

Blessed Dominic Catholic Primary

Love - Learn - Believe



Newsletter



Autumn issue 4- 26th September 2025

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

Monday 29th September - Year 5 attending mass in the church 10am
Wednesday 1st October - African Dance Workshop Years 1,2 and 3
Thursday 2nd October - ID Collective Worship 2:45pm
Friday 3rd October - Macmillan Coffee morning 9am
Monday 6th October - 2D Class Assembly - 9.05am
Monday 6th October - Year 4 attending mass in the Church 10am
Wednesday 8th October - African Drumming Years 4, 5 and 6
Friday 10th October - 6B School Trip RAF Museum

Dear parents and carers,
6B led our first class assembly of the year on the theme of democracy, focusing on the importance of voting and the idea that with rights come responsibilities.

It was lovely to meet some of you at our AGM on Thursday evening, where I spoke about the valuable role of a Friends/Parents group. I encourage as many of you as possible to sign up to become part of this group and to consider nominating yourselves for committee roles. This is an excellent opportunity for parents to get involved in our school community, help shape future events, and contribute to fundraising initiatives. Please complete this Google Form to register your interest:

<https://forms.gle/GeRt1QB1WcfX2AZV8>

This Sunday we celebrate the feast of St Vincent de Paul, who dedicated his life to helping the poor. Our Mini Vinnies have been voted in to continue this work of charity in our school.

Please also remember that we will be hosting our Macmillan Coffee Morning next Friday. We warmly welcome donations of cake on Thursday 2nd October to help raise money for this important charity.

Wishing you a lovely weekend,

Mrs Hourihan

Attendance

Daisies 98%	Bluebells 97%
1B 98%	1D 98%
2B 96%	2D 96%
3B 97%	3D 95%
4B 96%	4D 98%
5B 94%	5D 96%
6B 95%	6D 95%

**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

Daisies Whole Class
Bluebells - Whole Class

1B Sienna
1D Carmo
2B Casheem
2D O'Malley
3B Nicolas
3D Oscar K
4B Manasseh
4D Osias
5B Raphaella
5D Maria
6B Bogdan
6D Makaiya



Team Player

Daisies Whole Class
Bluebells Whole Class

1B Patrick
1D Prince
2B Afonso
2D Karlye
3B Jezreel
3D Ioan
4B Raphael
4D Azai
5B Oliver
5D Francesc
6B Whole class
6D Gabriel



Star Handwriter

Bluebells Whole Class
Daisies Whole Class

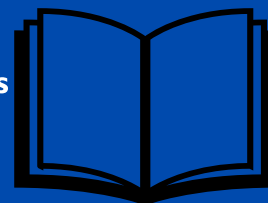
1B Abraham
1D Nava
2B Cortez
2D Leah P
3B Caleb
3D Wrenn
4B Marcus
4D Matteo
5B Jacob
5D Jasmine
6B Ariana
6D Hanna



Star Reader

Bluebells Whole Class
Daisies Whole Class

1B Christian
1D Zion
2B Menikam
2D Gabriel
3B Yasemin
3D Jill
4B Kacper
4D Anastasia
5B Maria
5D Alia
6B Anaya
6D Krishelle



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**WHAT'S
NEW?**



WEEKLY NEWS



500 Words

This week, KS1 and KS2 watched a Live-Lesson delivered by Sir Lenny Henry, Naomi Wilkinson and Venessa Scott to inspire our pupils to begin their own 500 Words stories.

We want your child to take part in 500 Words which is the UK's largest writing competition for 5-11 year olds. All your child has to do is write a story that is 500 words or less, be creative as possible and wow the judges with their writing - spelling, punctuation and grammar are not marked!

All entries must be submitted to Miss Fint by **Monday 3rd November 2025.**

If your child is successful, each winner will take home a bundle of books and the gold winners will also win 500 books for their school library.

50 finalists will be invited to a star-studded grand final at Windsor Castle in February 2026, which will be hosted by Her Majesty The Queen.

If that's not enough, each winner will also see their story be read aloud by a superstar celebrity on TV, which will be shown as part of a special 500 Words programme with The One Show in early March. Happy writing!



**We're excited you're joining us! 🖋️📄 published at 10:20 BST
24 September**

10:20 BST 24 September

Quote Message

Can you please give a shout out to Year 6 at Blessed Dominic Catholic Primary School. We are super excited to participate in today's Live Lesson and have our pens at the ready!

Year 6 at Blessed Dominic Catholic Primary School in Barnet



Fairtrade Fortnight at Blessed Dominic

“Fairness in Every Leaf”

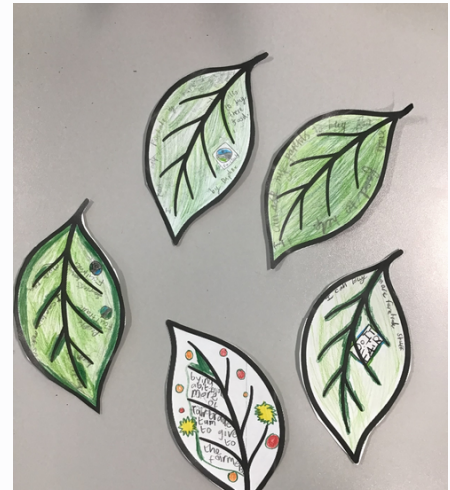
This Fairtrade Fortnight, our Fairtrade Council has been busy leading a range of engaging and educational activities across the school. From colouring competitions and Fairtrade Bingo to designing dream Fairtrade lunchboxes, our children have truly impressed us with their creativity and understanding of global fairness.

This year's theme, “Brew It Fair,” shines a light on the struggles faced by tea farmers in India, Kenya, and Sri Lanka, many of whom live in poverty despite their hard work. Through classroom discussions and hands-on activities, our pupils have learned about the importance of choosing Fairtrade and how it helps farmers earn a fair wage and build better lives.

Next week, we're excited to launch our very own mini Fairtrade café, proudly named:
“Blessed Dominic's Brew — Fairness in Every Leaf.”

The café will offer every child a special Fairtrade treat while giving them a chance to learn more about where their food comes from and how they can make a positive difference in the world. There is no cost — just a wonderful opportunity for our pupils to celebrate the values of fairness, gratitude, and global citizenship.

Well done to all the children for their fantastic efforts so far. We can't wait to see the café come to life next week!



Jeleana - “Fairtrade is important because they make sure farmers get a fair pay for their hard work.”



GUILHERME - “FAIRTRADE A VERY IMPORTANT ORGANISATION THAT WORKS TO BETTER THE LIVES OF FARMERS BY MAKING SURE THEY GET A FAIR PAY BECAUSE THEY WORK HARD GROWING AND PRODUCING CROPS FOR ALL THE FOOD WE LOVE TO HAVE”.

Aurora - I saw Fairtrade bananas and chocolate in the shops and bought it!

Prospective Nursery /Reception Meetings for September 2026

WEDNESDAY 5th NOVEMBER at 5.30pm

THURSDAY 6TH NOVEMBER at 9.05am



Free Child Car Seat Safety Checks

Barnet Council is offering free child car seat checks to help families ensure their children are travelling safely.

Wednesday 8th October 2025, 10am – 3pm
Tesco car park, Coppetts Centre, North Circular Rd, N12 0SH

A trained expert from Good Egg Safety will be on hand to check seats, fix errors and offer advice – no booking required. Experts will check your car seat even if your child isn't with you — but if they are, they can also make sure they're seated correctly and safely.

Last year, 92% of car seats checked in Barnet had errors, most of them serious enough to put children at risk of injury or death in a collision.

Unfortunately, errors on seats are very easily made, but the great news is that they tend to be easy to fix. We encourage all families who use child car seats to attend.

Safe and Sustainable Travel Team
road.safety@barnet.gov.uk

<https://www.facebook.com/goodeggsafety> or
<https://fb.me/e/9prgSJfEG>



ON BIRTHDAYS



**WE ENCOURAGE CHILDREN
TO BRING IN A BOOK TO
SHARE WITH THEIR CLASS
WHICH CAN BE ADDED TO
THE CLASS LIBRARY**

.....
**UNFORTUNATELY DUE TO ALLERGIES
WE CANNOT HAND OUT FOOD ITEMS
OR PARTY BAGS**

THANKS FOR YOUR UNDERSTANDING



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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

OPEN EVENING



**Tuesday 30th September
5:30-7:30pm**

**First-Class Facilities
Outstanding Results
Exceptional Behaviour**

Salvatorian Roman Catholic College has been providing an outstanding education for boys aged 11-18 for **100 years**. Come and see why we should be your first choice for a secondary education.

**Missed us?
Book a tour!**



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






Develop your skills
Make friends
Build confidence

★★★★★
"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

 **MG65**
MARTYN GERARD
PAUL LITTON - COACH

WWW.NONSTOPACTION.CO.UK



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






Take Exams
Perform in Our Shows
Build Confidence

★★★★★
"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



October Camp 2025!

Non Stop Action are very excited for our October Camp 2025! We are running Multi Sports at Moss Hall Junior School (N3 1NR), **Football, Dance** and **Multi Activity Camp** at Millbrook park school (NW7 1JF).

October Camp will run from **Monday 27th - Friday 31st October**. Secure your Early Bird discount if you book before Saturday 4th October!

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.