without fear,  
holy and righteous in his sight all the days of our life.  
You, my child, shall be called the prophet of the Most High;  
for you will go before the Lord to prepare his way,  
to give his people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.  
Glory to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now, and will be forever.  
Amen

### **Prayer to the Holy Spirit (Year 6)**

Come, Holy Spirit,  
fill the hearts of your faithful,  
and enkindle in them the fire of your love.  
Send forth your Spirit and they shall be created.  
And you shall renew  
the face of the earth.  
O God, who has taught the hearts of the faithful  
by the light of the Holy Spirit,  
grant that by the gift of that same Spirit



we may be always truly wise  
and ever rejoice in his consolation.

**Apostles Creed (Year 6)**

I believe in God the Father Almighty, Creator of Heaven and earth,  
and in Jesus Christ, His only Son, our Lord, Who was conceived by  
the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate,  
was crucified, died, and was buried.

He descended into Hell; the third day He arose again from the dead;  
He ascended into Heaven and is seated at the right hand of God  
the Father Almighty, from thence He shall come  
to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church,  
the Communion of Saints, the forgiveness of sins,  
the resurrection of the body, and life everlasting.

Amen