

# **St John Fisher Catholic Primary School**

## **Prayer Policy**



***“With God’s love, we are a Family; Caring,  
learning and Growing together”***

Date of policy	September 2025
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Review date	September 2026
Ratified by	A. Currie (RE LEAD GOVERNOR)



# St John Fisher Catholic Primary School

## Prayer Policy

### Mission Statement

*"With God's love, we are a family, caring, learning and growing together."*

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### Purpose:

This policy outlines how prayer shapes daily life at St John Fisher Catholic Primary School and how it contributes to the Catholic Life and Mission of the school. It ensures that prayer is woven throughout the school day and supports children in developing a personal relationship with God.

Prayer is central to the school's identity as a Catholic community and reflects the school's mission to live and grow together in God's love.

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## The Importance of Prayer in St John Fisher Catholic Primary School

Prayer is central to the life of a Catholic school and is a visible expression of its Catholic Life and Mission. Through prayer, pupils encounter Christ, grow in faith, and are formed spiritually and morally. We ensure that there are **rich, meaningful and regular opportunities for prayer and reflection**, enabling our pupils to grow as missionary disciples within the Church.

Prayer supports pupils to:

- Develop a personal and communal relationship with God
  - Grow in understanding of Catholic beliefs and traditions
  - Reflect on their actions in the light of Gospel values
  - Experience belonging within a worshipping community
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# Daily Prayer at St John Fisher (Intent, Implementation and Impact)

## Intent

Prayer is an integral part of each school day and reflects the school's commitment to placing Christ at the centre of all that we do. Daily prayer nurtures faith, promotes spiritual growth, and ensures that pupils encounter God regularly.

## Implementation

Daily prayer includes:

- Morning prayer
- Grace before meals
- Going home prayer
- Spontaneous prayers and shared intentions
- Scriptural reflection and quiet meditation

## Impact

Children are taught traditional Catholic prayers appropriate to their age and are encouraged and supported to write and lead their own prayers (see *Prayer and Liturgy Policy*).

As a result, pupils:

- Participate confidently and reverently in prayer
- Use the language of prayer with increasing fluency
- Demonstrate spiritual awareness and reflection
- Show respect for silence, stillness, and worship

## Prayer and Daily Rhythm

Pope Francis reminds us:

*“Dear friends, one of the most effective ways we have to help is that of prayer. Prayer unites us; it makes us brothers and sisters and reminds us of the beautiful truth which we sometimes forget.”*

As with every relationship, our relationship with God grows through communication. Prayer is how we communicate with God.

Prayer involves:

- **Listening** – being attentive to the voice of God in every moment
- **Speaking** – expressing the deepest longings of our hearts to God
- **Reflecting** – thinking about our relationship with God
- **Resting** – being consciously present with God, knowing we are loved

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## Prayer in the Classroom

Each classroom has a dedicated prayer area which reflects the Catholic identity of the school. These areas include:

- A cross or crucifix
- A Bible
- A candle
- Liturgical colours appropriate to the Church's season

Classroom prayer experiences include scripture sharing, guided meditation, reflective silence, and seasonal devotions such as the Rosary.

The school community gathers regularly for shared prayer experiences, including assemblies with prayer, reflection, and celebration linked to Gospel values.

Prayer spaces are available both inside and outside the school, allowing pupils opportunities for quiet reflection and personal prayer with God.

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## Inclusion and Respect for All

Prayer at St John Fisher is inclusive and respectful of pupils from all faith backgrounds. Practices are clearly explained, and reasonable adaptations are made to ensure accessibility for pupils with SEND.

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## Staff as Models of Prayer

All staff play a vital role in nurturing the prayer life of the school. Every member of staff is expected to:

- Actively engage with pupils in prayer
- Ensure regular opportunities for prayer
- Provide meaningful and varied prayer experiences

- Assist pupils in developing the language of prayer
- Teach traditional prayers of the Church
- Help pupils to develop habits of personal and communal prayer

Through this, pupils will be supported to:

- Contemplate the mystery of God
- Reflect on moral and spiritual issues
- Explore their own beliefs
- Experience a sense of belonging and community spirit
- Develop a shared ethos and common values
- Enrich their religious experience

Staff model reverence, confidence, and reflection during prayer. New staff receive guidance and support in leading prayer within a Catholic setting.

Staff pray together regularly, including during staff meetings, governor meetings, weekly briefings, INSET days, and at times of need or celebration. Staff participate fully in Prayer and Liturgy sessions and act as positive role models for all children.

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## Partnership with Parents and Parish

Parents are encouraged to pray at home with their children and to support the prayer life of the school.

- Key Stage 1 pupils take home the *Prayer Bear* to encourage family prayer
- During Advent, pupils participate in the *Travelling Nativity* to promote prayer at home

The parish priest may join school prayer sessions, and families are invited to shared prayer gatherings and celebrations.

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## Monitoring and Support

The RE and Prayer Lead supports staff, ensures prayer spaces reflect the liturgical year, and gathers pupil voice.

Mini Vinnies and Prayer Ambassadors support the development and upkeep of prayer spaces across the school.

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# **Prayers Used Throughout the School**

## **Reception**

- Sign of the Cross
- Morning Offering
- Grace at Meals
- Going Home Prayer
- Glory Be
- Our Father
- Going Home Prayer

## **Key Stage 1**

- Sign of the Cross
- Morning Prayer
- Grace at Meals
- Going Home Prayer
- Our Father
- Hail Mary
- Glory Be
- Saints' prayers
- Simple phrases from the Psalms

## **Key Stage 2**

- Sign of the Cross
  - School Prayer
  - Morning Offering
  - Grace at Meals
  - Our Father
  - Hail Mary
  - Glory Be
  - Saints' prayers
  - Simple phrases from the Psalms
  - Eternal Rest
  - Act of Contrition
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### **Morning Offering KS1**

Now before I start my day, let me not forget to pray.

In my work and in my play, be with me throughout the day.

Amen

### **Morning Offering KS2**

Dear Lord,

We promise to be caring as a family together with God's love.

We promise to learn and grow so that we can use our gifts from God to be the best we can be.

Amen

### **Grace Before Meals**

Thank you, heavenly Father, for the food we are going to eat

And bless all those who made it for us. Amen

### **Going Home Prayer**

Now the day is over, we lift our hands and say,

Thank you, heavenly Father, for today.

We are sorry for the wrong things but glad about the right.

Keep us heavenly Father, in your love tonight. Amen

### **Act of Contrition (Key Stage 2)**



O my God,  
Because you are so good,  
I am very sorry that I have sinned against you,  
And by your help I will try not to sin again. Amen.

### **Our Father**

Our Father, who art in heaven,  
Hallowed be thy name.  
Thy kingdom come,  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread,  
And forgive us our trespasses,  
As we forgive those who trespass against us.  
And lead us not into temptation,  
But deliver us from evil. Amen.

### **Hail Mary**

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou amongst women,  
And blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
Pray for us sinners, now and at the hour of our death. Amen.

### **Glory Be**

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.

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