Prayer and Liturgy Policy

St Mary's Catholic Voluntary Academy

Approved by:	St Mary's Catholic Voluntary Academy	**Date:**	September 2025
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Document Provenance

Title of policy:	Prayer and Liturgy Policy	
Author and policy:	Prayer and Liturgy Leader (Headteacher)	
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Document review and editorial updates:		
Version control	**Date**	**Key revisions included**
Version 1	September 2025	Fully revised policy to reflect PLD and RED.

Vision Statement:

"We live and learn by journeying with Mary to Jesus, for the greater glory of God."

Motto:

For the Greater Glory of God. Ad maiorem Dei gloriam. (AMDG.)

Mission Statement:

1. The Context of This Prayer and Liturgy Policy

'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, p.23)*

'In all Catholic schools, 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 collective worship. Prayer and liturgy are at the heart of the Catholic school's mission. They are the privileged means through which the community gathers to encounter God, celebrate faith, and nurture the spiritual growth of all its members.' *(Bishops' Conference of England and Wales, 2023, Prayer and Liturgy Directory, p.16)*

At St Mary's Catholic Voluntary Academy, Marple Bridge, prayer and liturgy form the spiritual heartbeat of our school. Inspired by our vision and guided by Mary, we aim to lead our children into a deeper encounter with Christ through rich liturgical experiences and daily moments of prayer. In all things, we strive to glorify God.

This policy reflects our commitment to forming pupils in the life of prayer and worship, deeply rooted in our Catholic identity and the teachings of the Church, as outlined in the Prayer and Liturgy Directory (PLD) and Religious Education Directory (RED).

2. Statement of Requirement

In accordance with the Education Act 1988 and School Standards and Framework Act 1998, and as outlined in our Articles of Association as a Catholic academy, we provide a daily act of collective worship (prayer and liturgy) for all pupils. This provision is made in fidelity to the liturgical norms and traditions of the Catholic Church.

The provision of prayer and liturgy:

- Is distinct from curriculum time for RE
- Is inclusive and invitational
- Promotes a shared repertoire of prayer and worship across year groups

Parents have the legal right to withdraw their child from acts of worship, though this rarely occurs. We foster a respectful and inclusive environment for all families, while remaining faithful to our Catholic foundation.

3. Responsibility

a) Governors

The Local Governing Board, as custodians of the Catholic life and mission of the school, ensure:

- Worship is central to the life of the school and aligned with the Prayer and Liturgy Directory
- A Prayer and Liturgy Leader is appointed and supported

- There is an adequate annual budget for resources, CPD, and sacred spaces
- Prayer and liturgy are regularly monitored and reviewed

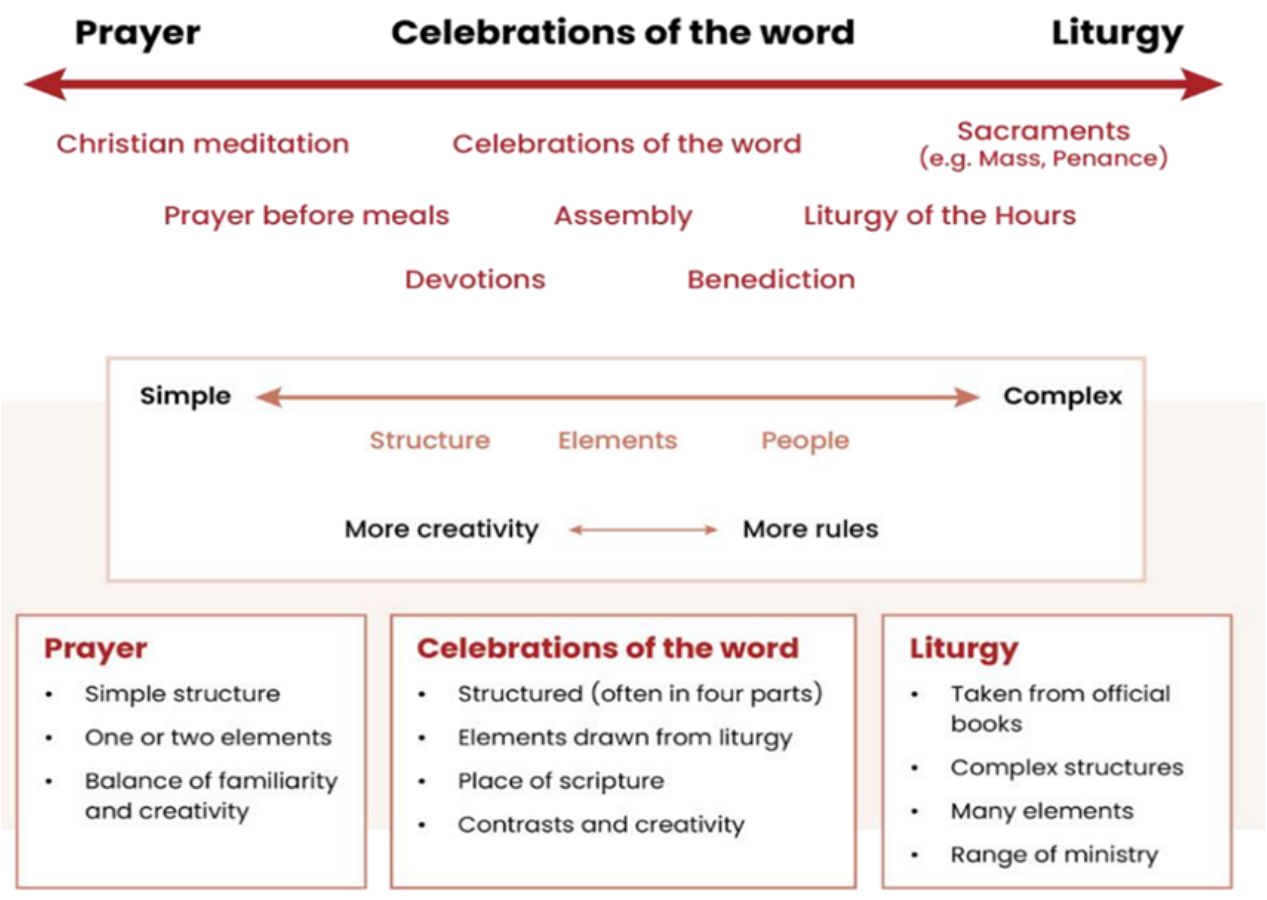
b) Headteacher
The Headteacher provides spiritual leadership, ensuring:
- Prayer and liturgy are prioritised within school life
- All staff understand and embrace their role in promoting Catholic worship
- Effective partnerships are maintained with St Mary's Parish (Marple Bridge) and Holy Spirit Parish (Marple) through collaboration with Father Greg and Father Stephen
- Resources and training are available for staff and pupils

c) Prayer and Liturgy Leader
The Leader oversees:
- The Annual Plan of Provision (APoP) aligned to the liturgical year and school calendar
- Staff formation and pupil training in worship leadership
- Monitoring of quality and impact of prayer experiences
- Strategic planning to improve participation and spiritual engagement
- Liaison with the Religious Education Leader, the school's Lay Chaplain and Trust Lead Lay Chaplain, parish clergy and the Diocesan Education Service.

4. Overview of Prayer and Liturgy Provision

Worship at St Mary's is rooted in the rhythms of the liturgical calendar and reflects our vision of walking with Mary to Jesus. We provide structured and spontaneous opportunities for prayer and worship that:
- Promote progressive participation
- Reflect the Church's seasons
- Offer a shared language of faith
- Prioritise the Eucharist and Reconciliation

Our provision includes:
- Class, key stage, and whole-school acts of worship
- Weekly and termly liturgical celebrations
- Opportunities for children to plan, lead, and reflect on worship
- Engagement with the wider Church and world through CAFOD, Catholic Social Teaching, and Church celebrations e.g. Jubilee Year initiative



- The Annual Provision (APoP), embedded within the school calendar, establishes a consistent and purposeful rhythm of prayer and liturgy that reflects the liturgical year. It is structured across three key levels:

- **Level One** – A strategic overview outlining the school's prayer and liturgical life for the academic year
- **Level Two** – A developmental framework providing age-appropriate steps for each year group to support all pupils in engaging meaningfully, actively, and reflectively in prayer and worship
- **Level Three** – A progressive plan to nurture and equip pupils, according to age and readiness, to serve in liturgical ministries within the school

Engagement, participation and ministry

In Celebrations of the Word

	Engagement	Participation	Ministry
Who?	Everybody – including members of other religious traditions and people of good will	*Those who have been baptised (of any denomination)*	*Member of those who have been baptised (of any denomination)*
Gather	**To be present** – to become alert to what is going in their lives and the world	**To recognise** one's membership of body of Christ	**To welcome,** to articulate the context and to set the atmosphere
Word	**To experience** – to engage with what is happening through the senses	**To listen** to God's speaking in his Word	**To proclaim** the Word, communicating effectively and appropriately
Response	**To reflect** – to ask what has been experienced and what it means to their lives	**To offer** praise, thanksgiving and petition to God through Christ.	**To provide** a focus for the response and to enable an appropriate response
Send	**To respond** – to ask how to take forward into living a good life	**To live out** one's baptismal calling.	**To draw together** the celebration and to offer a bridge to life in practice.

At St Mary's Catholic Voluntary Academy, the Annual Plan of Provision (APoP) supports a coherent and progressive approach to prayer and liturgy, rooted in the Church's liturgical cycle and our school's distinctive Catholic identity.

Level 1: Strategic Overview of the Year

This level outlines the school's liturgical framework for the academic year, ensuring a rich and well-planned rhythm of worship that reflects both the school's vision and the wider life of the Church. It includes:

- A planned programme to embed and refresh our music repertoire, ensuring strong links between school and parish liturgical music, in collaboration with Father Greg and Father Stephen
- A clear calendar of Masses, including the number and timing of class, key stage and whole-school liturgies, as well as arrangements for Holy Days of Obligation during term time
- A schedule for the Sacrament of Reconciliation, particularly during Advent and Lent, in partnership with our parish priests
- Celebration of key events and feast days such as our patronal feast (Feast of the Nativity of the Blessed Virgin Mary), along with national and diocesan themes
- Engagement with universal Church initiatives, including worldwide, national and Diocesan liturgical themes

Level 2: Pupil Formation in Participation and Engagement

This level ensures that every pupil, from Nursery to Year 6, is supported in developing their understanding of and participation in prayer and liturgy through:

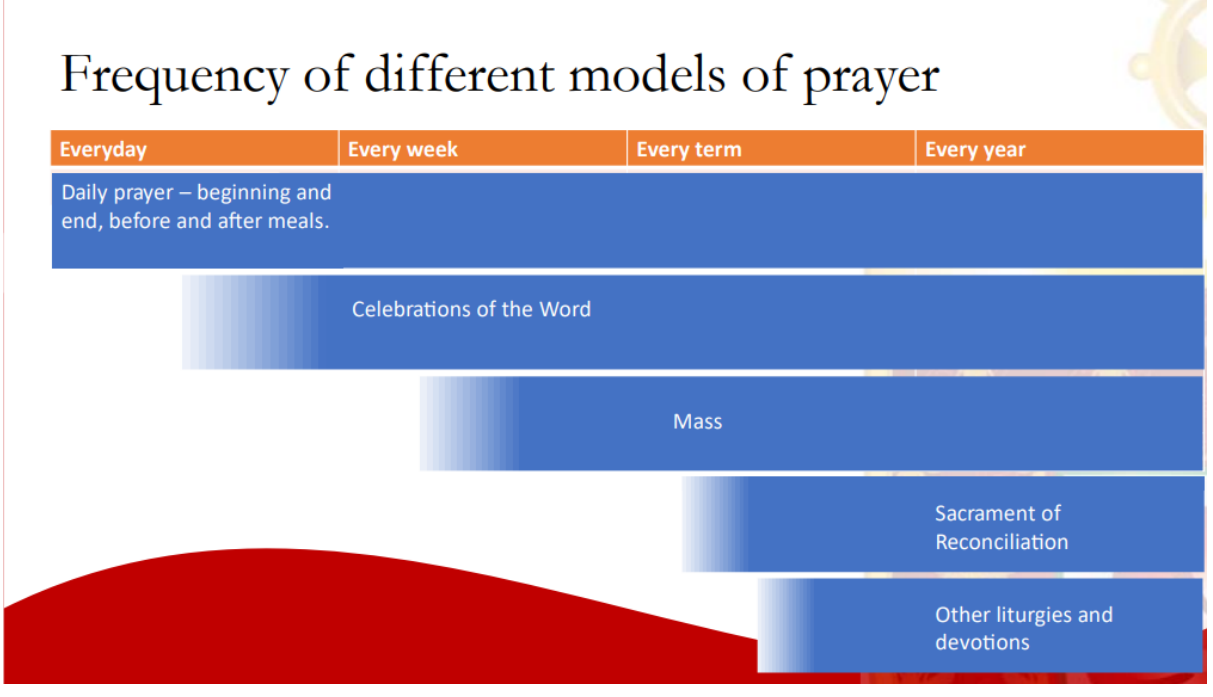
- A clearly defined, age-appropriate progression model
- Opportunities to engage in a wide variety of worship forms (e.g. class liturgies, Gospel assemblies, Rosary, seasonal devotions)

- Formation in the use of liturgical symbols, silence, movement, and gesture
- Opportunities to reflect on and deepen their spiritual understanding and response
- Encouragement to participate fully, consciously, and actively, as outlined in the Prayer and Liturgy Directory

Level 3: Formation for Liturgical Ministry

At this level, pupils who are ready and able are supported to take up ministry roles during prayer and liturgy. This includes:

- Development of age-appropriate pupil chaplains, SANCTA Squad, Prayer Friends, altar servers, musicians and readers
- Opportunities to lead class and whole-school worship in a reverent and prayerful manner
- Recognition of pupil ministry as a sacred and valued part of our school's life
- Use of diocesan frameworks such as the CYMFed Catholic Youth Ministry "Pin" Award to develop confidence and commitment
- Ongoing formation that nurtures both the skills and the spirituality required for liturgical service.
- Recognition of pupil-led ministry as sacred, celebrated, and purposeful



5. Daily Patterns of Prayer at St Mary's

At St Mary's, the rhythm of each school day is shaped by prayer. Rooted in our Catholic identity and inspired by our vision — *"We live and learn by journeying with Mary to Jesus, for the greater glory of God"* — prayer is not an addition to our timetable, but the foundation of it.

Prayer helps us begin the day with intention, pause in gratitude, and end in reflection. These moments support the spiritual formation of all members of our school family and draw us more deeply into the life of the Church.

Each act of prayer is respectful of the liturgical season, begins and ends with the Sign of the Cross, and typically includes a moment of silence or stillness to encounter the presence of God.

We use three core models of daily prayer:

- **A set prayer** suited to the time of day (e.g. the *Morning Offering* or *Grace Before Meals*)
- **A simple structure**, including a scripture verse or psalm, intercessions, and a concluding prayer
- **A more spontaneous or creative approach**, such as improvised prayers or pupil-led intentions

Prayer and liturgy are embedded into the fabric of school life and take place in various spaces and settings throughout the day and week. Pupils and staff engage with the breadth and beauty of the Catholic liturgical tradition through diverse opportunities for worship.

These include:

- **Morning prayer**, prayed in class to begin the school day with spiritual focus
- **Prayer before lunch**, including a weekly **Angelus** reflection rooted in Marian devotion
- **Grace and lunchtime reflection**, often **pupil-led** in the dining hall, fostering peer ministry
- **Quiet reflection time** available during Monday lunchtime for personal or small group prayer
- **Afternoon prayer** (*Examen*), providing a moment to reflect on the day with gratitude and peace

This daily rhythm supports all pupils in developing habits of prayer, familiarity with liturgical language, and a deeper relationship with God, forming hearts and minds to live out our Gospel mission with joy and purpose.

Prayer formation: Children are introduced to the following prayers over the school year in each key stage of the school:

Month	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
September	The Sign of the Cross Daily Prayers	The Sign of the Cross Daily Prayers	Prayer of St Richard of Chichester	Prayer of St Richard of Chichester
October	The Sign of the Cross Daily Prayers	Hail Mary	Hail Mary	The Rosary
November	The Sign of the Cross Daily Prayers	The Lord's Prayer	The Lord's Prayer	The Lord's Prayer Eternal Rest Prayer
December	The Sign of the Cross Daily Prayers	Angel of God	Angel of God	The Magnificat
January	The Lord's Prayer	Lord Have Mercy	The Apostles Creed	The Apostles Creed
February		Act of Faith	Act of Faith	Act of Faith
March		Act of Contrition	Act of Contrition	Act of Contrition
April		Glory be to the Father	Come Holy Spirit	Come Holy Spirit
May	Hail Mary	Hail Mary	The Angelus	The Angelus
June		Act of Hope	Act of Hope	Act of Hope
July		Act of Love	Act of Love	Act of Love

6. Weekly and Termly Patterns of Prayer at St Mary's

Alongside our daily rhythm of prayer, we offer a rich and varied pattern of weekly and seasonal liturgies that reflect the Church's liturgical calendar and celebrate the life of our school community. These experiences are designed to deepen spiritual understanding, develop pupil leadership in worship, and nurture our Catholic identity. Our programme includes:

- **Whole-school Celebrations of the Word**, rooted in scripture and lived faith:
  - *Monday Gospel celebration of the word* – launching the week with the Sunday Gospel message and linking it to our SANCTA values and Catholic Social Teaching and the Diocesan Word of the Week
  - *Tuesday Praise and Worship Assembly* – a joyful time of singing and thanksgiving, often linked to the liturgical season
- **Friday Morning Celebration Assembly –** a time to celebrate and pray focusing on the mission and word of the week as announced in the Monday celebration of the word
- **Pupil-led Class Worship** – weekly liturgies prepared and led by children, with opportunities for creativity, scripture, silence, symbol, and song
- **Rolling Worship** – adaptive and responsive liturgical opportunities that evolve through the liturgical year (e.g. Advent reflections, Stations of the Cross, Pentecost Praise, Rosary devotions)
- **Liturgy of the Mass** – celebrated regularly on Wednesday mornings with rotating year groups or key stages, and as a whole-school community every term. These take place in partnership with St Mary's Parish, Marple Bridge and Holy Spirit Parish, Marple, with support from Father Greg and Father Stephen
- **Special Liturgical Events**, including:
  - *Stations of the Cross* during Holy Week
  - *Stations of Joy* or Pentecost celebrations
  - *Feast of the Nativity of the Blessed Virgin Mary* (our patronal feast)
  - *Sanctification of each liturgical season* through themed prayer days and creative liturgy
- **Engagement in Ministry through Music**, with pupils participating in the **School Singing Programme**, liturgical choirs, and music ministry at Mass and assemblies
- **Retreats**, both in-school and off-site, providing opportunities for pupils to reflect, pray, and encounter God in new and meaningful ways. These include online retreat experiences and diocesan events
- **Home Prayer Resources**, including *Talking and Praying Sacks*, which foster prayer at home and strengthen the partnership between school, parish, and family
- **Liturgical Dance and Drama**, offering expressive and inclusive ways for pupils to respond to scripture and Church teaching

In keeping with our whole-school commitment to prayer, all meetings at St Mary's, including staff briefings and governor gatherings, begin with prayer, often drawn from the Liturgy of the Hours or daily Mass readings (Universalis). We value variety in prayer and encourage creativity, so that worship is always meaningful, relevant, and engaging for all.

7. Pupil Formation at St Mary's

At St Mary's, we believe that forming our children in prayer and worship is central to their spiritual, moral, and personal development. Every adult in our school — including teachers, support staff, chaplaincy leaders, and our lay chaplain — plays a vital role in nurturing each child's capacity to pray, reflect, and lead others in worship.
Through consistent participation in our daily pattern of prayer, pupils become immersed in the language, rhythm, and traditions of Catholic worship. This regular exposure shapes their identity as children of God and supports their growth in faith. We are committed to ensuring that this formation is inclusive and meaningful, enabling every child to encounter God in ways appropriate to their age and ability.
Pupil leadership in prayer and liturgy is celebrated as a sacred responsibility. Whether reading scripture, leading intercessions, preparing worship spaces, or supporting music and movement, each child is given the opportunity to contribute with reverence, confidence, and joy.

Participation in Liturgy: Body, Mind, and Spirit
In line with the Prayer and Liturgy Directory, all pupils at St Mary's are encouraged to be:

- **Fully engaged** – bringing their whole self into prayer: heart, body, and mind
- **Consciously involved** – developing an age-appropriate understanding of the meaning and mystery of the liturgy
- **Actively participating** – open to transformation, allowing the liturgy to shape their lives and character

Children are helped to recognise and value:

- The power of **shared ritual** and community worship
- The meaning behind **symbol and sign**
- The importance of **silence, attentiveness, and stillness**
- The role of **movement, posture, and gesture** in expressing prayer
- The joy and unity brought by **music, singing, and psalmody**

These elements are woven into our liturgical celebrations and taught progressively throughout each key stage.

Formation for Liturgical Ministry
Pupils at St Mary's are gradually and purposefully prepared to serve as liturgical ministers. These roles include:

- Altar servers, processional leaders, and readers
- Musicians, singers, and those involved in liturgical dance
- Members of the Pupil Chaplaincy Team (SANCTA Squad), who lead worship across the school

Children in Upper Key Stage 2 also have the opportunity to work towards the CYMFed Catholic Youth Ministry Federation 'Pin' Award, recognising their commitment and contribution to the prayer life of the school.

Our approach to formation follows key principles:

- **All pupils are encouraged to engage** in prayer and liturgy
- **All are invited to participate** in leadership roles when ready, with support and understanding
- **Some pupils are called to minister**, with training and formation appropriate to their age and capacity

- **The aim of ministry is to draw others into deeper engagement** - not performance, but prayerful service

As outlined in the Prayer and Liturgy Directory (p.12), good formation involves:

1. **Understanding the liturgy** and the significance of one's specific role
2. **Developing technical and practical skills** for that role (e.g. reading, movement, preparation)
3. **Nurturing a sense of vocation and service**, rooted in reverence, humility, and joy

All liturgical ministry at St Mary's is respectful of Church norms and reflects the diverse gifts and backgrounds of our school community. We strive to ensure that all pupils, regardless of background, are given the chance to shine in the light of God's love.

8. Engagement with Parish and Families

Our relationship with St Mary's Parish and Holy Spirit Parish is central to our liturgical life. Working with Father Greg and Father Stephen, we ensure:

- Alignment with parish liturgical practices and music
- Continuity of pupil experience between home, school, and parish
- Participation in parish Masses and events, especially during key liturgical seasons

Families are kept informed and involved through:

- Weekly newsletters and the school website
- Invitations to class worship and special liturgies
- Take-home prayer bags and seasonal family prayer activities

We honour all families, including those of other faiths and none, creating a welcoming and inclusive environment where Catholic worship is offered with integrity and openness in order that parents and families feel that their own confessional distinctiveness is respected.

9. Resourcing Prayer and Liturgy at St Mary's

At St Mary's Catholic Voluntary Academy, prayer and liturgy are not add-ons — they are at the heart of who we are as a Catholic school. This commitment is clearly reflected in how we allocate our time, spaces, staffing, and budget.
Each year, provision is made within the school budget to ensure that the prayer and liturgical life of the school is fully resourced. This includes:

- **Staffing time** dedicated to the planning, preparation, and leadership of worship
- **Chaplaincy support**, including our **lay chaplain** and **Pupil Chaplaincy Team (SANCTA Squad)**
- A supply of high-quality **liturgical resources**, including candles, cloths, vessels, and scripture
- Ongoing investment in **sacred music, hymnals, and technology** to support worship

Our Catholic identity is visible throughout the school environment. Religious images, crucifixes, statues, and seasonal displays act as signs of faith and encourage moments of reflection for pupils and staff alike.

We are proud of our dedicated prayer spaces, including classroom prayer corners and shared sacred spaces. These are:

- Kept clean, reverent, and meaningful
- Updated regularly to reflect the liturgical seasons and feasts of the Church
- Used creatively for personal, class, and communal prayer

To ensure that all staff are confident and prepared to contribute to the worshipping life of the school, training and formation are prioritised and funded separately. Opportunities include in-school CPD, diocesan liturgy days, and access to guidance from the Prayer and Liturgy Lead, senior leaders, the lay chaplain and parish clergy.

Through careful planning and purposeful investment, we ensure that our shared prayer life at St Mary's reflects the dignity, beauty, and joy of our Catholic tradition.

10. Staff Training and Formation at St Mary's

At St Mary's, we believe that every adult in our school has a role to play in nurturing our Catholic identity through prayer and liturgy. From the moment a new staff member joins our community, they are supported in understanding the significance of worship in school life and the part they play in it.

As part of our induction process, all new staff receive clear guidance on:

- The vision and rhythm of prayer and liturgy at St Mary's
- Expectations for classroom and communal worship
- How to plan and lead acts of prayer in line with the Prayer and Liturgy Directory

Training is not a one-off event. Continuing professional development (CPD) is offered throughout the year, tailored to the needs of individual staff and the whole school community. This may include:

- **In-school CPD** led by the Prayer and Liturgy Lead or Lay Chaplain
- **Collaborative planning sessions** for liturgical seasons and class worship
- **External opportunities** provided through the Diocese of Nottingham and other Catholic partners e.g. CAFOD

At least once annually, we offer whole-staff liturgical formation, ensuring everyone is supported to confidently and reverently lead worship in a way that reflects the faith and mission of St Mary's.

11. Monitoring and Evaluation

To ensure that prayer and liturgy remain at the heart of all we do at St Mary's, their quality and impact are regularly monitored and reviewed.

This process includes:

- **Pupil voice**, including feedback from our Pupil Chaplaincy Team (SANCTA Squad)
- **Staff reflections** on liturgical celebrations and classroom prayer

- **Parental feedback**, gathered through surveys and informal dialogue
- **Clergy observations**, particularly from Father Greg and Father Stephen during parish-linked worship
- **Governor involvement**, including link governor visits and review discussions

The insights gathered inform our School Self-Evaluation (SEF) and our School Development Plan (SDP). Where areas for improvement are identified, we respond with clear, measurable actions. The goal is always to deepen the spiritual life of the school and to ensure every member of the community feels able to encounter God through prayer and worship.

8. Review of Policy

This policy will be formally reviewed by the **Governing Body** on a three-year cycle as part of our regular policy schedule. However, it will be revised earlier if:

- There are significant changes to diocesan or national guidance
- New liturgical documents are introduced (e.g. updates to the Prayer and Liturgy Directory)
- Monitoring and evaluation suggest substantial changes are needed

The next scheduled review will take place in September 2028.

"We live and learn by journeying with Mary to Jesus, for the greater glory of God."

Appendix 1 – Prayers to be used throughout the school year

Children are introduced to the following prayers over the school year in each key stage of the school (see also appendix 3 – prayer and skills progression):

Month	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
September	The Sign of the Cross Daily Prayers	The Sign of the Cross Daily Prayers	Prayer of St Richard of Chichester	Prayer of St Richard of Chichester
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The Sign of the Cross

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

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 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 Glory Be

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.

Grace before meals

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

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

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.

Prayer to my Guardian Angel

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.

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.

Prayer of Saint 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

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

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.
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.

The Glory Be

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.

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 Angelus

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.

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.

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

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

Appendix 2 – Information on prayer and liturgy

Prayer is the foundation of Christian Life. Prayer is communication or communion with God. Through prayer we are drawn deeper into the life of the Father, the Son and the Holy Spirit. Jesus himself taught us the need for prayer. In Gethsemane as He prepared Himself for the climax of His life, Jesus received the strength He needed in prayer to His Father, "Abba Father. Take this cup away from me but let it be as you not I, would have it". At moments of His public ministry when those in need were pressing around Him, Jesus went off to a lonely place and prayed there.

What is Prayer?
We can pray anywhere and at any time. The first step is to place ourselves, as we are, in the presence of God.

The second step in prayer is to pray. This means speaking to the Lord, asking Him for our needs and thanking Him for the many gifts He has given to us. This leads to praise and adoration. The third step is to be silent so the Lord Himself can guide the direction of our hearts.

How do we Pray?
The best prayers are those that come from the heart. There are times however, when we find it almost "impossible" to pray: and then we need prayer books and the prayers we have learned by heart. Our children should have the opportunity to find out about and respond in a variety of ways to Jesus' example and teaching with regard to prayer. They should be encouraged to explore the different forms of prayer, and to be helped to grow in appreciation of the importance of prayer in sustaining a living relationship with God. Children's experience of prayer and worship in school, which for some of our children will be the only prayer experiences they will receive, will have a deep impact on their spiritual development as Christians, and a love of their Catholic heritage which they can take into their adult life. Their lives of Prayer Worship must be continually developed and fostered.

In prayer we become aware of God's presence with us and his love for us. We listen to Him in order to discover His will for us and to express to Him our gratitude, praise, love and adoration.

We can foster the children's life of prayer by helping them become aware of God's presence in their lives and His love for them and by leading them to respond to Him in a manner appropriate to their age.

Children learn to pray chiefly by sharing in the faith and prayer of adult Christians, especially parents, priests and teachers. Therefore, we believe that we should go a step beyond teaching them prayers, we should pray with them in their presence.

We should encourage them to pray by themselves, especially in the morning and at night. There are many ways of helping the children to meet God Our Father in prayer:

Prayers of Silence
To help the children participate in a prayerful silence, we can use various ways of focussing their minds on prayer. We can ask them to concentrate on an object, a picture, a lighted candle, some quiet background music or by giving them guidance about what to think: “Let’s think about”.

Spontaneous prayer
Once we have begun it is often difficult to stop children praying spontaneously. The children may not be able to express their thoughts accurately at first, and they may initially be shy or embarrassed. Many of their prayers may be prayers of petition for a sick parent, grandparent of friend. We try to encourage them to pray not only for what they want, but also to pray that things will turn out as God knows best. We also encourage the children to express thanksgiving, love and praise to God the Father in their spontaneous prayer.

Praying through gesture or action
We encourage children to make even the simplest gestures thoughtfully so that the gesture or action is a prayer in itself. Gestures that the children will be taught as they move through the school will include: making the Sign of the Cross, joining their hands, offering the sign of peace, bowing their heads at the name of Jesus, genuflection, hand gestures, processions etc.

Formal/Traditional Prayers
As the children move through school they will be taught and introduced to the commonly used prayers of the Church so that they are able to join in and participate in parish celebrations. The introduction of many of the responses of the Holy Mass, are incorporated into their classroom and assembly prayer and worship celebrations. Our aim is to help the children to develop a reverence and a positive attitude to praying.

Praying through Music and Song
Listening to reflective music can create an atmosphere conducive to prayer and reflection. The singing of hymns can be so joyful. “Singing hymns is praying twice” (St Augustine). Reflective music and singing are both used during prayer and worship sessions.

Appendix 3 – St Mary's Catholic Voluntary Academy Prayer and Skills Progression

Age Phase	EYFS	5-7 (Key Stage 1)		7-9 (Lower Key Stage 2)		9-11 (Upper Key Stage 2)	
Formal Oral Prayers	Sign of the Cross Hail Mary Our Father	Sign of the Cross Glory Be Hail Mary Our Father Morning and Evening Prayers		Sign of the Cross Hail Mary Our Father Glory Be Morning and Evening Prayers Eternal Rest Act of Contrition Come, Holy Spirit Angel of God Come, Holy Spirit Prayer of St Richard of Chichester		Sign of the Cross Hail Mary Our Father Glory Be Morning and Evening Prayers Eternal Rest Act of Contrition Come, Holy Spirit Angel of God Come, Holy Spirit Prayer of St Richard of Chichester Apostles Creed Nicene Creed Magnificat	
Liturgical Prayers	Simple responses e.g. and with your spirit, peace be with you, Amen	Simple responses Bidding prayer responses Responses to short litanies e.g. pray for us	Mass responses including Eucharistic acclamation Bidding prayer responses Responses to short litanies e.g. pray for us	Mass responses including Eucharistic acclamation Bidding prayer responses Responses to short litanies e.g. pray for us Take part in Mass readings	All Mass prayers and responses including Eucharistic acclamations Renewal of Baptismal promises Take part in Mass readings	All Mass prayers and responses including Eucharistic acclamations Renewal of Baptismal promises Take part in Mass readings	All Mass prayers and responses including Eucharistic acclamations Renewal of Baptismal promises Take part in Mass readings
Gesture/ Action	Sign of the Cross Sign of Peace greeting Join hands together Hold hands Lift hands up Fold hands across chest for blessing at communion				Sign of peace greeting Join hands together Sign forehead, lips and heart to greet the Gospel Lift hands up Genuflection Bow Use holy water Take part in offertory procession Fold hands across chest for blessing at communion		

Year	EYFS	1	2	3	4	5	6
Informal Prayer	Grace before meals Simple prayers e.g. thanksgiving	Grace before meals Simple prayers e.g. thanksgiving	Grace before meals Simple prayers e.g. thanksgiving	As for KS1 and… Bidding prayers	As for KS1 and… Bidding prayers	As for KS1 and… Bidding prayers	As for KS1 and… Bidding prayers
Silence/ Reflection	Take part in simple still exercises	Take part in guided meditation	Take part in guided meditation	Take part in guided meditation	Take part in guided meditation	Take part in guided meditation	Take part in guided meditation
Independent skills of prayer and worship	Be able to understand the reasons for a focal point to aid prayer. Choose with support an appropriate coloured cloth and artefact	Be able to independently choose artefacts and cloths for focal areas. Contribute a prayer of their choice independently when asked	Be able to compile an appropriate focal area on a given theme Choose a hymn and contribute prayers independently	Be able to plan and deliver a simple liturgy for their peers choosing an appropriate scripture story, hymn/song Create focal area on a specific theme Simply say what worked well and what could have been better in their prayer and liturgy	Be able to plan and deliver a liturgy for their peers that incorporates meaning and links to questions of faith Start to evaluate the quality of prayer and liturgy they have planned	Be able to plan and deliver a liturgy for another class/parents that identifies links with scripture and their faith. Begin to contribute to focal/prayer areas around the school Start to evaluate the quality of prayer and liturgy they have planned	Be able to plan and deliver a range of liturgies for arrange of audiences that engages all participants in a thought-provoking manner. Take responsibility for focal/prayer areas around the school. Thereby contributing to the chaplaincy of the school Evaluate the quality of prayer and liturgy they have planned and say what improvements are needed