

# St Teresa's Catholic Primary School



*"With Jesus we Live, Love and Learn"*

# School Prayers

# Contents:

*This booklet aims to support parents in knowing our school prayers, traditional Catholic prayers that their child may be learning and may be used to support saying prayers at home.*

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# Our School Prayer

*Help us follow in your footsteps  
In our work and in our play  
Fill us with your love and joy  
As we grow and learn each day  
Help us show the greatest love  
In everything we do  
And make our school a happy place  
In praise and love of you*

*Amen*



# The Christus Catholic Trust Prayer

*Dear Lord*

*We Thank You for the gifts of our pupils, staff and leaders of the Christus Catholic Trust.*

*We ask You to bless and guide our thoughts, words and actions. In all we do, may our young people grow in wisdom and stature o come to know, love and serve You.*

*This we ask through Jesus Christ, true God and true man, living and reigning with You the Father forever and ever.*

*Amen.*



# Daily Prayers:

## KS1 Morning Prayer:

*Oh my God you love me  
You're with me night and day  
I want to love you always in all I do and say.  
I'll try to please you Father.  
Bless me through the day. Amen.*

## KS2 Morning Prayer:

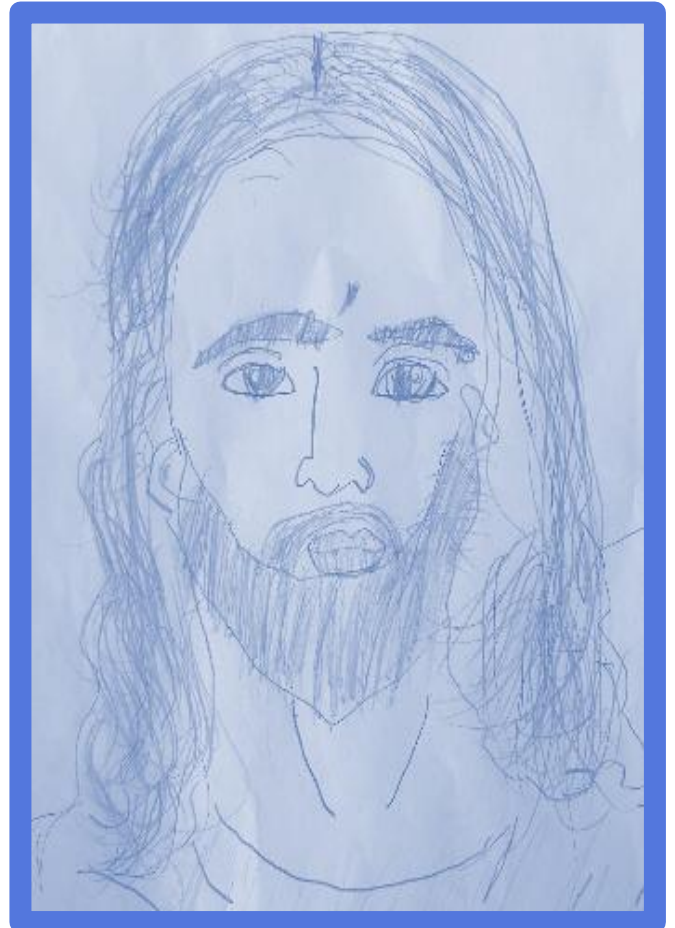
*Oh Jesus, through the most pure  
heart of Mary, I offer to you,  
the prayers, works, sufferings  
and joys of this day,  
for all the intentions of thy  
divine heart and the Holy Mass.  
Amen*

## KS1 Grace before lunch:

*Bless us, O Lord, as we sit together  
Bless the food we eat today,  
Bless the hands that made the food,  
Bless us, O God.  
Amen.*

## KS2 Grace before lunch:

*Bless us, O Lord, for these Thy gifts,  
which we are about to receive from Thy bounty.  
through Christ our Lord.  
Amen.*



**KS1 Grace after lunch:**

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

**KS2 Grace after lunch:**

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

**KS1 End of the day prayer:**

*Goodnight, dear Jesus and  
thank you I say,  
for being my companion  
at work and at play.  
Amen.*

**KS2 End of the day prayer:**

*God our Father,  
I've come to say  
Thank you for Your love today  
Thank you for my family  
And all the friends you give to me  
Guard me in the dark of night  
And in the morning, send your light.  
Amen*



# Key Stage One: Traditional Prayers

## 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.)

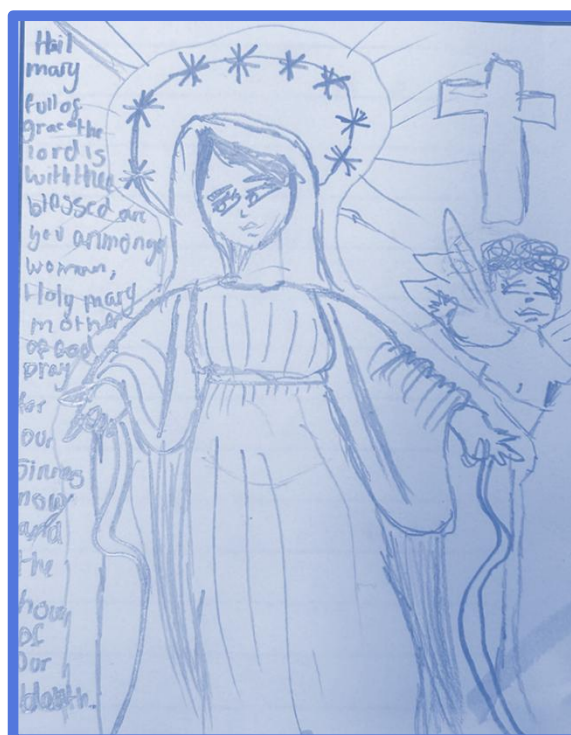
## The Hail Mary

*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.*



# Key Stage Two: Traditional Prayers

## 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.*

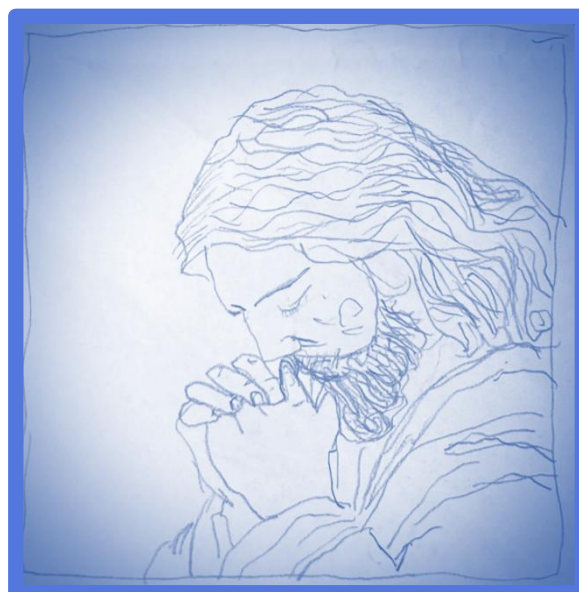
*V. Send forth your Spirit and they shall be created.  
R. And you will renew the face of the earth.*

*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.*



# The Angelus

## 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.



# Spontaneous Prayer

As well as learning school and traditional prayers, we teach our children the importance of spontaneous prayer as well. These are the moments that we may want to connect with God to express thanks, joy, sorrow or call for help. These moments are just as important as our daily prayers and allow children to develop some agency in the creation of prayer and their relationship with God.

Below are some suggestions for when spontaneous prayer may be suitable at home:

- To express thanks for something.
- To express joy about something.
- To pray for someone in need.
- To pray for support and guidance.
- To pray for forgiveness after making a mistake.
- To pray for courage when scared.
- To pray for understanding when confused.
- Any time you wish to communicate with God.

You may remind your child as well that sometimes prayer is something shared with others and said out loud. Other times it is something private, said in one's mind.

# Widgit Prayer Resources



(In our school Widgit symbols are predominantly used to support the learning of those with additional communication needs. However, these may also be used with younger children too. These resources can be used as a method of learning prayers with greater ease, teaching the meaning behind prayers and an additional Widgit word mat is available for helping a child to create their own spontaneous prayer, removing the barrier of spoken and written language)

## The Sign of the Cross (Widgit)



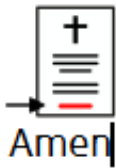
In the name of the father,



and the son



and the holy spirit











Amen










# School Prayer (Widgit)





 Our
  School
  Prayer




Help
  us
  follow
 in
  your
  footsteps |





In
  our
  work
 +
 in
  our
  play




Fill
  us
 with your
  love
 +
  joy

As
  we
  grow
 +
  learn
 each
  day

Help
  us
  show
 the
  greatest
  love

In
  everything
  we
  do

+
  our
  school
 a
  happy
  place

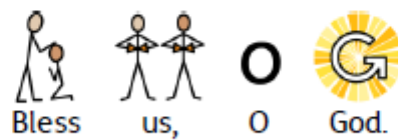
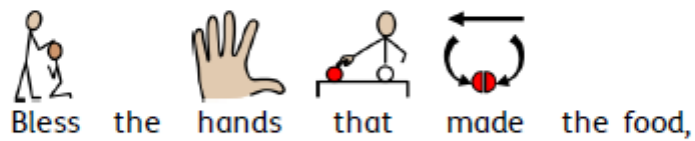
In
  praise
 +
  love
 of
  you

 Amen

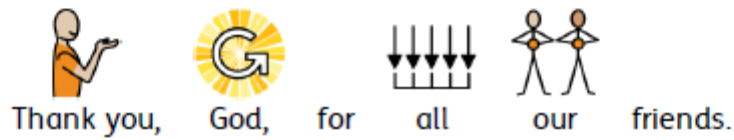
## Morning Prayer (Widgit)



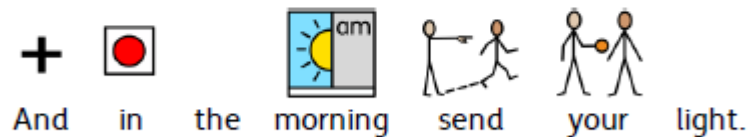
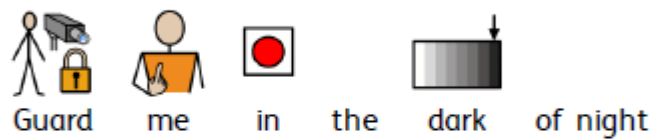
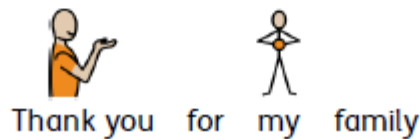
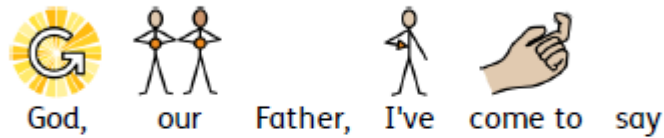
## Grace Before Lunch (Widgit)



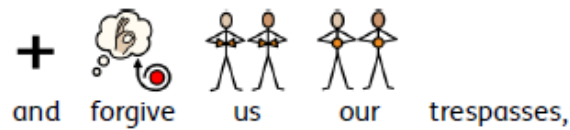
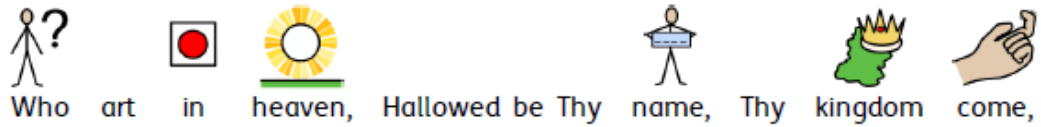
## Grace After Lunch (Widgit)



## End of Day Prayer (Widgit)



# The Lord's Prayer (Widgit)



# The Hail Mary (Widgit)



Hail Mary,



full



of grace,



the

Lord

is



with



you,



Blessed



are you



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

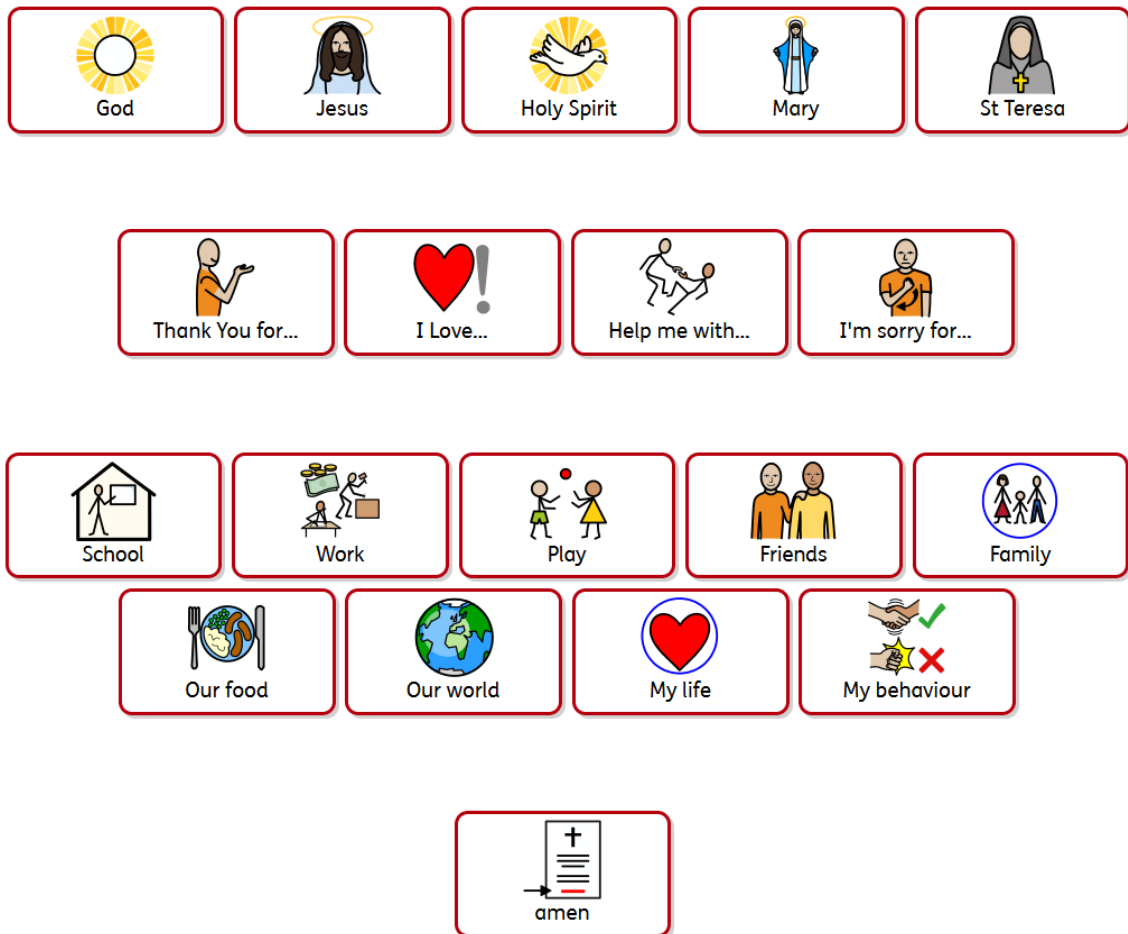


death.



Amen.

## Spontaneous Prayer Support (Widgit)



**This resource can help a child with limited communication create a spontaneous prayer.**

- 1) In the top section we address our prayer. (Remember to remind children that we can ask Mary of St Therese to hear our prayer and help take it to God but it is still God that we are praying to.)
- 2) In the second section, the child can express why they are praying. It could be for thanks, support or forgiveness for example.
- 3) Then we have a list of things that the child may be praying about. This list is of course non-exhaustive, but it may give some children some ideas.
- 4) Finally, we end with “Amen”. Children may practice putting their hands together or making the sign of the cross.