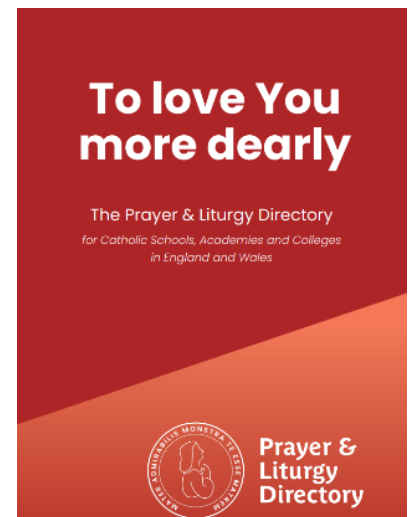




St Thomas More Catholic Primary School, Saffron Walden

PRAYER AND LITURGY POLICY

Policy No. STM-010



Unique Procedure Reference No	STM-010
Approved by (inc date)	<i>Governing Body</i>
Date Version Approved	<i>May 2026</i>
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Author (<i>Document Owner</i>)	<i>Headteacher</i>
Accountable Director (<i>Relevant ED</i>)	<i>Governing Body</i>

Mission Statement: ***Learning to Love, Loving to Learn Through Jesus.***

WE are a Catholic School and all our teaching reflects our Christian faith.

WE recognise the needs and value the contribution of each member of our school community.

WE encourage children to grow spiritually, socially and academically and to show respect for each other and the world in which we live.

WE seek to provide a high standard of education within a caring, family environment.

WE aim to develop good habits of work within a disciplined atmosphere.

WE welcome the active involvement of parents, Governors and friends in the daily life of the school.

1. POLICY CONTEXT

“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.)

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.

2. STATEMENT OF REQUIREMENT

The law requires all maintained Catholic schools to provide an act of daily collective worship (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.

3. RESPONSIBILITY

(a) Governance

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 Coordinator).
- 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.

(b) 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.
- 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.
- there are suitable resources for prayer and liturgy in the school.

(c) Prayer and Liturgy Coordinator

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 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.
- there is daily planned prayer for all pupils, appropriate to age and ability, as outlined in the Prayer progression Directory (**Appendix 2**).
- 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.
- induction on prayer and liturgy takes place for new members of staff as required
- 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.
- 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.

4. OVERVIEW

An overview of the school's provision for prayer and liturgy is detailed in **Appendix 1**. It outlines the times and structure of daily and weekly prayer and liturgy within the school community.

Additionally, it highlights the key liturgical events throughout the year, including the celebration of Mass, opportunities for the Sacrament of Reconciliation, and any special liturgies.

The Annual Plan of Provision in **Appendix 2** contains a more detailed account, including specific dates, responsibilities and additional logistical information.

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. Each class has a collective worship box, containing eg. planning sheets, coloured liturgical cloths and religious artefacts to assist children in their preparation of prayer and liturgy celebrations.

Our children experience and explore a variety of methods of prayer, such as through:

- traditionally learned prayer in a group setting.
- formal/informal prayer is appropriate to the liturgical cycle.
- prayer from scripture.
- individual, quiet prayer.
- spontaneous group prayer.
- prayer using images, music, art, nature, and technology.
- silent group meditation.
- prayer in song.
- prayer for others (petitionary prayer).
- imaginative prayer.
- prayer using movement/gestures.
- saying prayers every morning, before and after meals, and at the end of the day. Grace after meals is led by the class prefects.
- Gospel assemblies are prepared and delivered by the Headteacher/Deputy Headteacher/Teachers (often assisted by the Chaplaincy Team).
- Tuesday's assembly: a singing assembly, practising hymns for use in school celebrations.
- Wednesdays and Thursdays - class Celebrations of the Word (one of which is led by the children).
- Friday's assembly: a celebration of achievement. Scripture is always included and seasonal and/or educational/liturgical calendar themes are celebrated, often linked to Catholic Social Teaching, e.g. anti-bullying.
- Mass: regularly celebrated in school by our Parish Priest, Fr David Clemens. Members of the school and parish communities are invited to attend. We encourage them to attend as we believe this promotes the community spirit of the school and is a demonstration of home and school working together to support the children's achievements. There is an opportunity for whole school and class Masses throughout the year. A Leavers' Mass is celebrated for Year 6 in the last week of the summer term.
- The Prayer Garden – for pupils to use at break times and an area for class prayer services.
- The Rosary is said during the months of October and May.
- Advent prayer services and prayer stations, led by the Chaplaincy Team.
- Lenten prayer services and prayer stations, led by the Chaplaincy Team.
- Reflection Day for Year 6, on the theme of Transition.
- Reconciliation services during Advent and Lent, led by our Parish Priest.
- Home-school link through prayer of the week, written by the children in each class on a rota basis and shared on the weekly newsletter.
- Prayer Journals – for pupils to use to write personal prayers and reflections.

5. RESOURCING

Prayer and liturgy are central to the school's understanding of itself as a Catholic school, and this is reflected in the annual budget allocation and available resources, including staff time, chaplaincy provision, and dedicated spaces for prayer and liturgy. The Catholic character of the school is reflected in religious artefacts and images on display throughout the building. Dedicated spaces for prayer and liturgy will be furnished and maintained as such, and updated to reflect the Church's liturgical season. Staff training and formation costs will be funded separately to ensure that all staff are able to fulfil their responsibility to contribute to the prayer and liturgical life of the school.

6. TRAINING AND FORMATION

All new staff will be supported during induction and beyond, so that they fully understand the responsibility they carry within their individual role for leading prayer and liturgy in the school. Any individual training needs will be identified and addressed through training and formation. There will also be the opportunity for whole-staff professional development at least once a year, so that all staff understand the importance of prayer and liturgy and relevant staff are well supported to lead as required.

7. MONITORING AND EVALUATION

Monitoring and evaluation of the quality and impact of prayer and liturgy will take place regularly, and at least annually, and involve all key stakeholders: pupils, parents, staff, clergy, and governors. Areas for development will be identified and issues raised will be actioned and evidenced as appropriate.

8. MONITORING AND EVALUATION

Through the Catholic Schools Evaluation Document (CSED) and the School Development Plan (SDP) leaders monitor and evaluate the effectiveness of this policy. This is supported through a clear programme of evaluation including monitoring cycles, reporting, link governor visits, external and internal audits and reviews, book and data scrutinies and annual reporting to the Governing Body.

Appendix 1

St Thomas More Catholic Primary School 2025-2026

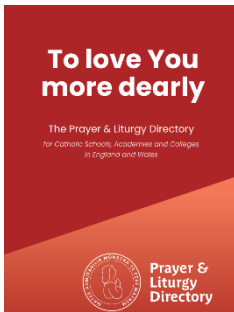
Overview of Prayer and Liturgy provision				
Monday	Tuesday	Wednesday	Thursday	Friday
Celebration of the Word: Whole school Assembly Led by HT/DHT/Teachers Focus: Gospel/Cultural Event/CST	Celebration of the Word: Whole School Singing Assembly Led by Music Lead and Headteacher or Teacher	Celebration of the Word: In class pupil or teacher led Focus: Liturgical year/Cultural Event/CST	Celebration of the Word: In class-pupil or teacher led Focus: Liturgical year/Cultural Event/CST	Celebration of the Word: Whole School celebration assembly Led by HT/DHT/Teachers
Grace before meals in class R – Y6	Grace before meals in class R– Y6	Grace before meals in class R – Y6	Grace before meals in class R – Y6	Grace before meals in class R – Y6
Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6
Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class NR– Y6

Mass and Reconciliation								
	R	Y1	Y2	Y3	Y4	Y5	Y6	Parents
Whole school Mass start of the year 19/09/25								
Y5/Y6 Class Mass 14/10/25								Y5/Y6 only
Advent Mass 19/12/25	In part (liturgy)							
Whole School Mass for Start of New Year 16/1/26								
Y3/4 Class Mass 11/2/26								Y3/4 only
Whole School Mass: Ash Wednesday	FELL DURING HALF TERM							
Sacrament of Reconciliation Penitential service Y4, Y5, Y6 01/12/25 27/02/26								
Whole School Mass for Lent 23/3/26								
Whole School Mass: Easter 14/4/26								
Whole School Mass at the parish church: Celebration of First Holy Communion 29/6/26								
Junior Mass at the parish church: Celebration of First Holy Communion 22/6/26								
Whole School Leavers' Mass: 17/7/26								

Special Celebrations and Events								
	Rec	Y1	Y2	Y3	Y4	Y5	Y6	Parents
Y6 Harvest Celebration of the Word 24/10/25								
KS1 Nativity 11/12/25								KS1
KS2 Christmas Celebration 16/12/25								KS2
Y3 Advent Celebration of the Word 5/12/25								Y3
Advent Prayer Trail/Soul Spaces 12/12/25								
Spirit of Christmas Event at St Mary's parish church 6/12/25								Y5/Y6
Carol Singing at Gabriel Court Care Home 17/12/25								
Celebration of the Jubilee Year: Pilgrims of Hope 15/09/25								
Holocaust Memorial Service with other local schools 26/1/26								
Y4 Celebration of the Word 17/3/26								Y4
CAFOD Big Lent Walk Assembly- John Birbeck 3/3/26								
Y1 Celebration of the Word: Lent 9/2/26								Y1
CAFOD Big Lent Walk 12/3/26								
Y2 Celebration of the Word: 9/7/26								Y2
Lenten Prayer Trail/Soul Spaces 27/3/26								
Y5 Celebration of the Word: Pentecost. Fr David and Fr Clement to attend 18/5/26								Y5
Y6 Prayer Trail/Soul Spaces: Transition 8/7/26								
YR Celebration of the Word 26/6/26								YR
Staff Celebrations of the Word (Fridays in Lent and Advent)								
Staff Celebrations of the Word (Fridays in Lent and Advent)								

Appendix 2

Prayer Progression Directory



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 Tradendi 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

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)
Prayers		<ul style="list-style-type: none"> • The Sign of the Cross • The Lord's Prayer • Hail Mary • Glory be • Grace before meals • Grace after meals 	<ul style="list-style-type: none"> •The Apostles' Creed •An Act of Contrition •Angel of God •Come, Holy Spirit •The Prayer of St Richard of Chichester 	<ul style="list-style-type: none"> •Morning Offering • The Rosary • The Magnificat • Act of Faith • Act of Hope • Act of Love

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 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

O Lord, bless us, bless this meal
Bless those who have prepared it and give food to the hungry.
Amen.

Grace after meals

We give you thanks, Almighty God,
for all your benefits,
who live and reign, world without end.
Amen.

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.

Morning Offering

Morning Offering

Dear Father, I love you. I offer you my whole day. Everything I do will be for you. God my Father, I give you today all that I think or do or say.

Amen.

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 above]

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.

The Benedictus

Blessed be the Lord God of Israel:
for he has visited his people and redeemed them;
he has raised up for us a horn of salvation
in the House of David his servant,
as he spoke through the mouth of his holy ones,

his prophets from ages past:
To grant salvation from our foes,
and from the hand of all who hate us,
showing mercy to our fathers,
remembering his holy covenant;
the oath he swore to Abraham our father,
To grant that freed from the hand of our foes,
we may serve him without fear
in holiness and righteousness
all the days of our life.
And you, little child, will be called
the Prophet of the Most High,
for you will go before the Lord
to make ready his ways:
to grant knowledge of salvation to his people
by the forgiveness of their sins;
Through the tender mercy of our God,
the Dawn from on high will visit us,
to shine on those who sit in darkness,
and those in the shadow of death;
to guide our feet into the way of peace.
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 Canticle of Zechariah, father of John the Baptist, is taken from Luke's Gospel (Luke 1:68–79). It is sung daily at Morning Prayer.

The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

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.

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary.

V. And the Word was made flesh.

R. And dwelt among us.

Hail Mary.

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

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

Let us pray;

Pour forth, we beseech thee, O Lord,

thy grace into our hearts;

that we, to whom the Incarnation of Christ, thy Son,

was made known by the message of an angel,

may by his Passion and Cross be brought to the glory of his Resurrection.

Through the same Christ, our Lord.

Amen.

The Angelus is traditionally said three times a day: at 6am, 12 noon, and 6pm.

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.

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known that anyone who fled to thy protection,
implored thy help, or sought thy intercession, was left unaided.
Inspired by this confidence I fly unto thee,
O Virgin of virgins, my Mother.
To thee do I come, before thee I stand, sinful and sorrowful.
O Mother of the Word Incarnate, despise not my petitions,
but in thy mercy hear and answer me.
Amen.

A 16th-century version of a longer 15th-century prayer.

Jesus, Mary and Joseph

Jesus, Mary and Joseph, I give you my heart and my soul.
Jesus, Mary and Joseph, assist me in my last agony.
Jesus, Mary and Joseph, may I breathe forth my soul in peace with you.

Eternal Rest

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

Based on the Entrance Antiphon of the Mass for the Dead.

Appendix 3

St Thomas More Catholic Primary School Annual Plan of Provision Prayer and Liturgy 2025-2026					
September		October		November	
01	Staff Celebration of the Word: New Beginnings	03	Teacher Assembly: House Saint - St Francis	03	All Saints/All Souls Assembly
03	Head Teacher Welcome/Mission Statement Assembly	06	HT and Chaplaincy Team Assembly: The Rosary	07	Teacher Assembly: PSHE Celebrating Difference
06	Head Teacher School Charter Assembly	10	Class Celebration of Word	11	HT and Chaplaincy Team Assembly: Remembrance
08	Teacher Assembly: PSHE Being Me in my World	13	Teacher Assembly: Sunday's Gospel	14	House Captain Assembly: Children in Need
12	House Captain Assembly	14	Mass Year 5/Year 6: with Fr David	17	Teacher Assembly: CST/Live Simply
15	Teacher Assembly: The Exaltation of the Holy Cross/Pilgrims of Hope	17	Teacher Assembly: Autumn	21	Teacher Assembly: Jubilee Celebration Day
19	Whole School Mass for Start of Year: Fr David	20	Teacher Assembly: Gospel Saint - St Luke	24	Teacher Assembly: Christ the King
22	Teacher Assembly: Gospel Saint - St Matthew	24	Year 6 Celebration of the Word: Harvest	28	Teacher Assembly: Saint Andrew
26	Teacher Assembly: Catholic Social Teaching (Care for Common Home/God's Creation)				
29	Teacher Assembly: House Saint - St Theresa				
December		January		February	
01	Teacher Assembly: 1 st Sunday of Advent Penitential Services Y4-6 with Fr Robert	05	Head Teacher Assembly: Epiphany	02	House Captain Assembly: Candlemas/Presentation of our Lord
05	Year 3 Celebration of the Word: Advent Staff Celebration of the Word: 1 st Sunday of Advent	09	Teacher Assembly: PSHE Dreams and Goals	06	Teacher Assembly: The Beatitudes
08	Teacher Assembly: 2nd Sunday of Advent	12	Teacher Assembly: Baptism of Our Lord	09	Year 1 Celebration of the Word: New Beginnings
12	Teacher Assembly: Gospel Saint - St John Staff Celebration of the Word: 2nd ^d Sunday of Advent	16	Whole School Mass: New Year – Fr David	11	Class Mass Year 3/Year 4 with Fr David
15	Teacher Assembly: 3rd Sunday of Advent	19	Teacher Assembly: Sunday's Gospel		
19	Whole School Mass: Advent with Fr David	23	Teacher Assembly: Reflections of the Jubilee Year	23	Headteacher Assembly: Ash Wednesday/Lent 1 (Repent)
19	Staff Celebration of the Word: 3rd Sunday of Advent	26	Teacher Assembly: Sunday's Gospel	27	Penitential Services Y4-6 with Fr David
		30	Teacher Assembly: Our Lady of Lourdes	13	Staff Celebration of the Word: St Valentine
March		April		May	
03	Teacher Assembly: CAFOD/Lent	13	Headteacher Assembly: Easter	01	Teacher Assembly: May is the Month of Mary
05	Teacher Assembly: World Book Day	14	Whole School Mass: Easter with Fr David	08	Teacher Assembly: St Joseph the Worker/The English Martyrs
09	Teacher Assembly: Science Week	17	Teacher Assembly: PSHE	11	Teacher Assembly: Florence Nightingale/World Nurses Day

St Thomas More Catholic Primary School 2025-2026

Overview of Prayer and Liturgy provision				
Monday	Tuesday	Wednesday	Thursday	Friday
Celebration of the Word: Whole school Assembly Led by HT/DHT/Teachers Focus: Gospel/Cultural Event/CST	Celebration of the Word: Whole School Singing Assembly Led by Music Lead and Headteacher or Teacher	Celebration of the Word: In class pupil or teacher led Focus: Liturgical year/Cultural Event/CST	Celebration of the Word: In class- pupil or teacher led Focus: Liturgical year/Cultural Event/CST	Celebration of the Word: Whole School celebration assembly Led by HT/DHT/Teachers
Grace before meals in class R – Y6	Grace before meals in class R– Y6	Grace before meals in class R – Y6	Grace before meals in class R – Y6	Grace before meals in class R – Y6
Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6
Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class NR– Y6

Mass and Reconciliation								
	R	Y1	Y2	Y3	Y4	Y5	Y6	Parents
Whole school Mass start of the year 19/09/25								
Y5/Y6 Class Mass 14/10/25								Y5/Y6 only
Advent Mass 19/12/25	In part (liturgy)							
Whole School Mass for Start of New Year 16/1/26								
Y3/4 Class Mass 11/2/26								Y3/4 only
Whole School Mass: Ash Wednesday	FELL DURING HALF TERM							
Sacrament of Reconciliation Penitential service Y4, Y5, Y6 01/12/25 27/02/26								
Whole School Mass for Lent								

23/3/26								
Whole School Mass: Easter 14/4/26								
Whole School Mass at the parish church: Celebration of First Holy Communion 29/6/26								
Junior Mass at the parish church: Celebration of First Holy Communion 22/6/26								
Whole School Leavers' Mass: 17/7/26								

Special Celebrations and Events								
	Rec	Y1	Y2	Y3	Y4	Y5	Y6	Parents
Y6 Harvest Celebration of the Word 24/10/25								
KS1 Nativity 11/12/25								KS1
KS2 Christmas Celebration 16/12/25								KS2
Y3 Advent Celebration of the Word 5/12/25								Y3
Advent Prayer Trail/Soul Spaces 12/12/25								
Spirit of Christmas Event at St Mary's parish church 6/12/25								Y5/Y6
Carol Singing at Gabriel Court Care Home 17/12/25								
Celebration of the Jubilee Year: Pilgrims of Hope 15/09/25								
Holocaust Memorial Service with other local schools 26/1/26								
Y4 Celebration of the Word 17/3/26								Y4
CAFOD Big Lent Walk Assembly- John Birbeck 3/3/26								

Y1 Celebration of the Word: Lent 9/2/26								Y1
CAFOD Big Lent Walk 12/3/26								
Y2 Celebration of the Word: 9/7/26								Y2
Lenten Prayer Trail/Soul Spaces 27/3/26								
Y5 Celebration of the Word: Pentecost. Fr David and Fr Clement to attend 18/5/26								Y5
Y6 Prayer Trail/Soul Spaces: Transition 8/7/26								
YR Celebration of the Word 26/6/26								YR
Staff Celebrations of the Word (Fridays in Lent and Advent)								
Staff Celebrations of the Word (Fridays in Lent and Advent)								

St Thomas More Catholic Primary School Annual Plan of Provision Prayer and Liturgy 2026-2027					
September		October		November	
01	Staff Celebration of the Word	02	Teacher Assembly: House Saint - St Francis	02	All Saints/All Souls Assembly
03	Head Teacher Welcome Assembly	05	HT and Chaplaincy Team Assembly: The Rosary	06	Teacher Assembly: PSHE Celebrating Difference
04	Teacher Assembly: PSHE Being Me in my World	09	Teacher Assembly: St John Henry Newman	09	Teacher Assembly: CST/Dedication of Lateran Basilic
07	Teacher Assembly: School Charter	12	Teacher Assembly: Sunday's Gospel	11	HT and Chaplaincy Team Assembly: Remembrance
11	House Captain Assembly	13	Mass Year 5/Year 6: with Fr David	13	Teacher Assembly: Autumn
14	Teacher Assembly: The Exaltation of the Holy Cross	16	Teacher Assembly: Catholic Social Teaching	16	Teacher Assembly: Anti-Bullying Week
18	Whole School Mass for Start of Year: Fr David	19	Teacher Assembly: House Saint - St Luke	20	House Captain Assembly: Children in Need
21	Teacher Assembly: Gospel Saint - St Matthew	23	Year 6 Celebration of the Word: Harvest	23	Teacher Assembly: Christ the King
25	Teacher Assembly: House Captains/Out Lady of Walsingham			27	Teacher Assembly: Saint Andrew the Apostle
28	Teacher Assembly: House Saint - St Theresa			30	Teacher Assembly: Advent 1 (Hope)
December		January		February	
02	Penitential Services Y4-6 with Fr David	05	Head Teacher Assembly: Epiphany	01	House Captain Assembly:

04	Y3 Class Celebration of the Word: Advent				Candlemas/Presentation of our Lord
07	Teacher Assembly: 2nd Sunday of Advent	08	Teacher Assembly: PSHE Dreams and Goals	05	Year 1 Celebration of the Word
11	Teacher Assembly: St John the Evangelist	11	Teacher Assembly: Baptism of Our Lord	10	Ash Wednesday Mass with Fr David
14	Teacher Assembly: Advent	15	Whole School Mass: New Year – Fr David	12	Teacher Assembly: 1 st Sunday of Lent
18	Whole School Mass: Advent with Fr David	18	Teacher Assembly: Sunday's Gospel	22	Headteacher Assembly: 2 nd Sunday of Lent
		22	Mass Year 3/Year 4: with Fr David	26	Penitential Services Y4-6 with Fr David
		25	Teacher Assembly: Conversion St Paul		
		29	Teacher Assembly: Our Lady of Lourdes		
March		April		May	
01	Teacher Assembly: CAFOD/Lent	12	Headteacher Assembly: Easter	03	BANK HOLIDAY
04	Teacher Assembly: World Book Day	13	Whole School Mass: Easter with Fr David	07	Teacher Assembly: Ascension of the Lord
08	House Captain Assembly: Mother's Day	16	Teacher Assembly: PSHE	10	Teacher Assembly: Mary Seacole/World Nurses Day
12	Teacher Assembly: Science Week	19	Teacher Assembly: House Saint – St Bernadette	14	Teacher Assembly: Pentecost
15	Teacher Assembly: St Patrick's Day	23	Teacher Assembly: St George	17	Year 5 Celebration of the Word: Pentecost
19	Year 4 Celebration of the Word: St Joseph	26	House Captain Assembly: Gospel Saint – St Mark	21	Teacher Assembly: Our Lord Jesus Christ Eternal Priest
22	Whole School Mass: Lent with Fr David	30	Teacher Assembly: Mary is Month of May	24	Teacher Assembly: The Most Holy Trinity
25	Headteacher/Chaplaincy Team Assembly: Holy Week			27	Teacher Assembly: The Most Holy Body and Blood of Christ
	Class Celebration of the Word: Stations of the Cross				
June		July		Continuous Provision for Prayer	
07	Headteacher Assembly: The Most Sacred Heart of Jesus	02	Reception Celebration of the Word	Daily Classroom prayer (morning, before and after lunch and end of day) Weekly Child Led Year Group Assemblies/Celebrations of the Word Prayer of the week written by children on a class rota basis Weekly Hymn Practice Staff Meeting prayers Classes have the opportunity to use the prayer garden for outdoor worship	
11	Teacher Assembly: PSHE	05	Whole School Mass: Holy Communion Celebration TBC		
14	Teacher Assembly: St Barnabas the Apostle	09	Teacher Assembly: St Peter and St Paul		
18	Teacher Assembly: St John Fisher	12	Year 2 Celebration of the Word		
22	Junior Mass with Fr David at Our Lady of Compassion/Infants Assembly: St Thomas More Feast Day (22 nd)	16	Whole School Leavers' Mass with Fr David and Fr Clement		
		21	Staff Celebration of the Word		
25	House Captain Assembly: St Joseph/Father's				

	Day		Key: Mass and Liturgy Reconciliation Dates: <table border="1"> <tr> <td></td> <td>Ordinary Time</td> </tr> <tr> <td></td> <td>Lent/Advent</td> </tr> <tr> <td></td> <td>Easter Time</td> </tr> </table>		Ordinary Time		Lent/Advent		Easter Time
	Ordinary Time								
	Lent/Advent								
	Easter Time								
28	Teacher Assembly: The Nativity of John Baptist								

St Thomas More Catholic Primary School 2026-2027

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Grace before meals in class R – Y6	Grace before meals in class R– Y6	Grace before meals in class R – Y6	Grace before meals in class R – Y6	Grace before meals in class R – Y6
Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6	Grace after meals in class led by prefects R – Y6
Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class R – Y6	Evening prayer in class NR– Y6

Mass and Reconciliation								
	R	Y1	Y2	Y3	Y4	Y5	Y6	Parents
Whole school Mass start of the year 18/09/26								
Y5/Y6 Class Mass 13/10/26								Y5/Y6 only
Advent Mass 18/12/26	In part (liturgy)							
Whole School Mass for Start of New Year 15/01/27								
Y3/4 Class Mass 22/01/27								Y3/4 only

Whole School Mass: Ash Wednesday 10/02/27								
Sacrament of Reconciliation Penitential service Y4, Y5, Y6 02/12/26 26/02/27								
Whole School Mass for Lent 22/03/27								
Whole School Mass: Easter 13/04/27								
Whole School Mass at the parish church: Celebration of First Holy Communion 05/07/27 tbc								
Junior Mass at the parish church: Celebration of First Holy Communion 22/06/27								
Whole School Leavers' Mass: 16/07/27								

Special Celebrations and Events								
	Rec	Y1	Y2	Y3	Y4	Y5	Y6	Parents
Y6 Harvest Celebration of the Word 23/10/26								
KS1 Nativity 10/12/26								KS1
KS2 Christmas Celebration 15/12/26								KS2
Y3 Advent Celebration of the Word 4/12/26								Y3
Advent Prayer Trail/Soul Spaces 11/12/26 tbc								
Spirit of Christmas Event at St Mary's parish church 05/12/26								Y5/Y6
Carol Singing at Gabriel Court								

Care Home 17/12/26 tbc								
Holocaust Memorial Service with other local schools 25/10/27 tbc								
Y4 Celebration of the Word 19/03/27								Y4
CAFOD Big Lent Walk Assembly- John Birbeck 01/03/27 tbc								
Y1 Celebration of the Word: Lent 05/02/27								Y1
CAFOD Big Lent Walk 11/03/27								
Y2 Celebration of the Word: 12/7/27								Y2
Lenten Prayer Trail/Soul Spaces 25/3/27 tbc								
Y5 Celebration of the Word: Pentecost. Fr David and Fr Clement to attend 17/5/27								Y5
Y6 Prayer Trail/Soul Spaces: Transition 7/7/27 tbc								
YR Celebration of the Word 02/07/27								YR
Staff Celebrations of the Word (Fridays in Lent and Advent)								