

# OUR LADY'S CATHOLIC PRIMARY SCHOOL



We ASPIRE that through the love of Jesus everyone should  
"have life and have it to the full".

John 10:10

## PRAYER POLICY

Reviewed by: <i>Headteacher</i>	Approved by: <i>Governing Body</i>
Policy Date: <i>January 2026</i>	Next Review Date: <i>Autumn 2028</i>
Review Frequency: <i>Every 2 Years</i>	



*'have life and have it to the full'*

## **Intent**

Prayer is the raising of the mind and heart to God. It expresses the universal human search for God and our response in faith to God's self-revelation. Christian prayer is a living relationship with God in, with, and through Jesus Christ - an encounter that takes place in the quiet intimacy of each person's heart (R.E.D).

At Our Lady's Catholic Primary School, we aim for all pupils to:

- develop a living relationship with God in, with, and through Jesus Christ
- feel nourished and strengthened through prayer
- understand the different forms of prayer, including blessing, petition, intercession, thanksgiving and praise
- learn and grow in confidence with the key prayers of the Catholic Church

## **Implementation**

At Our Lady's, we aim to help our children sustain and deepen their natural capacity for prayer. We teach that prayer is a way of building our relationship with God: a conversation where we speak and also listen. Every child's home life and personal experiences differ, and therefore every child's prayer will be unique. To help pupils develop their own comfortable and authentic way of praying, they are introduced to a wide variety of prayer styles:

- praying the Psalms
- traditional prayer
- repetitive prayer
- meditation
- hymns
- litanies
- prayer Services and the Liturgy
- celebrations
- bodily prayer – raising hands, bowing, genuflecting
- prayer of the heart – stillness and silence
- gestures – sign of the cross, sign of peace
- reflective music
- praise and worship
- scripture
- contemplations
- use of visual images



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## Daily Prayers

Each day begins with a short time of prayer; either in a whole-school assembly or in classrooms.

Each class says or sings the *Grace Before Meals*.

At the end the day, each class ends the school day with the *Examen* and an *End of School Day Prayer*.

## Prayer areas

The school hall has a central prayer area used for weekly Collective Worship and the school's mission is clearly displayed for all to see. This follows the Gospel reading shared each Monday.

A dedicated pupil prayer area is available for spontaneous prayer or for shared prayer, particularly during the months of May and October when children gather to pray the Rosary.

Displays throughout the school allow children to interact with and reflect upon the Church's liturgical year, Bible stories and themes from the RE curriculum.

Each classroom has its own prayer table or focus area, reflecting RE topics, School Virtues, or the Church's Liturgical Season.

## Prayers

Pupils are given opportunities to use both informal and formal prayers.

- Informal prayer (thanking, praising, asking, saying sorry) is built naturally into lessons and classroom prayer opportunities.
- Formal, traditional prayers of the Church are introduced gradually and progressively across the school.

Every pupil from Reception to Year 6 receives a Prayer Book which accompanies them throughout their time at Our Lady's. Pupils use their prayer books to learn, reflect, and deepen their personal prayer life.

*Appendix with the prayers is added to the end of this policy.*



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Traditional Formal Prayers will be introduced to the children as follows:

### Nursery

- Sign of the Cross

### Reception

- Sign of the Cross
- Morning and Evening prayers
- Grace before and after meals
- Prayer to Our Guardian Angel
- Prayers at Mass – Greeting the Gospel Alleluia
- Our Lady's School Prayer

### Year 1

- Sign of the Cross
- Morning and Evening prayers
- Grace before and after meals
- Prayer to Our Guardian Angel
- Our Lady's School Prayer
- Prayers at Mass – Greeting the Gospel Alleluia and some simple responses
- Hail Mary
- Our Father

### Year 2

- Sign of the Cross
- Morning and Evening prayers
- Grace before and after meals
- Prayer to Our Guardian Angel
- Our Lady's School Prayer
- Prayers at Mass – Greeting the Gospel Alleluia and some simple responses to the reading and the Gospel
- Hail Mary
- Our Father
- Act of Sorrow/ Act of Contrition

### Year 3

- Sign of the Cross
- Morning and Evening prayers
- Grace before and after meals
- Prayer to Our Guardian Angel
- Our Lady's School Prayer
- Prayers/ Responses at Mass
- Hail Mary
- Our Father
- Act of Sorrow/ Act of Contrition
- Glory be to the Father
- The Rosary – A Decade of the Rosary



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#### Year 4

- Sign of the Cross
- Morning and Evening prayers
- Grace before and after meals
- Prayer to Our Guardian Angel
- Our Lady's School Prayer
- Prayers/ Responses at Mass
- Hail Mary
- Our Father
- Act of Sorrow/ Act of Contrition
- Glory be to the Father
- The Rosary – A Decade of the Rosary
- Eternal Rest
- I confess

#### Year 5 and Year 6

- Sign of the Cross
- Morning and Evening prayers
- Grace before and after meals
- Prayer to Our Guardian Angel
- Our Lady's School Prayer
- Prayers/ Responses at Mass
- Hail Mary
- Our Father
- Act of Sorrow/ Act of Contrition
- Glory be to the Father
- The Rosary – A Decade of the Rosary
- Eternal Rest
- Penitential Act - I confess..
- Glory To God (The Gloria)
- The Creed
- Hail Holy Queen
- The Memorare
- Angelus

#### Liturgy

Pupils attend Our Lady Queen of the Martyrs, our parish church, to celebrate Mass with our parishioners, to deepen their understanding of the Eucharist. Each class attends Parish Mass on a rota basis. The whole school attends Mass on Holy Days of Obligation.

#### Impact

Pupils at Our Lady's understand that prayer is a meaningful way to encounter the living God. They recognise that prayer enriches their spiritual lives and provides moments to say sorry, to give thanks, and to seek help. By the time they leave our school, pupils know the key prayers of the Catholic Church and have the confidence to speak to God in times of need.

**See Appendix for all prayers**

## **Appendix of Prayers**

### **Sign of the Cross**

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

### **Morning Prayer**

O my God, you love me.

You are with me night and day.

I want to love you always,

In all I do and say.

I'll try to please you Father.

Help me through the day.

Amen

### **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.

### **Prayer To Our 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, to guard,

To rule and guide

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/Thanksgiving**

Thank you God, for the food we have  
eaten.

Thank you God, for all my friends.

Thank you God.

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

Amen



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### **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

### **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 Sorrow**

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 try not to sin again  
Amen.

### **Eternal Rest**

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

### **School Prayer**

Our Lady Queen of the Martyrs  
Pray for our school  
And pray for us  
Amen

### **I Confess**

I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have  
failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.



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### **The Creed**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.

He ascended into heaven  
and is seated at the right hand of the  
Father.

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the  
giver of life,  
who proceeds from the Father and the  
Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.

I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of  
the dead  
and the life of the world to come.

Amen.



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### **The Gloria**

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory.

Lord God, heavenly King,

O God almighty Father.

Lord Jesus Christ, Only-begotten Son.

Lord God, Lamb of God, Son of the Father;  
you take away the sins of the world, have  
mercy on us;

you take away the sins of the world,  
receive our prayer;

you are seated at the right hand of the  
Father, have mercy on us.

For you alone are the Holy One.

you alone are the Lord,  
you alone are the Most High,

Jesus Christ,

with the Holy Spirit

in the Glory of God the Father

Amen.

### **Hail Holy Queen**

Hail, holy Queen, mother of mercy,  
hail our life, our sweetness, and our hope.

To you we do cry,

poor banished children of Eve.

To thee we do send up our sighs,  
mourning and weeping in this vale of  
tears.

turn then, most gracious advocate,  
thine eyes of mercy towards 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.

### **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 with this confidence,

I fly to 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.



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### **The Angelus**

***This can be said morning, noon and night  
– but especially at noon. It reminds us  
that God became man to save us.***

V. The Angel of the Lord declared unto  
Mary,

R. And she conceived of the Holy Spirit.

Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to Your  
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 You, O Lord, your  
Grace into our hearts; that we, to whom  
the Incarnation of Christ, as we have  
known the incarnation of Christ, your 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.

**This policy is available on the school website:**

**[Our Lady's Catholic Primary School and Nursery](#)**

**Paper copies are available on request from the School Office**