

Blessed Dominic Catholic Primary

Love - Learn - Believe



Newsletter



Autumn issue 6 - 10th October 2025

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

Tuesday 14th October – 3B Pizza Express Trip
Wednesday 15th October – Whole School Flu Vaccination
Wednesday 15th October – Phonics Workshop for Year 1 Parents 2.30pm
Friday 17th October – Photograph Day Individual and Siblings
Tuesday 21st October – Parent Consultation Evening 3.30pm – 6.30pm
Wednesday 22nd October – Parent Consultation Evening 4.00pm – 7.00pm
Friday 24th October – 6D RAF Museum Trip
Friday 24th October - Diwali dance workshop for Year 2
Tuesday 4th November - 3D Pizza Express Trip
Wednesday 5th November - 4B Class Assembly - 9.05am

Dear parents and carers,

Thank you for downloading our new school app! We are delighted that 68% of our school community are already active users. If you haven't yet activated your app, please look out for a download email in your inbox.

As we enter October, which in our Catholic tradition is dedicated to the Holy Rosary, we take time for this special devotion to the Blessed Virgin Mary. The Rosary invites us to meditate on the Mysteries of Christ's life while praying together. It is a contemplative prayer that includes the Our Father and ten Hail Marys in each decade.

Next week, I would like to warmly invite you to join your child's KS2 class in our prayer garden whilst the weather remains dry, where we will be reciting a decade of the Rosary together. Please gather at the stair gate if you are able to join us for the Rosary and bring along your rosary beads.

Tuesday 14th October - 9am 6B, 2:45pm 6D

Wednesday 15th October - 9am 5B, 2:45pm 5D

Thursday 16th October - 9am 4B, 2:45pm 4D

Friday 17th October - 9am 3B, 2:45pm 3D

"The greatest method of praying is to pray the Rosary" Saint

Francis de Sales

Mrs Hourihan

Attendance

Daisies 99%	Bluebells 95%
1B 98%	1D 98%
2B 97%	2D 97%
3B 96%	3D 97%
4B 97%	4D 98%
5B 95%	5D 96%
6B 96%	6D 94%

**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 - Ella
Bluebells - Alisa
1B - Yanis
1D - Nectarie
2B - Ian
2D - Frankie
3B - Aliza
3D - Victoria
4B - Sophie
4D - Azai
5B - Isabella
5D - Abdul
6B - Bilal
6D - Hanna

Team Player



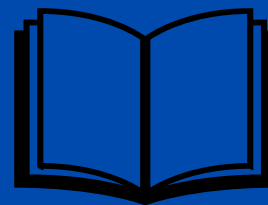
Daisies - Arabelle
Bluebells - Jan
1B - Julian
1D - Hubert
2B - Maria
2D - Cherlyn
3B - Antoni
3D - Mico
4B - Israel
4D - Kasian
5B - Oliver
5D - Sophie
6B - Devan
6D - Makaiya

Star Handwriter



Daisies - Che
Bluebells - Eva-Sofia
1B - Thea
1D - Thomas
2B - William
2D - Maria
3B - Meghan
3D - Sonia
4B - Eveline
4D - Theodora
5B - Daniel
5D - Stella
6B - Hannah
6D - Noah

Star Reader



Daisies - Rosanna
Bluebells - Yasemine
1B - Petras
1D - Prince
2B - Moriah
2D - Jimmy
3B - Aadityan
3D - Meagan
4B - Jaleesa
4D - Aadityan
5B - Jason
5D - Elena
6B - Alycia
6D - Guilherme

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**WHAT'S
NEW?**

WEEKLY NEWS

AFRICAN DRUMMING



Celebrating Black History Month with African Drumming!

As part of our Black History Month celebrations, students took part in vibrant African drumming workshops that brought the rhythms and traditions of West Africa into our school. Through hands-on experience with traditional drums, students explored the cultural significance of music in African communities, learned about its role in storytelling and celebration, and experienced the power of rhythm and unity. It was an energetic, educational, and joyful way to honour the richness of African heritage and history!



WHAT'S NEW?

On Tuesday, the Blessed Dominic football team travelled to The Orion to take part in the first match of the Barnet League. The team worked well together and showed positive and encouraging attitudes towards each other, reflecting the Blessed Dominic mission statement: **Love, Learn, Believe.**



Class 2D's Assembly – The Great Fire of London

This week, Class 2D impressed us all with their fantastic assembly all about the Great Fire of London. They shared fascinating facts, acted out key events from 1666, and helped everyone learn more about this important moment in history.

Well done to 2D for their confident performances and for bringing history to life!





Rosary Club Honouring the Month of the Rosary

October is the Month of the Holy Rosary, and our Rosary Club has been a special place for children to come together in prayer and reflection.

Each lunchtime, children have gathered to pray the Rosary, learn about the life of Mary, and grow in their faith through quiet contemplation and shared intentions.



Prospective Nursery /Reception Meetings for September 2026

WEDNESDAY 5th NOVEMBER at 5.30pm

THURSDAY 6TH NOVEMBER at 9.05am



Birthday Celebrations at School

While we love to celebrate each child's special day, we kindly discourage gift bags and food items being brought in.

Instead, we encourage children to bring a book to share with the class, which can be added to the class library as a lasting memory of their birthday.

Thank you for your support in keeping celebrations simple, inclusive, and focused on learning!



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!





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

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KETIVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>