

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Autumn issue 8 - 24th October 2025



Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

Monday 27th October - Friday 31st October HALF TERM

Monday 3 rd November	Y3-Y6 Parents Reading Workshop at 2.30pm
Tuesday 4 th November	3D Pizza Express Trip
Wednesday 5 th November	4B Class Assembly - 9.05am
Wednesday 5 th November	Nursery Developing Independence workshop 2:30pm
Wednesday 5 th November	Prospective Nursery /Reception Meetings - 5.30pm
Wednesday 5 th November	5D Barbican
Thursday 6 th November	Prospective Nursery /Reception Meetings - 9.05am
Thursday 6 th November	2D Barbican
Friday 7 th November	Grandparents afternoon tea - 1.30pm
Monday 10 th November	5D Collective Worship - 2.45pm
Tuesday 11 th November	3D Collective Worship - 2.45pm

Dear parents and carers,

As I approach the end of my first half term at Blessed Dominic, I feel proud of all that we have achieved together. The children have settled well into their new year groups, and it has been wonderful to see so many of you attending our 'Meet the Teacher' sessions, assemblies, collective worship opportunities and there have been many class trips and experiences. Thank you to the members of our school community who came into school to share their stories as part of our black history celebrations. You have also met with your child's class teacher this week and helped us begin establishing our new Parent Group at Blessed Dominic.

Yesterday, at our Parent Group planning meeting, we discussed some exciting events for the year ahead. We would particularly appreciate a few more parent volunteers in Year 6 to help promote the work of the Parent Group. The first Parent Group event of the year will be an own clothes day on **Wednesday 5th November**, when children can come to school dressed in bright, firework-inspired colours to coincide with the Guy Fawkes celebrations. We ask for a £1 donation (preferably in cash, as ParentPay transactions incur a processing fee).

Today we marked One Tree Day by wearing green to show our commitment to caring for creation as part of our Catholic Social Teaching. As a school, we pledge to live simply by taking part in CAFOD's project, encouraging faith-inspired actions to support our school, our local community, and our global sisters and brothers.

Our new Chair of Governors, Bernadette Clark, wrote to you earlier this week to explain the importance of the Governors' Fund. I strongly encourage you to contribute so that we can continue improving our school for our children. We have lots to look forward to next half term, including the KS2 Reading Meeting, our Grandparents' Afternoon Tea, and harvest donations and tours for prospective parents seeking nursery and reception places for 2026. Finally, a gentle reminder that children should return to school in their full winter uniform, wearing school shoes (not boots or trainers) and their school tie.

After half term, all school communication will be sent via the school app, so please make sure you have downloaded it and that push notifications are turned on.

Wishing you all a restful and enjoyable half term.

Mrs Hourihan

**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 - Olivier
Bluebells - Lemuel
1B - whole class
1D - Carina
2B - Whole Class
2D - Pablo
3B - Hephzibah
3D - Tymofii
4B - Marilyn
4D - whole class
5B - Anila
5D - Evelyn
6B - Felicity
6D - Jesse

Team Player



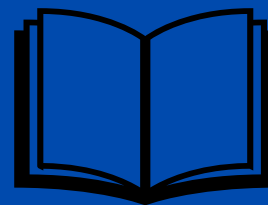
Daisies - Iga
Bluebells - Noah
1B - christian
1D - Luna
2B - Nicholas
2D - Maria
3B - Antonio
3D - Veronyka
4B - Evelyn
4D - Anastasia
5B - Pehel
5D - Rhema
6B - Bogdan
6D - Alessia

Star Handwriter



Daisies - Matthew
Bluebells - Emily
1B - noah
1D - Ava
2B - Whole Class
2D - Eva
3B - Adedolapo
3D - Daphne
4B - Jaleesa
4D - Meg
5B - Kamar
5D - Cosette
6B - Anaya
6D - Kezia

Star Reader



Daisies - Elaina
Bluebells - Evsie
1B - raya
1D - Zion
2B - Whole Class
2D - Zuzanna
3B - Alexa
3D - Matei
4B - Alexander
4D - Osias
5B - Anila
5D - Jasmine
6B - Gabriela
6D - Xander

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WHAT'S NEW?

WEEKLY NEWS

LiveSimply



We are pleased to share with you that our school will be working towards becoming a LiveSimply school and achieving the LiveSimply Award.

The LiveSimply Award, coordinated by CAFOD, the Catholic agency for overseas development, is presented to schools who demonstrate they are living simply, living sustainably, and living in solidarity with the world's poorest communities.

To kick start our journey, today's assembly introduced the work CAFOD does in supporting communities all over the world who are in need of our help and how during our LiveSimply journey, we will be taking faith-inspired actions to support our school & local communities and our global sisters and brothers too.

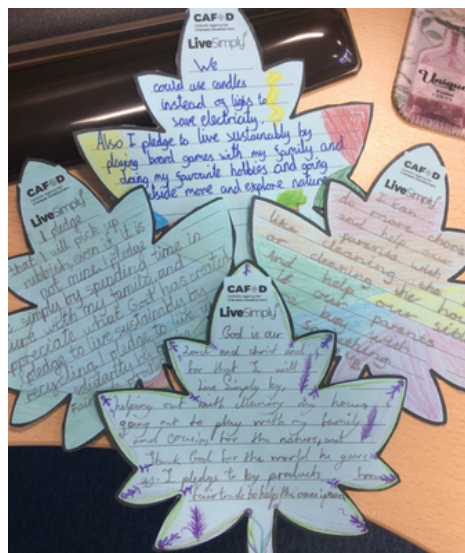
What no better way to start than to take part in 'Just One Tree Day'. The children participated in fun activities learning about reforestation projects and learning that individual actions can make a difference, with each pound donated today going towards planting a tree.

We look forward to telling you more about our actions and inviting you to also take part with us. We really appreciate your support.

If you would like to know more about LiveSimply for schools, please visit cafod.org.uk/LiveSimplySchools

Thank you for your support

Ms Sulis



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Attendance

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



GRANDPARENTS' AFTERNOON TEA – HARVEST CELEBRATION



We are delighted to invite grandparents to a special Afternoon Tea on **Friday 7th November at 1:45pm**, as part of our Harvest Celebrations.

For more details, please see the letter sent via your Parent App.

We look forward to welcoming our special guests!

Harvest Collection – Supporting Food Bank Aid Harvest Food Collection – We Need Your Help!

As part of our Harvest celebrations, we are collecting non-perishable food items to support the Colindale Food Bank, based at Trinity Church. The food bank is currently experiencing high demand and supports many families in our local community.

We kindly ask for donations of items such as:

Tinned soup
Baked beans
Tinned fish
Pasta and rice
Cereal
Tea bags and coffee



Collection Dates:

Start: Monday 3rd November 2025

End: Thursday 6th November 2025

Children can bring donations into school and place them in their class food basket. Every item makes a difference — thank you for your continued generosity and support!

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. We have a lot of children with allergies so as a community we need to help keep each other safe.

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!





Year 2 Learnt About the Sacrament of Baptism

This week, the children in Year 2 have been learning about the Sacrament of Baptism and what it means to be welcomed into God's Family.

As part of their learning, they visited the church and Fr Brian showed the children some important symbols used during Baptism, including the holy oils, the Baptismal candle, and the Baptismal font. The children really enjoyed this special opportunity to deepen their understanding of their faith.



Our football team played against Goldbeaters on Monday and showed fantastic improvement since their first match.

With Boghdan scoring two goals and every player demonstrating better communication and teamwork, it was a great example of how, with determination and support for one another, we can grow in both skill and spirit.



On Wednesday, Year 4 had a special Roman Day to learn more about life in Ancient Rome. Everyone came to school dressed in Roman costumes—some as emperors, soldiers, or Roman citizens. It was a fun and educational experience that brought history to life!



This week, Reception were delighted to welcome Naya's dad — a talented pastry chef — into our classroom! He shared his passion for baking by guiding the children through the process of making delicious cupcakes. The children had a wonderful time mixing ingredients, filling cupcake cases, and asking lots of thoughtful questions. Once the cupcakes were baked, everyone enjoyed tasting their homemade treats together — a truly special and memorable experience!



Yesterday, Marlee-Rose's Nana visited reception to tell us all about her home country — Jamaica! She shared fascinating stories about Jamaican food, the beautiful warm weather, and even taught us a traditional song. We feel so lucky and grateful to have learned so much from her — thank you for helping us celebrate Black History Month in such a special way!





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
- School shoes (NOT boots) should be black and are to be worn every day except on PE days.
- School trousers should be charcoal grey only.
- 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

Emotional Intelligence

Emotional Intelligence helps people to perceive emotions in themselves and others, take control of stress and overwhelming emotions and build and maintain better relationships.

So how can you help your pupils to become more emotionally intelligent and manage exam stress, conflict and promote good mental health?

1. DEVELOP SELF-AWARENESS THROUGH THE CURRICULUM

Provide opportunities through the curriculum for pupils to widen their emotional vocabulary, and understand the emotions of characters through literacy texts and current news.



2. DEVELOP SELF-AWARENESS THROUGH PSHE

Explicitly teach pupils to connect emotional vocabulary with their own physiological experience. Teach pupils that feelings give us information that is helpful, and there are no good or bad feelings, just uncomfortable or comfortable ones.



6. APPLY TO CONFLICT SITUATIONS

At times of conflict, it is helpful to remind pupils that they can use these skills to understand, empathize and regulate their own emotions. They can also use problem solving skills to resolve conflict.



5. HELP PUPILS TO PROBLEM SOLVE

Once pupils can understand and regulate their emotions, they can then make healthier choices and problem solve more effectively because they are not hijacked by strong emotions. Help pupils develop the skill of problem solving regularly.



3. DEVELOP SELF-AWARENESS IN THE MOMENT

When pupils display a particular emotion, help them name it. When you can name it you can tame it.



4. MODEL HEALTHY SELF-REGULATION

Self-awareness leads to regulation. Provide pupils, through modelling and discussion, ways of managing and regulating overwhelming feelings i.e. calming down techniques, mindfulness, safe space or walk and talk.



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A collection of information posters for your school staffroom.



Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

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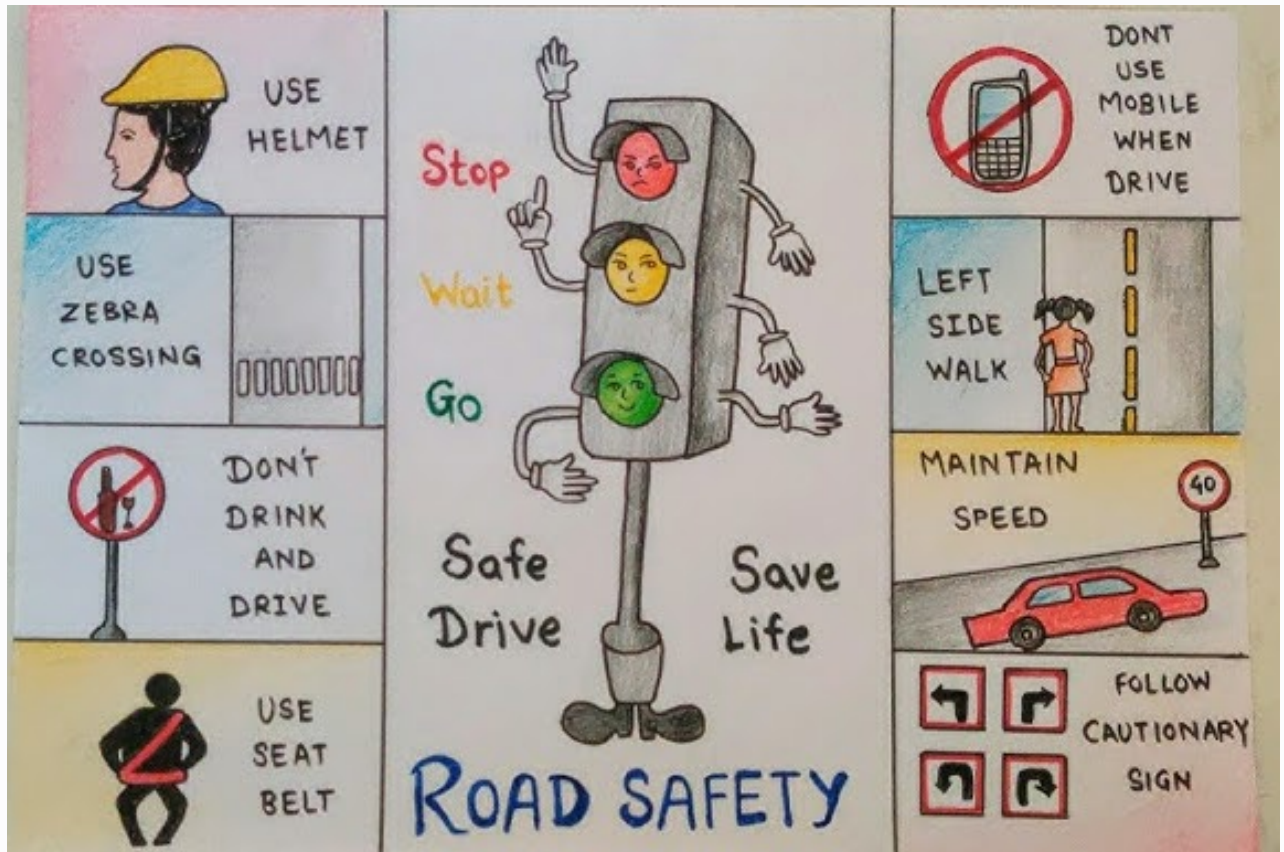
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Keep Your Children Safe This Autumn. BE BRIGHT, BE SEEN

The clocks go back this weekend, resulting in darker evenings and reduced visibility for drivers. We encourage all pupils to stay active and enjoy outdoor activities safely.

Help your child to “Be Bright so they can Be Seen” by wearing bright colours during the day and reflective clothing or accessories after dark. When purchasing a new coat, consider one with reflective strips for added visibility.



Blessed Dominic will be marking Road Safety Week during the week commencing 17th November 2025. This initiative aims to enhance children's understanding of road safety and promote safe behaviours when out and about.

Road Safety Week

