

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Autumn issue 9 - 7th November 2025



Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

Mon 10th-Fri 14th - November - Anti Bullying week
Monday 10th November - Zones of Regulation workshop for Parents - 2.30pm
Monday 10th November - 5D Collective Worship - 2.45pm
Tuesday 11th November - 3B Collective Worship - 2.45pm
Wednesday 12th November - 2B Collective Worship - 2.45pm
Wednesday 12th November - 4D Class assembly - 9.05am
Thursday 13th November - 5B Collective Worship - 2.45pm
Friday 14th November - 3D Collective Worship - 2.45pm
Friday 20th November - 2nd hand uniform, christmas jumpers & book sale 3pm
Monday 17th November - Odd socks day & Anti Bullying Workshop
Wednesday 26th November - Sleep workshop for parents 2:30pm

Welcome back to the second half of the autumn term!

We've had another busy week with a reading workshop for Key Stage 2, an independence session for nursery parents, and trips to the Barbican and Pizza Express!

Our Bright Colours Own-Clothes Day was a great success — it was wonderful to see the children's cheerful outfits.

There will be a second-hand sale of uniform, Christmas jumpers, and books on **Wednesday 19th November** at 3pm in the upper playground — a great opportunity to have a clear-out before Christmas. Donations can be brought into school from Monday 17th to Wednesday 19th November (please not before, as we have limited storage space).

Thank you to those who have already contributed to the Governors' Fund this year. Contributions can be made via your ParentPay account if you are able to support the school in this way. We are currently looking into upgrading our Wi-Fi and server to improve connectivity across the school.

This week, we also welcomed prospective parents to look around our school as they prepare for admissions for the next academic year. If you have friends or family considering joining our wonderful community, please remind them that applications are due by **15th January 2026**.

On Thursday, our Diocesan Advisor spent the day with us reviewing the quality of Religious Education across the school. She was particularly impressed by the children's RE work, how confidently they spoke about the Catholic life of the school, shared their learning, and described how we support Catholic Social Teaching through our leadership opportunities.

Thank you for all your generous donations to the Harvest Festival, and to the many grandparents who joined us for afternoon tea — it was a lovely occasion. We will be delivering the donations to Colindale Foodbank to support the needs of our local community.

Finally, please note that I will be attending the Headteachers' Conference from Wednesday afternoon until Friday next week, so I won't be on the gate during those days.

Warm regards,
Mrs Hourihan

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

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

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**WHAT'S
NEW?**

WEEKLY NEWS

Celebrating Success

Star Worker

Daisies - Aria
Bluebells - Lucas
1B - Michele
1D - Carina
2B - Mario
2D - Alexis
3B - Michael
3D - Olive
4B - Whole class
4D - Joshua
5B - Arianna
5D - Luca Q
6B - Riley
6D - Guilherme



Team Player

Daisies - Matilde
Bluebells - Amarah
1B - Yusuf
1D - Valerie
2B - Maya
2D - Andrei N
3B - Neema
3D - Ryan
4B - Santiago
4D - Jude
5B - Charbel
5D - Whole Class
6B - Shyllah
6D - Whole Class



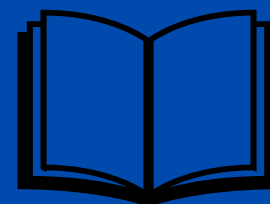
Star Handwriter

Daisies - Richard
Bluebells - Victoria
1B - Szymon
1D - Antonio
2B - Alisa
2D - Serioaga
3B - Isabelle
3D - Bruno
4B - Sophie
4D - Kolya
5B - Dawid
5D - Abdul
6B - Hannah
6D - Makaiya



Star Reader

Daisies - Alia
Bluebells - Whole Class
1B - Lily
1D - Lucy Lu
2B - Wilfred
2D - Joan
3B - Chloe
3D - Hannah
4B - Daryna
4D - Deborah
5B - Lianna
5D - Luke M
6B - Bogdan
6D - Mateo



ATTENDANCE

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



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WHAT'S NEW?



easyfundraising

Blessed Dominic Catholic Primary School are using easyfundraising to raise some extra funds - for free! We'd love you to help us by collecting free cashback donations for Blessed Dominic Catholic Primary School every time you shop online - all courtesy of the retailer you shop with. The simplest way to do this is to install the free easyfundraising app. You can use it to shop with all of the participating 8,000+ online retailers who will give us free money and it's available for android or iOS devices. This month only, with their Free £2 App-eal, if you register to support us via their app, we'll get a bonus £2! Please get the app now and use it for all your Black Friday and Christmas shopping. It would make such a difference. Thank you! Visit https://www.easyfundraising.org.uk/easyfundraising-app/?caused=398886&utm_campaign=pmc&utm_source=email&utm_medium=email&utm_content=app-eal-nov-em



**2ND HAND
UNIFORM
CHRISTMAS
JUMPERS AND BOOK
SALE**

**WEDNESDAY 19TH NOVEMBER
AFTER SCHOOL**

**PLEASE BRING PRE-LOVED UNIFORM,
CHRISTMAS JUMPERS AND BOOKS
17 NOVEMBER - 19 NOVEMBER**

**THERE WILL ALSO BE
HOT CHOCOLATE, COFFEE
AND TEA ONSALE**

BOOK

**Santa's
Grotto**

11th December

**Children will be given a gift
from Santa**

£3 per child

Please pay on ParentPay

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GRANDPARENTS' AFTERNOON TEA – HARVEST CELEBRATIONS



We had a wonderful turnout at the grandparents' afternoon tea today with lots of tea, cakes and songs. It was a lovely way to celebrate the important role that grandparents play in our school community.

Governors' Fund – £60 per Pupil Contribution

Each year, our school's Governing Board asks families to contribute to the Governors' Fund, which supports important projects and improvements not covered by our regular school budget.

This year, the suggested contribution remains £60 per pupil.

The fund helps us enhance our school environment and resources — for example, improving playground areas, upgrading IT equipment, and supporting enrichment opportunities for pupils.

A huge thank you to all the families who have already contributed — your generosity makes a real difference to what we can offer our children. If you've not yet had the chance to donate and would like to, contributions can be made via Parent Pay.



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Year 3D visited Pizza Express

**WHAT'S
NEW?**

Year 3D had a fantastic time at Pizza Express! The children learned all about how pizzas are made, from preparing the dough to adding their favourite toppings. They especially enjoyed getting hands-on and creating their own delicious pizzas to take home. It was a fun and educational experience for everyone!



The Barbican

This week, Year 2D and 5D were thrilled to visit The Barbican, where they enjoyed a spectacular orchestral concert! The children were amazed by the beautiful music and had a fantastic time experiencing live instruments up close.





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Birthday Celebrations

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!



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

The clocks have gone back 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.



LIVE SIMPLY



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, we introduced the work during assembly what 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.

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**



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

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.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College