



St. George & St. Martin Catholic Academy



Whole School Traditional Prayer Policy

By the end of NURSERY children need to know

- Sign of the Cross (understand simply what it means)
- Grace before/after eating
- Prayers at the beginning and end of the day

Join in a simple prayer to Our Lady

N

Morning Prayer

Father in Heaven,
You love me,
You are with me, night and day,
I want to love you always,
In all you do and say,
I'll try to please you, Father,
Bless me through the day.
Amen

N

Grace (Prayer) 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.

N

Grace (Prayer) after Meals

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

N

Prayer at the END of the day

Evening Prayer

**God our Father, I 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.

By the end of RECEPTION children need to know

- Sign of the Cross
- Hail Mary
- Our Father
- Grace before/after eating
- Prayers at the beginning and end of the day

R

Our Father (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.

Amen

R

Hail Mary

Hail Mary full of Grace,

the Lord is with thee.

Blessed are 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.

By the end of YEAR 1 children need to know Foundation Stage Prayers and the following.

- **Glory Be**
- **Prayer to the Guardian Angel**
- **Simple Mass Responses eg Lord have mercy, Alleluia, The Lord be with you**

Y1

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.**

Y1

Prayer to the 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.**

By the end of YEAR 2 children need to know all previous prayers and the following.

- **The Litany of Saints Prayer of St. Francis of Assisi. (I'm checking this with the Diocese)**
- **More Mass Responses including gestures**
- **Eternal Rest**

Y2

Eternal Rest

**Eternal rest grant unto them (or him/her), O Lord,
and let perpetual light shine upon them (or him/her)
May they rest in peace.**

Amen.

By the end of YEAR 3 children need to know all the previous prayers and the following.

- Act of Sorrow
- Most Mass Responses
- The Diocese expect children to know about the following prayers and their purpose
- The Angelus
- Prayer of St. Theresa of Avila (<https://www.youtube.com/watch?v=PdYtXznn6uw>)
- School Prayer for Vocations

Y3

Act of Sorrow (Act of Contrition)

O my God, because you are so good,
I am very sorry that I have sinned against you;
and by the help of your grace,
I will not sin again.
Amen

From here: children need to be aware of these prayers, their purpose and be able to read them.

Y3

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.

- **Prayer of St. Theresa of Avila** (checking prayer with diocese but for now use (<https://www.youtube.com/watch?v=PdYtXznn6uw>))

Y3

St. George & St. Martin Catholic Academy
Prayer for Vocations

Loving Father,
we know you love us
and have great plans for us.

Help us to walk
in your love every day.
Teach us how to talk,
listen and follow You.
May everything we do, lead to You.

We pray for all those
you are calling to be
priests, deacons,
religious sisters and brothers.
May they respond in love to your call.

Make our own hearts always be ready
to do what you ask us.

We ask this through Christ, our Lord.
Amen.

By the end of YEAR 4 children need to know about all the previous prayers and their purpose and:

- Some of the mysteries of the Rosary
- The Memorare
Being aware of which prayers are used in which liturgical seasons

Y4

The Memorare

Remember, O most loving Virgin Mary,
that it is a thing unheard of,
that anyone ever had recourse to your protection,
implored your help,
or sought your intercession,
and was left forsaken
Filled therefore with confidence in your goodness
I fly to you, O Mother, Virgin of virgins.
To you I come, before you I stand, a sorrowful sinner.
Despise not my poor words,
O Mother of the Word of God,
but graciously hear and grant my prayer.
Amen.

By the end of YEAR 5 children need to know of all the previous prayers including their purpose and:

- Novena to the Holy Spirit before Pentecost (check with Diocese)
- The Magnificat
- Benedictus
- Nunc Dimittis

Y5

The Magnificat

(Mary's song of praise was first sung to her cousin Elizabeth

(Luke 1:46-55)

(Boyce and Stanley)

<https://www.youtube.com/watch?v=wEknV6eIFgY>

My soul glorifies the Lord,
My spirit rejoices in God my Saviour.
He looks on his servant in her lowliness;
Henceforth all generations will call me blessed.
The Almighty works marvels for me.
Holy his name!
His mercy is from age to age,
on those who fear him.
He puts forth his arm in strength
And scatters the proud hearted.
He casts the mighty from their thrones
And raises the lowly.
He fills the starving with good things,

Sends the rich away empty.
He protects Israel, his servant,
remembering his mercy,
the mercy promised to our fathers,
to Abraham and his sons 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.

Y5

The Benedictus

(The Canticle of Zechariah, father of John the Baptist, is taken from Luke's Gospel (Luke 1:68-79))

Blessed be the Lord, the God of Israel! He has visited his people and redeemed them.

He has raised up for us a mighty saviour

In the house of David his servant,

As he promised by the lips of holy men,

Those who were his prophets from of old.

A saviour who would free us from our foes,

From the hands of all who hate us.

So his love for our fathers is fulfilled

And his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,

we might serve him in holiness and justice

all the days of our life in his presence.

As for you, little child,

you shall be called a prophet of God, the Most High.

You shall go ahead of the Lord

To prepare his ways before him.

To make known to his people their salvation

Through forgiveness of all their sins,

The loving-kindness of the heart of our God

Who visits us like the dawn from on high.

He will give light to those in darkness,

Those who dwell in the shadow of death,

And guide us 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.

Y5

Nunc Dimittis

The Canticle of Simeon (Luke 2:29-32)

Now, Lord, you have kept your word:
let your servant go in peace.

With my own eyes I have seen the salvation
which you have prepared in the sight of every people:

a light to reveal you to the nations
and the glory of your people Israel.

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.

Y6

By the end of YEAR 6 children need to know of all the previous prayers including their purpose and:

- Prayer to the Holy Spirit
- Apostles Creed
- Novena
- Stations of the Cross
- The Rosary
- The Magnificat
- Benedictus
- Nunc Dimittis

Y6

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.

Y6

Apostles Creed

I believe in God,
the Father Almighty,
Creator of Heaven and earth.

I believe 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 to the dead.
On the third day, He rose again.
He ascended to Heaven and is seated at the right hand of the Father.
He will come again 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.