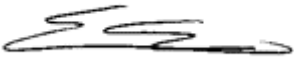




# St. Helen's Catholic Primary School

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## PRAYER & LITURGY POLICY

Policy Type	Required
Review Period	Annual
Date of last review	Summer 2025
Next review	Summer 2026
Approved by Governing Body and signed by Elsa Corr, Chair of Governors	
Date	10 July 2025
Published on St Helen's Website	

## POLICY FOR PRAYER & LITURGY

### Our Mission

Respect yourself.

Respect everyone in our school community.

Respect everyone in our local community.

Respect everyone in our global community.

But most of all, respect God our Father in Heaven.

### Aims of the policy

This policy aims to:

- Set out the importance of Prayer & Liturgy in the life of St Helen's School
- take into account the religious and educational needs of all who share in it:
  - *Those who form part of the worshipping community in church;*
  - *Those from other Christian traditions – or none;*
  - *Those from other faith backgrounds.*
  - *Those for whom school may be their first and only experience of church;*
- Ensure that all children who are baptised Catholics have a deep and rich experience of all aspects of Prayer & Liturgy to familiarise them with the traditions of the Church
- Set out the expectations of all members of the school community, especially teaching staff, to lead, participate in and foster a lifelong love of Prayer & Liturgy for all children who are baptised Catholics
- Ensure that all children of faith in our school, irrespective of the religion, have a broad and rich spiritual experience through Catholic Prayer & Liturgy that helps them deepen their own faith and come closer to their God
- Ensure that children who have not been brought up in a particular faith have a broad and rich spiritual experience that will support and develop their understanding of reflection through individual prayer and the sense of belonging that comes from participation in all forms of liturgy
- Set out the requirements in our school for daily prayer, Prayer & Liturgy, celebration of the sacraments, assemblies and special celebrations in and across all year groups

Prayer and liturgy in a Catholic school names and celebrates God's presence in our lives. It is concerned with giving glory, honour, praise and thanks to God. It is our loving response, in word and action, to God's invitation to enter into relationship, made possible through the work of Jesus Christ and the witness of the Holy Spirit.

Here at St Helen's, school prayer, worship and liturgical celebrations are central to the life of our school and our Catholic nature. These allow our pupils and staff to come together to worship God. Whilst we respect the diversity of belief in the world and are committed to the teaching of other faiths; we are dedicated to creating a school which is Christ-centred in character. We encourage the children to experience worship and liturgical celebrations in a

relevant and meaningful manner. Our Prayer and liturgy embraces the religious and educational needs of all who share it.

Within our school, prayer and liturgy is far more than a statutory requirement. It is an essential part of our distinctive ethos; a way of celebrating our faith and deepening our relationship with God through prayer, reflection, praise and celebration. Our staff ensure that children are provided with opportunities to develop their spirituality and a close relationship with God through acts of worship. In developing a deep sense of spirituality, our children are prepared to live out their lives in accordance with their vocation.

#### Quote

*'The celebration of Catholic liturgies and prayers as an integral part of the learning and teaching should enable the school community to become reflective, experience the presence of God and should develop a mature spiritual life.'* (Marcus Stock (2012), *Christ at the Centre, Catholic Truth Society, 23.*)

This policy should be read in conjunction with the Learning About Me Policy.

## Legal Requirements

The law requires all maintained Catholic schools to provide an act of daily Prayer & Liturgy (prayer and liturgy) for all pupils, including those in the sixth form (Section 70, 1988 Education Act) that is in accordance with the rites, practices, disciplines, and liturgical norms of the Catholic Church (School Standards and Framework Act 1998, schedule 20; Instrument of Government, clause 2).

Academies in England are required by their funding agreement and Articles of Association to comply with similar requirements (The Mainstream Academy and Free School: Supplemental Funding Agreement, December 2020; Model Articles for Catholic Academies, February 2019).

The law requires all maintained schools to recognise and respect that parents have the legal right to withdraw their children up to the age of 16 from prayer and liturgy (School Standards and Framework Act 1998, s.71(1A)). Sixth-form pupils can choose to withdraw themselves from prayer and liturgy (School Standards and Framework Act 1998, s.71(1B)).

The school's provision for prayer and liturgy will fulfil pupils' entitlement to experience the range of liturgical treasures of the Church, including a shared repertoire of prayers and liturgical music with which pupils in the school will be familiar.

Prayer and liturgy are not designated curriculum time. In the context of the Catholic school, this means that times of prayer and liturgy are not considered to be part of the allocation of curriculum time for Religious Education.

Within maintained schools and academies, there is a legal requirement for an act of Prayer & Liturgy to take place daily. Those responsible for the governance of schools with a religious character are legally required to ensure that Prayer & Liturgy is provided and is in accordance with the trust deed or religious designation of the school. In Catholic maintained schools and

academies, this daily requirement will be fulfilled variedly as described in this policy. In schools where this legal requirement holds, parents can choose to withdraw their children up to Year 11. Sixth-form pupils can themselves choose to withdraw. In all Catholic schools (maintained, academies, independent, non-maintained special, sixth-form colleges), prayer and liturgy are integral to the spiritual life of the school and to pupils' moral and spiritual development. Taking part in daily prayer and liturgy helps build community cohesion by creating a consistent structure around the core values and symbols of Christianity.

Prayer and liturgy are, therefore, an important part of a Catholic school's distinctive character. They are integral to the Catholic identity and life of the school, and they would take place in all Catholic schools, whether or not schools were required by statute to provide Prayer & Liturgy. Notably, too, pupil participation and engagement in prayer and liturgy are crucially important criteria in the diocesan inspection of Catholic education. Therefore, we have replaced the term 'Prayer & Liturgy' with the phrase 'prayer and liturgy', which more fittingly describes its role in a Catholic school. The bishop entrusts his responsibility for prayer and liturgy to the governors and headteachers. It is their responsibility to ensure that it is in accordance with the rites, practices, discipline, and liturgical norms of the Catholic Church.

## **Roles & responsibilities**

### **Governors**

The governors, as guardians of the Catholic school's life and mission, have a responsibility to ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is a named person(s) who is responsible for prayer and liturgy in the school (the Prayer and Liturgy Team)
- the prayer and liturgy policy is updated regularly and shared with all stakeholders
- there is a budget for prayer and liturgy that reflects its centrality to the life of a Catholic school.

### **Headteacher**

The headteacher, as the spiritual leader of the school as a Catholic community, ensures that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is an Annual Plan of Provision (appendix 3) for prayer and liturgy across the school year which identifies liturgical seasons and key celebrations, as well as opportunities for the celebration of the Sacraments
- they work in partnership with the leader(s) for prayer and liturgy
- those responsible for prayer and liturgy in the school have been given appropriate training and formation to ensure that all guidance is followed and adhered to
- induction on prayer and liturgy takes place for new members of staff as required
- there are suitable resources for prayer and liturgy in the school.
- there is collaboration with local clergy and parishes
- liaison with the Diocesan Advisory Service and others is maintained to ensure they keep updated with best practice.

## Prayer and Liturgy Team

Those responsible for prayer and liturgy ensure that:

- prayer and liturgy are central to the Catholic life of the school and therefore are in line with the guidance set out by the Prayer and Liturgy Directory
- there is daily planned prayer for all pupils, appropriate to age and ability, as outlined in the Prayer progression Directory (appendix 2)
- the planning and preparation of liturgical celebrations is correct and deeply spiritual in character, reflecting the different character of different types of liturgy
- pupils are supported in their liturgical formation to take an active role in the planning, preparation, and delivery of prayer and liturgy according to their age and capacity, and in a manner which facilitates their progressive participation
- resources to support the planning of prayer and liturgy are appropriate and readily available to staff and pupils
- staff have access to effective training and formation opportunities
- monitoring and evaluation of prayer and liturgy take place regularly and feed back into planning for future liturgies
- monitoring of prayer and liturgy is reported to the headteacher and governing body to support whole-school development and the Catholic life of the school

## Principles of Prayer & Liturgy at St Helen's

Prayer & Liturgy at St Helen's aims to provide opportunities for all pupils and staff:

- To contemplate the mystery of God
- To reflect on spiritual and moral issues
- To explore personal beliefs
- To respond to and celebrate life
- To experience a sense of belonging and to develop community spirit
- To develop a common ethos and shared values
- To enrich religious experience
- To grow in liturgical understanding and familiarity
- To pray using prayers which are part of the Catholic tradition
- To participate fully

All acts of worship at St Helen's will:

- Give glory and honour to God
- Be an uplifting experience of high quality, fundamental to the life of the school and its Catholic character
- Enable pupils to develop the skills for preparing, organising and leading worship
- Give pupils uplifting liturgical experiences appropriate to their age, aptitude and family backgrounds in order to prepare them for the liturgical life of the Church. Celebrations will be appropriate to the age, understanding and groupings of children.

## Overview of Prayer & Liturgy Provision

Prayer & Liturgy is planned following a structure with reference to the Church's seasons, feast days, Saints days, holy days of obligations, special celebrations within the global church, eg Jubilee years, the curriculum and significant dates e.g. CAFOD Family Fast Day, Remembrance Day, etc.

### Daily Prayer

Each class will pray four times a day:

- Morning Prayer – each class will say the Our Father together at the start of the day
- Grace before meals – each class will sing grace together at the start of the lunch hour
- Grace after meals – each class will sing grace together at the start of the afternoon
- Evening Prayer – each class will sing the evening prayer together at the end of the school day

### Daily Liturgy

A full provision map is provided in Appendix 1 and a calendar for the forthcoming academic year in Appendix 2. These will also be included in staff induction documents.

### Form of liturgical celebrations

All our forms of Prayer & Liturgy follow a similar structure. We **gather**, using prayers or actions or music. Then, we listen to **scripture**, readings and reflect on the meaning of the scripture we have heard and after that we **respond** by doing something or saying a prayer together. Finally, we **go forth** by reflecting on the scripture and taking this forward into our work throughout the day. It is wonderful to see the children excited, enthusiastic and deepening their faith through prayer and liturgy. Our Liturgy leaders are becoming more confident in leading Prayer and Liturgy.

### Resources

All resources for Worship and Prayer are located in the prayer cupboard in the upstairs prayer area.

### The learning environment

Focal points in each classroom and throughout the school reflect the liturgical season and reference the RED branches. In this way they will be an outward sign of the school's ethos. Each class must have a cross/crucifix, dedicated class display board and a prayer focal area. The prayer focal area should have a candle for reflection, an age-appropriate Bible and a living plant to remind us of God's creation. The area should also display a cloth in the colour relating to the Church season.

Red – Pentecost

Purple – Lent /Advent

Green – Ordinary time

White – Easter /Christmas

The display board is expected to display the keywords for the current topic, the Big question and a selection of children's work as a celebration.

The school mission statement, St Helen's values and class saint should also be on display in the classroom.

## **Sacraments**

Children have the opportunity to go to confession and take communion through the Sacraments of Reconciliation (Advent and Lent) and Eucharistic Celebrations (as per the provision map). Preparation for the sacraments is an integral part of the RED programme. However, full preparation for First Holy Communion is undertaken within the parish setting, being supported in school where possible.

## **Prayer**

Children are taught daily prayers and also the prayers and responses of the Mass as appropriate to their age and stage of development. Each classroom has a focal prayer point and an RE area. Children pray, together with their teacher, at the beginning, middle and end of the day. Prayer takes many forms and may be carefully structured or more informal. Children are encouraged to pray for the needs of others and for special requests. They may themselves ask prayers for particular intentions.

Above all, prayer is about building a relationship with God: we both speak and listen to Him. It may take the form of adoration, thanksgiving, repentance or intercession. Children and staff alike are encouraged to be drawn into prayer and worship through a variety of celebrations. These are enhanced by:

- a) hymns
- b) reflective music
- c) silence
- d) spoken and sung prayers
- e) movement / dance
- f) scripture
- g) stories
- h) atmosphere – candles, icons, focal points
- i) drama.

Families play an invaluable role in leading their children in prayer. They are informed of the class prayers for their child and are invited to celebrate Mass and assemblies when their child is involved.

## **Role of Head of R.E. in Prayer & Liturgy**

- Formulating a written policy for Prayer & Liturgy with the Prayer & Liturgy Team
- Begin to develop a plan for Prayer & Liturgy which is included in the RE Improvement Plan.
- Ensuring that Prayer & Liturgy is appropriate to the age, aptitudes and faith backgrounds of pupils
- Ensuring that Prayer & Liturgy takes account of the religious and educational needs of all who share in it and is rooted in the principles of the 'Directory for Masses with Children'
- Organising themes for Worship
- Assisting the governors and Head Teacher to carry out their legal responsibilities with regard to Prayer & Liturgy
- Developing staff confidence and expertise e.g. through modelling different prayer styles

## **Planning, recording, monitoring and evaluating**

- Maintaining and developing effective procedures and documentation
- Observing Acts of Prayer & Liturgy and providing feedback
- Informing the Head Teacher of standards and developments in Prayer & Liturgy

### **Communication**

- Communicating to members of the school community the significance and content of Prayer & Liturgy
- Reporting to and consulting with the governors and Head Teacher regarding matters of concern and development
- Acting as consultant to colleagues
- Encouraging positive attitudes towards Prayer & Liturgy
- Informing newly appointed colleagues of school policy regarding Prayer & Liturgy
- Communicating with parents, governors and the parish community
- Liaison with the Parish Priest
- Liaison with the Diocesan Department for Education

### **Professional development / Ongoing formation**

- Leading and organising in-service training and ongoing formation for Prayer & Liturgy
- Attending appropriate in-service courses, reporting back and leading staff training
- Keeping up to date by personal reading

### **Resources**

- Evaluating existing resources
- Developing the resources available for Prayer & Liturgy including visual aids, artefacts, drapes, music, visitors, leaders, new and relevant books, posters etc.
- Budgeting efficiently

### **Policy Monitoring and Review**

The school's provision for Prayer & Liturgy will be evaluated regularly to consider whether it fulfils the aims of our policy in an updated and appropriate manner. This policy is monitored by the Head of R.E. and is evaluated and reviewed annually by the Headteacher.

Please see Appendix 3 and St Helen's website for classroom prayers for each Year group.



## Appendix I – Overview of Prayer & Liturgy Provision

Overview of Prayer and Liturgy provision				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Prayer</b> in class R – Y6	<b>Morning Prayer</b> in class R – Y6	<b>Morning Prayer</b> in class R – Y6	<b>Morning Prayer</b> in class R – Y6	<b>Morning Prayer</b> in class R – Y6
<b>Celebration of the Word:</b> Whole school Led by HT/DHT Focus: Sunday's Gospel	<b>Celebration of the Word:</b> EYFS&KS1 Pupil led Focus: Values	<b>Celebration of the Word:</b> Class based Focus: class intentions; class saint; values; PSHE	<b>Celebration of the Word:</b> LKS2/UKS2 – studio	<b>Celebration assembly</b> OR <b>Class Assembly</b> ( <i>all classes no exceptions; may not be on a Friday</i> ) OR <b>CST Assembly</b>
	<b>In class prayer</b> KS2 Focus: values	<b>Hymn practice:</b> KS2 KS1	<b>In class prayer</b> EYFS, KS1 Focus: values	
<b>Grace before meals</b> in class R – Y6	<b>Grace before meals</b> in class R – Y6	<b>Grace before meals</b> in class R – Y6	<b>Grace before meals</b> in class R – Y6	<b>Grace before meals</b> in class R – Y6
<b>Grace after meals</b> in class R – Y6	<b>Grace after meals</b> in class R – Y6	<b>Grace after meals</b> in class R – Y6	<b>Grace after meals</b> in class R – Y6	<b>Grace after meals</b> in class R – Y6
<b>Evening prayer</b> in class R – Y6	<b>Evening prayer</b> in class R – Y6	<b>Evening prayer</b> in class R – Y6	<b>Evening prayer</b> in class R – Y6	<b>Evening prayer</b> in class R – Y6
<b>May &amp; October Rosary</b> in class	<b>May &amp; October Rosary</b> in class	<b>May &amp; October Rosary</b> in class	<b>May &amp; October Rosary</b> in class	<b>May &amp; October Rosary</b> with parents

## MASS & RECONCILIATION

[illegible]

Summer 1 (STH)									
Year 3 FHC Mass Summer 2								FHC only	
Year 3 Year Group Mass Summer 2 (STH)									
Whole school mass Last Friday of the Year									
Year 6 Leavers STH									

## SPECIAL CELEBRATIONS

	<b>Rec</b> <i>St Margaret Clitherow St John Fisher</i>	<b>Y1</b> <i>St Augustine St Ursula</i>	<b>Y2</b> <i>St Thomas Becket St Cedd</i>	<b>Y3</b> <i>St Swithun St Bede</i>	<b>Y4</b> <i>St Alban St Columba</i>	<b>Y5</b> <i>St Osyth St Anne Line</i>	<b>Y6</b> <i>St Boniface St Sebbi</i>	<b>Parents</b>
Remembrance								Year 5 only
EYFS Nativity								R
Year 1 Nativity								Y1
Year 2 Nativity								Y2
Year 3 & 4 Carols								Y3 & 4
Year 5 & 6 Carol Service (STH)								Y5 & 6
Y4 Easter Story								Y4
House Assemblies (Andrew)								Y4
House Assemblies (David)								Y3
House Assemblies (Patrick)								Y6
House Assemblies (George)								Y5
Class Feast Days 2026	St Margaret Clitherow – 4 May St John Fisher – 22 June	St Ursula – 31 October St Augustine – 28 August	St Thomas Becket – 29 Dec St Cedd - 26 October	St Bede – 25 May St Swithun – 2 July	St Alban – 22 June St Columba – 9 June	St Osyth – 7 Oct St Anne line – 27 Feb	St Boniface – 5 June St Sebbi – 29 August	

## Appendix 2

Annual Overview of Prayer & Liturgy 2025 – 2026							
	<b>Rec</b> <i>St Margaret Clitherow St John Fisher</i>	<b>Y1</b> <i>St Augustine St Ursula</i>	<b>Y2</b> <i>St Thomas Becket St Cedd</i>	<b>Y3</b> <i>St Swithun St Bede</i>	<b>Y4</b> <i>St Alban St Columba</i>	<b>Y5</b> <i>St Osyth St Anne Line</i>	<b>Y6</b> <i>St Boniface St Sebbi</i>
<b>September</b>		Exaltation of the Cross – 12 September (assembly)  Education Sunday – 14 September - choir at St Helen's  Renaming of the classes seafront procession – 17 September	Exaltation of the Cross – 12 September (assembly)  Education Sunday – 14 September - choir at St Helen's  Renaming of the classes seafront procession – 17 September	Exaltation of the Cross – 12 September (assembly)  Education Sunday – 14 September - choir at St Helen's  Renaming of the classes seafront procession – 17 September	Exaltation of the Cross – 12 September (mass)  Education Sunday – 14 September - choir at St Helen's  Renaming of the classes seafront procession – 17 September	Exaltation of the Cross – 12 September (mass)  Education Sunday – 14 September - choir at St Helen's  Renaming of the classes seafront procession – 17 September	Exaltation of the Cross – 12 September (mass)  Education Sunday – 14 September - choir at St Helen's  Renaming of the classes seafront procession – 17 September  Year group mass – 25 September
<b>October</b> Parents invited each Friday at 2.45 to pray the rosary		Choir at St Helen's – 5 October  <i>Feast Day Mass – 31 October</i>	Choir at St Helen's – 5 October  <i>Feast Day Mass – 26 October</i>	Choir at St Helen's – 5 October	Choir at St Helen's – 5 October	Choir at St Helen's – 5 October  Feast Day Mass - 7 October	Choir at St Helen's – 5 October
<b>November</b>	Jubilee Pilgrims of Hope Celebration day – 21 November	Choir at St Helen's – 9 November  Jubilee Pilgrims of Hope Celebration day – 21 November	Choir at St Helen's – 9 November  Jubilee Pilgrims of Hope Celebration day – 21 November	Choir at St Helen's – 9 November  Jubilee Pilgrims of Hope Celebration day – 21 November	Choir at St Helen's – 9 November  Jubilee Pilgrims of Hope Celebration day – 21 November  St Andrew's Day Assembly – 26 November	Choir at St Helen's – 9 November  Remembrance Day Assembly – 11 November  Jubilee Pilgrims of Hope Celebration day – 21 November	Choir at St Helen's – 9 November  Jubilee Pilgrims of Hope Celebration day – 21 November
<b>December</b>	Advent Sorry Service – 4 December  Nativity – 16 December  Whole school carols round the tree - 19 December	Advent Sorry Service – 4 December  Choir at St Helen's – 7 December  Nativity – 15 December  Whole school carols round the tree -	Advent Sorry Service – 4 December  Choir at St Helen's – 7 December  Nativity – 9 December  Whole school carols round the tree -	Advent Sorry Service – 4 December  Choir at St Helen's – 7 December  Outdoor carol Service – 16 December	Advent Reconciliation Service & Confession – 4 December  Choir at St Helen's – 7 December  Outdoor carol Service – 16 December	Advent Reconciliation Service & Confession – 4 December  Choir at St Helen's – 7 December  Carol Service at St Helen's Church – 17 December	Advent Reconciliation Service & Confession – 4 December  Choir at St Helen's – 7 December  Carol Service at St Helen's Church – 17 December

		19 December	19 December <i>Feast Day Mass – 29 December</i>	Whole school carols round the tree – 19 December	Whole school carols round the tree – 19 December	Whole school carols round the tree – 19 December	Whole school carols round the tree – 19 December
<b>January</b>	Choir at St Helen's – 11 January	Choir at St Helen's – 11 January	Choir at St Helen's – 11 January	Choir at St Helen's – 11 January	Choir at St Helen's – 11 January	Year group mass – 8 January  Choir at St Helen's – 11 January	Choir at St Helen's – 11 January
<b>February</b>	Choir at St Helen's – 1 February  Key Stage Mass – 5 February	Choir at St Helen's – 1 February  Key Stage Mass – 5 February	Choir at St Helen's – 1 February  Key Stage Mass – 5 February	Choir at St Helen's – 1 February  St David's Day Assembly – 27 February	Choir at St Helen's – 1 February	Choir at St Helen's – 1 February  Feast Day Mass – 27 February	Choir at St Helen's – 1 February
<b>March</b> Parents invited each Friday at 8.45 to walk with their children – Lent Walk	Choir at St Helen's – 1 March  Lent Sorry Service – 24 March	Choir at St Helen's – 1 March  Lent Sorry Service – 24 March	Choir at St Helen's – 1 March  Lent Sorry Service – 24 March	Choir at St Helen's – 1 March  Lent Sorry Service – 24 March	Choir at St Helen's – 1 March  Lent Reconciliation Service & Confession – 24 March  Easter Presentation – 25 March	Choir at St Helen's – 1 March	Choir at St Helen's – 1 March  St Patrick's Day Assembly – 17 March
<b>April</b>						St George's Day Assembly – 23 April	
<b>May</b> Parents invited each Friday at 2.45 to pray the rosary	Feast Day Mass – 4 May  Choir at St Helen's – 10 May	Choir at St Helen's – 10 May	Choir at St Helen's – 10 May	Choir at St Helen's – 10 May  ACT Pupil Pilgrimage – 15 May  <i>Feast Day Mass – 25 May</i>	Year group mass – 7 May  Choir at St Helen's – 10 May  ACT Pupil Pilgrimage – 15 May	Choir at St Helen's – 10 May  ACT Pupil Pilgrimage – 15 May	Choir at St Helen's – 10 May  ACT Pupil Pilgrimage – 15 May
<b>June</b>	Choir at St Helen's – 7 June  Feast Day Mass – 22 June	Choir at St Helen's – 7 June	Choir at St Helen's – 7 June	Choir at St Helen's – 7 June  First Holy Communion Thanksgiving Mass – 23 June	Choir at St Helen's – 7 June  Feast Day Mass – 9 June  Feast day Mass – 22 June  First Holy Communion Thanksgiving Mass – 23 June	Choir at St Helen's – 7 June  First Holy Communion Thanksgiving Mass – 23 June	Feast Day Mass – 5 June  Choir at St Helen's – 7 June  First Holy Communion Thanksgiving Mass – 23 June
<b>July</b>	Choir at St Helen's – 5 July	Choir at St Helen's – 5 July	Choir at St Helen's – 5 July	Feast Day Mass – 2 July	Choir at St Helen's – 5 July	Choir at St Helen's – 5 July	Choir at St Helen's – 5 July

				Choir at St Helen's – 5 July  Year group Mass – 9 July			Leavers' Mass – 16 July
August		<i>Feast Day Mass – 28 August</i>					<i>Feast Day Mass – 29 August</i>

## Appendix 3 – Progression in Prayer

There is a long tradition of Christians learning prayers and phrases of scripture by memory. This was not only the consequence of a pre-literate society, but a way to provide people with core texts which they could call upon when needed. We speak about learning prayers 'by heart' so that they can spring from the heart.

In *Catechesi Tradendae* St Paul VI wrote: The blossoms, if we may call them that, of faith and piety do not grow in the desert places of a memory-less catechesis. What is essential is that the texts that are memorised must at the same time be taken in and gradually understood in depth, in order to become a source of Christian life on the personal level and the community level.

This suggests that Catholic pupils not only learn common prayers, but are helped to appreciate how each text draws them into a relationship with Jesus, so that these texts become a foundation for their ongoing prayer life. Care will need to be taken that the list of prayers given below is introduced gradually according to each Key Stage, with sensitivity to the age, personal development, and capacity of the pupils in the school. Even where prayers are known by heart, there will be circumstances, such as in the celebration of the Sacrament of Penance and Reconciliation, where assistance might be necessary.

The prayers and responses of the Mass should be familiar to Catholic pupils. However, in the celebration of the liturgy, we hold a corporate memory of the texts. Prayers we may not be able to remember individually we are able to recite together with confidence. It is important that pupils encounter during their time at school a wide range of prayers. They should have a familiarity with the common texts of the Catholic tradition, but also appreciate that there are many ways of praying and languages of prayer.

Many schools will provide a student prayer book which contains the prayers listed below, alongside other prayers. This might include prayers relating to the patron Saint of the school and diocese, and/or prayers drawn from the religious order associated with the school. The prayer book can be given to students as a gift to be valued and to be used. It can be important to know some prayers by heart as well as to know where to turn to express in prayer the hopes and fears of growing in life and faith.

With sensitivity to their age, personal development, and capacity, pupils should know the following prayers:

- The Sign of the Cross
- The Lord's Prayer
- Hail Mary
- Glory be
- The Apostles' Creed
- An Act of Contrition
- Angel of God
- Eternal Rest
- Morning Offering
- Grace before meals

- Grace after meals
- Come, Holy Spirit
- The Angelus
- The Rosary
- Hail Holy Queen
- The Magnificat
- The Memorare
- The Prayer of St Richard of Chichester
- Act of Faith
- Act of Hope
- Act of Love
- Jesus, Mary and Joseph, I give you

This is the recommended scheme for introducing the prayers according to age, which takes into account where texts are introduced in the RE Curriculum Directory.

Age phase	EYFS	5-7 (KS1)	7 -9 (Lower KS2)	9 – 11 (Upper KS2)
<i>Prayers</i>		<ul style="list-style-type: none"> <li>• The Sign of the Cross</li> <li>• The Lord's Prayer</li> <li>• Hail Mary</li> <li>• Glory be</li> <li>• Grace before meals</li> <li>• Grace after meals</li> </ul>	<ul style="list-style-type: none"> <li>•The Apostles' Creed</li> <li>•An Act of Contrition</li> <li>•Angel of God</li> <li>•Come, Holy Spirit</li> <li>•The Prayer of St Richard of Chichester</li> </ul>	<ul style="list-style-type: none"> <li>•Morning Offering</li> <li>• The Rosary (including Hail, Holy Queen)</li> <li>• The Magnificat</li> <li>• Act of Faith</li> <li>• Act of Hope</li> <li>• Act of Love</li> </ul>

## Whole school prayers

### The St Helen's Catholic Primary School Prayer

This is our school: let peace live here.  
 Let the rooms be full of happiness;  
 Let love be all around: love of one another,  
 Love of all people and love of life, living and learning.  
 Let us remember that, as many hands build a house,  
 So many hearts make a school.  
 God, our Father, please bless our school  
 Today and every day.  
 Amen.



## The St Helen's Catholic Primary School Litany of the Saints

Each class in the school is named after one of the saints or martyrs of the British Isles. The class keeps that name from reception all the way up to Year 6 and then the name is handed down to the incoming reception class. The children attend mass at St Helen's Church on their saint's feast day.

St John Fisher. *Pray for us.*

St Margaret Clitherow. *Pray for us.*

St Ursula. *Pray for us.*

St Augustine. *Pray for us.*

St Thomas Becket. *Pray for us.*

St Cedd. *Pray for us.*

St Swithun. *Pray for us.*

St Bede. *Pray for us.*

St Alban. *Pray for us.*

St Columba. *Pray for us.*

St Osyth. *Pray for us.*

St Anne Line. *Pray for us.*

St Boniface. *Pray for us.*

St Sebbi. *Pray for us.*

## Prayers for EYFS & Key Stage 1

### The Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*The sign of the cross is both an action and a statement of faith. A physical reminder of our redemption in the cross and an expression of faith in the Trinity.*

### The Lord's Prayer

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.

*The Lord's Prayer 'is truly the summary of the whole of the Gospel'. (CCC 2761.)*

## **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.

*The first part of the Hail Mary is biblical, drawn from Gabriel's greeting to Mary at the Annunciation and Elizabeth's greeting at the Visitation. The second part of the prayer has its origins in 15th-century Italy.*

## **Glory be**

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.

*The doxology is a short expression of praise of the Trinity dating back to the early Church. It is used extensively in the Liturgy of the Hours and in devotions such as the Rosary.*

## **Grace before meals (usually sung)**

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 (usually sung)**

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.

## Prayers for Lower Key Stage 2

### The Apostles' Creed

I believe in God,  
the Father almighty  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
At the words that follow, up to and including the Virgin Mary, all bow.  
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;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God the Father almighty;  
from there he will 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.

*Based on baptismal documents of the 8th century but related to texts of an earlier origin.*

### Act of Contrition

O 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.

*One of the forms of the Penitent's Prayer of Sorrow found in the Rite of Penance.*

### Angel of God

Angel of God,  
my guardian dear,  
to whom God's love commits me here,  
ever this day be at my side,  
to light and guard, to rule and guide.  
Amen.

*The prayer is based on one by Reginald of Canterbury in the early 12th century.*

## **Come, Holy Spirit**

V. Come, Holy Spirit, fill the hearts of your faithful.

R. And kindle in them the fire of your love.

V. Send forth your Spirit and they shall be created.

R. And you will renew the face of the earth.

Let us pray

O God, who by the light of the Holy Spirit,  
did instruct the hearts of your faithful,  
grant that by that same Holy Spirit,  
we may be truly wise, and ever rejoice in your consolation,  
Through Christ our Lord.

Amen.

*This prayer is a compilation of a number of liturgical texts drawn from the Mass and Office of Pentecost and the Votive Mass of the Holy Spirit.*

## **Prayer of St Richard of Chichester**

Thanks be to you, my Lord Jesus Christ,  
for all the benefits which you have given me,  
for all the pains and insults which you have borne for me.  
O most merciful Redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.  
Amen.

## **Prayers for Upper Key Stage 2**

### **Morning Offering**

O Jesus,  
through the most pure heart of Mary,  
I offer you all my prayers,  
thoughts, works and sufferings of this day  
for all the intentions of your most Sacred heart.

## **The Rosary**

*For each mystery or decade, one Our Father, ten Hail Marys and the Glory be is recited.*

### **The Joyful Mysteries**

*(Recited Monday and Saturday)*

The Annunciation (Luke 1:26–38)

The Visitation (Luke 1:39–45)

The Nativity (Luke 2:1–7)

The Presentation in the Temple (Luke 2:22–35)

The Finding in the Temple (Luke 2:41–52)

### **The Mysteries of Light**

*(Recited Thursday)*

The Baptism of Jesus (Matthew 3:13–17)

The Wedding Feast of Cana (John 2:1–12)

The Proclamation of the Kingdom, with the call to Conversion (Mark 1:14–15; 2:3–12)

The Transfiguration (Luke 9:28–36)

The Institution of the Eucharist (Matthew 26:26–29)

### **The Sorrowful Mysteries**

*(Recited Tuesday and Friday)*

The Agony in the Garden (Mark 14:32–42)

The Scourging at the Pillar (Matthew 27:15–26)

The Crowning with Thorns (Matthew 27:27–31)

The Carrying of the Cross (John 19:15–17; Luke 23:27–32)

The Crucifixion (Luke 23:33–38, 44–46)

### **The Glorious Mysteries**

*(Recited Wednesday and Sunday)*

The Resurrection (Matthew 28:1–8)

The Ascension (Acts 1:6–11)

The Descent of the Holy Spirit (Acts 2:1–12)

The Assumption (1 Thessalonians 4:13–19)

The Coronation of Mary Queen of Heaven and Earth (Revelation 12:1; 14:1–5; Isaiah 6:1–3)

### **Prayer concluding the Rosary**

[Hail, Holy Queen, etc. as below]

V. Pray for us, O holy Mother of God.

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

Let us pray.

O God, whose only-begotten Son,  
by his life, death and resurrection,  
has purchased for us the rewards of eternal life,  
grant, we beseech thee,  
that meditating on these mysteries  
of the most holy Rosary of the Blessed Virgin Mary,

we may imitate what they contain  
and obtain what they promise,  
through the same Christ our Lord.  
Amen.

## **The Magnificat**

My soul proclaims the greatness of the Lord,  
and my spirit rejoices in God my Saviour,  
for he has looked upon his handmaid in her lowliness;  
for behold, from this day forward,  
all generations will call me blessed.  
For the Almighty has done great things for me,  
and holy is his name.  
His mercy is from age to age  
for those who fear him.  
He has made known the strength of his arm,  
and has scattered the proud in their conceit of heart.  
He has cast down the mighty from their thrones  
and has exalted those who are lowly.  
He has filled the hungry with good things,  
and has sent the rich away empty.  
He has helped his servant Israel,  
mindful of his mercy,  
even as he promised to our fathers,  
to Abraham and his descendants for ever.  
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.

*Mary's song of praise was first sung to her cousin Elizabeth (Luke 1:46–55). It is sung daily at Evening Prayer.*

## **Act of Faith**

My God, I believe in you  
and all that your Church teaches,  
because you have said it,  
and your word is true.

## **Act of Hope**

My God, I hope in you,  
for grace and for glory,  
because of your promises,  
your mercy and your power.

## **Act of Love**

My God, because you are so good,  
I love you with all my heart,  
and for your sake,  
I love your neighbour as myself.

## **Hail, Holy Queen (Salve Regina)**

Hail, Holy Queen, Mother of Mercy,  
Hail our life, our sweetness and our hope!  
To thee do we cry, poor banished children of Eve.  
To thee do we send up our sighs,  
mourning and weeping in this valley of tears!  
Turn, then, most gracious Advocate,  
thine eyes of mercy toward us,  
and after this, our exile,  
show unto us the blessed fruit of thy womb, Jesus.  
O clement, O loving,  
O sweet Virgin Mary.

*The Salve Regina is one of the Marian Anthems sung at Night Prayer.*