

Blessed Dominic Catholic Primary

Love - Learn - Believe



Newsletter



Autumn issue 2 - 12th September 2025

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

Monday 15th September- Yr2 Meet the Teacher 9.00am
Wednesday 17th September- Yr1 Meet the Teacher 9.00am
Thursday 25th September- BD Parent Group AGM 5:00pm
Monday 22nd September - Fairtrade Fortnight
Wednesday 24th September - 6B Assembly
Friday 26th September - Reception Phonics Parent Workshop 9:00am
Thursday 2nd October - 1D Collective Worship 2:45pm
Friday 3rd October - MacMillan Coffee morning 8:30am

Dear parents and carers,
It was lovely to meet so many of you at the "Meet the Teacher" meetings for Years 3, 4, 5, and 6 this week. It was great to see such a strong turnout, which reflects your commitment to your children's education and to working in partnership with us.

You will receive a paper copy of key diary dates for the year, which you can pop on the fridge or somewhere visible at home. This will give you advance notice and help with planning, especially if you're working. As a working parent myself, I understand how important that can be. I'm looking forward to meeting parents and carers of children in Years 1 and 2 next week. At each meeting, teachers reminded us all of the importance of online safety. To support this, I will include the latest online safety guide at the back of the newsletter each week to help keep you up to date with ever-changing technology. Wishing you all a lovely weekend.

Mrs Hourihan

Attendance

1B 97%	1D 98%
2B 93%	2D 99%
3B 96%	3D 92%
4B 97%	4D 98%
5B 95%	5D 96%
6B 96%	6D 93%

**Blessed Dominic Catholic Primary School, Great Strand, Colindale,
London NW9 5PE**

Tel: 020 8205 3790 **E-mail:** office@blesseddominic.barnetmail.net

Website www.blesseddominicprimary.co.uk

Celebrating Success

Star Worker



1B Heart
1D Korede
2B Noah
2D Amaka
3B Whole Class
3D Whole Class
4B Lincoln
4D Whole class
5B Pehel
5D Cosette
6B Gabriel
6D Abigail

Team Player



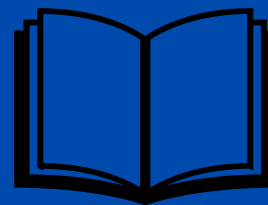
1B Abraham
1D Whole Class
2B Whole class
2D Olivia
3B Harvey
3D Aida
4B Sophia
4D Angel
5B Artem
5D Leo
6B Felicity
6D Iker

Star Handwriter



1B Ianis
1D Ava
2B Whole class
2D Momina
3B Bella
3D Georgina
4B Sebastian
4D Siena
5B Mcirvine
5D Lily
6B Riley
6D Kristine

Star Reader



Bluebells
Daisies
1B Emilija
1D Thomas
2B Ada
2D Aurora
3B Neema
3D Matei
4B Joanna
4D Ivy
5B Natalia
5D Maya
6B Julia
6D Whole Class

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WHAT'S
NEW?

WEEKLY NEWS

Fire brigade visit

"Year 2 and Year 5 had a visit from the Fire Brigade. They learnt about fire safety."

Leia - "You need to have your smoke alarms checked once a month to make sure they are working".



Brandon - "You call 999 when there is an emergency".

HANNAH - "IF YOU LEAVE ELECTRIC THINGS PLUGGED IN IT CAN CAUSE A FIRE".

Menikam - "Firefighters wear jackets with shiny strips on them so they can be seen by others when it is dark or smokey".





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HEALTHY LUNCHES & SNACKS



For Early Years & KS1

Children receive 1 free piece of fruit/veg daily through the government scheme



For KS2

Children must bring their own fruit or vegetable for break



Please keep snacks separate from packed lunches



Not Allowed

Biscuits, cakes, crisps, sweets, or chocolate
Chocolate spreads & satay coverings
(may contain nuts)

No nuts of any kind – due to severe allergies



Healthy Packed Lunch Tips

Include fruit & vegetables

Choose healthy proteins & whole grains

Avoid high-sugar snacks & drinks

**ST JAMES CATHOLIC HIGH SCHOOL
OPEN EVENING EVENT
Year 7 Intake 2026/2027
on
Wednesday 1st October 2025**

St James' Catholic High School would like to welcome you to experience our educational setting, take a tour of the school and meet our staff and pupils.
The event takes place on Wednesday 1 October from 5:30pm.

There will be parking on the school site at the end of Great Strand NW9 5PE.

The school is also easily accessible via the 632 bus!





Safeguarding

The wellbeing of our children is of paramount. Should any person (parent or staff) have a concern regarding a child's wellbeing, please inform one of the school safeguarding team:

- Mrs Sowa - DSL & SENCo
- Mrs Hourihan - Headteacher
- Ms Sulis - Deputy Headteacher
- Ms Smart - Assistant Head

In cases where school staff have concerns, they have a duty to discuss the issue with Social Services to seek further advice. This is the statutory obligation of all schools.



Attendance

Regular attendance plays a vital role in your child's learning and overall development. Every school day counts!

Unfortunately holidays cannot be authorised during term time and authorised absences can only be granted in exceptional circumstance. Please contact the office if you need to request an exceptional leave of absence. These will be considered on a case by case basis.

FPNs (Fixed penalty notices) can be issued for unauthorised absences and the fine is up to £160 per parent.



Uniform reminders

- Ensure ALL items of uniform are clearly labelled.
- School bags should be the school bag, plain blue or black.
- Long hair should be tied back.
- Your child must wear the school PE kit on their PE day:
 - Tuesday - Year 5, Reception, Year 6
 - Wednesday - Year 1
 - Thursday - Year 4, Year 2, Year 3
- School Uniform is available to order and buy through our 'Parent Pay' shop on our website.



SAFER SCHOOL STREET

IN OPERATION
8.15AM – 9.15AM
& 2.45PM – 3.45PM



WE REMIND ALL FAMILIES TO USE THE
P FREE PARKING AVAILABLE
AT THE RAF MUSEUM

WHICH HAS BEEN MADE AVAILABLE
EXCLUSIVELY FOR BLESSED DOMINIC
PARENTS AND CARERS DURING
DROP-OFF AND PICK-UP TIMES


NON STOPFootball!
 STRIKE FOR SUCCESS

FINCHLEY & MILL HILL

FOOTBALL CLASSES
 FOR ALL STUDENTS
 AGED 3 – 15 YEARS

• FA Qualified Coaches
 • Match Days
 • Trophy Presentations
 • Personalised Kit
 • Beginner, Intermediate, and Advanced Levels







★★★★★
 "My sons have been attending Non Stop for football lessons for the past two years and I wouldn't consider sending them anywhere else! Coaches are dedicated and passionate, the courses are well organised and you really feel part of the Non Stop family."


BOOK YOUR FREE TRIAL
 020 8446 0006


NON STOPAction!
 SMALL STEPS, BIG FUTURES
 WWW.NONSTOPACTION.CO.UK


MG65
 MARTYN GERRARD
 PAUL LITTON - COACHES


NON STOPDance!
 MOVE TO THE BEAT

FINCHLEY & MILL HILL

DANCE LESSONS
 FOR ALL STUDENTS
 AGED 3 – 18 YEARS

• Classical Ballet
 • Modern Jazz Street Dance
 • Contemporary
 • Acro-Dance
 • Personalised T-shirt and uniform







★★★★★
 "My daughter has been dancing with Non Stop Dance! for over 7 years, and she has loved every second. The team of staff show such commitment, and the dance shows they organise every other year prove their level of dedication and how much the children love to perform!"


BOOK YOUR FREE TRIAL
 020 8446 0006


NON STOPAction!
 SMALL STEPS, BIG FUTURES
 WWW.NONSTOPACTION.CO.UK

Want to get your child active outside of school?

Non Stop Action run academies in **Football, Dance and Acro Gymnastics**, from ages 3-16 years, based in Finchley and Mill Hill.

Our **Football classes** run on **Saturdays in Finchley** (Finchley Catholic High School (N12 8TA) and **Mill Hill** (Millbrook Park Primary School, NW7 1JF) and cater for a range of abilities, with classes to suit any child's needs! All of our coaches are FA qualified, and our twice termly match days playing against other groups in our academies are a real highlight.

Our **Dance classes** run on **Saturdays at Moss Hall Junior School** (N3 1NR) and weeknights at Millbrook Park School (NW7 1JF). We offer a range of styles including Classical Ballet, Street Dance, Modern Jazz, Acro Gymnastics, and Contemporary. We run exams every other year, enabling your child to gain awards in dance, and our whole academy puts on an amazing performance in our biannual dance show!

If you would like your child to come and try their **first class for FREE**, please get in touch with us to arrange a trial:

020 8446 0006 or info@nonstopaction.co.uk

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-return-to-routine>

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