

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Autumn issue 10- 14th November 2025

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

Monday 17th November - Odd socks day & Anti Bullying Workshop
Mon 17th - Fri 21st Nov- Road Safety Week
Wednesday 19th November - 5D Class Assembly at 9.05am
Friday 20th November - 2nd hand uniform, Christmas jumper & book sale 3pm
Monday 24th November - 1B Class Assembly at 9.05am
Monday 24th November - Parents of Year 3 and 4 timetables workshop
Wednesday 26th November - Sleep workshop for parents 2:30pm
Wednesday 26th November - 3D Class Assembly at 9.05am
Friday 28th November - 6B Collective Worship at 2.45pm

Dear Parents

This week, our school community came together, with reverence, to mark Remembrance Day. Each phase thoughtfully presented their Remembrance book, It was a moving tribute reminding us of the importance of honouring those who served and reflecting on peace.

Representatives from Mini Vinnies had the opportunity to visit Colindale Foodbank to deliver food donations from the school community. A huge thank you to everyone who contributed such generous donations — your kindness makes a real difference.

Workshops have been in full swing! Thank you to Mrs Sowa who led an engaging parent session on the Zones of Regulation, understanding pupils managing their emotions.

Next week, we look forward to a range of workshops, starting with Anti-Bullying week. On Monday, children are invited to wear odd socks to celebrate kindness, individuality and standing up for one another. We'll also be marking Road Safety week with a range of awareness activities.

Finally, during today's assembly, we also reflected on World Day of the Poor, which takes place this Sunday. Inspired by Pope Francis' message, rooted in the teachings of Pope Leo XIII, we reminded the children that compassion, generosity and care for those in need are at the heart of our faith and our community. Thank you to the children who read out their prayers in assembly.

Wishing you a lovely weekend

Ms Sulis

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

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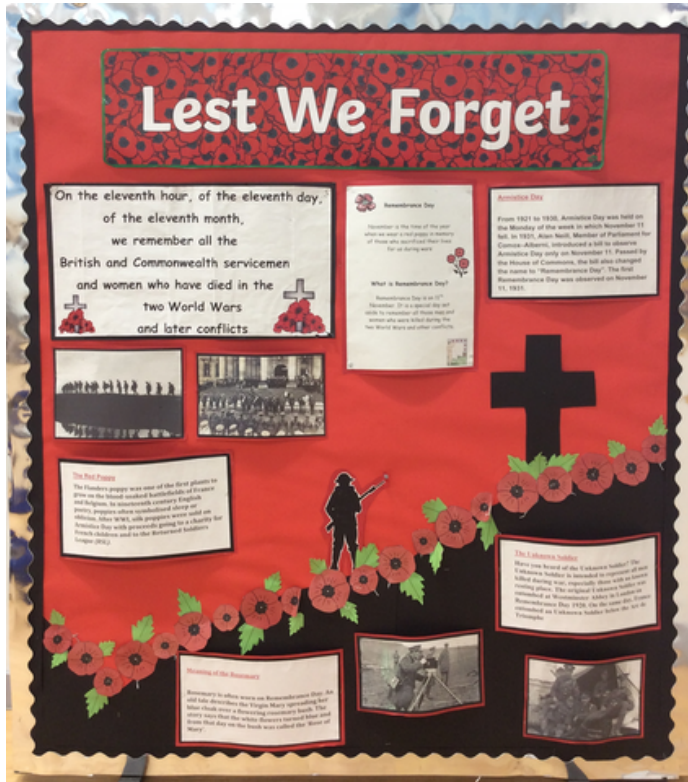
Website www.blesseddominicprimary.co.uk

WHAT'S NEW?

Tree of Remembrance

This November, our Prayer Council wanted to do something special to mark the month of Remembrance, so they've created a beautiful Tree of Remembrance in the KS2 corridor.

Each day, two Prayer Leaders invite pupils passing by to write the name of someone—or a group of people—they'd like to remember on a leaf to hang on the tree. Staff and pupils join as a school community, in remembering those who are special to them.



Year 1 PE – Pickleball Fun!

In today's PE lesson, Year 1 began learning the skills of Pickleball! The children practised controlling the ball using their rackets and had great fun developing their coordination and teamwork.





WHAT'S NEW?

WEEKLY NEWS

Celebrating Success

Star Worker

Daisies - Zeta
Bluebells -Whole Class
IB - Nissi
1D - Pipa
2B - Noah
2D -Oliver
3B - Alexander
3D - Sonia
4B -Olivia
4D -Whole Class
5B -Alexandra
5D -Maya
6B- Jasmine
6D -Noah



Team Player

Daisies - Myla
Bluebells -Whole Class
IB -Aragon
1D - Ava
2B - Whole class
2D -Gabriel
3B - Yasemin
3D - Caitlyn
4B -Cameron
4D -Alexandra
5B -Natalia
5D - Joel
6B- Julia
6D -Whole Class



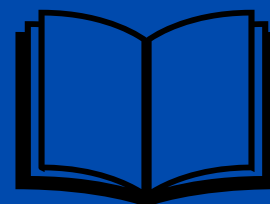
Star Handwriter

Daisies - Rafael
Bluebells - Whole class
IB - Vincenzo
1D - Hubert
2B - Alexandra
2D -Cheryl
3B - Rithwik
3D - Jill
4B -Antoni
4D -Jenya
5B -Valentina
5D -Toro
6B- Ariela
6D -Alexandra



Star Reader

Daisies - James
Bluebells -Whole class
IB - Christian
1D - Nava
2B - Ada
2D -Eva
3B - Antoni
3D - Victoria
4B - Yuri
4D -Anastasia
5B -Jacob
5D -Malachi
6B- Martin
6D -Ada



ATTENDANCE

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



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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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WHAT'S NEW?

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.



December Camp 2025!

Non Stop Action are very excited that bookings are now open for **December 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).

December Camp will run from Monday 22nd - Tuesday 23rd December. Secure your Early Bird discount by booking before Saturday 29th November!

Head to our website to book now:

<https://www.nonstopaction.co.uk/>

Kind Regards,

Cameron Smith Holiday Camp Manager



David Pinto-Duschinsky MP,
Member of Parliament for Hendon, is
organising a community litter pick-up on
Sunday, 16th November.

Choose your location:
Hendon, Burnt Oak, Colindale, Mill
Hill, Edgware or West Hendon

Sign up here:
<https://shorturl.at/nqNWE>



Free Child Car Seat Checks
Friday 21st November, 10am – 3pm
Asda Colindale car park
off Capitol Way, Edgware Rd, London NW9 0AS



Barnet Council is offering free child car seat safety checks to ensure children are travelling safely. A trained expert from Good Egg Safety will be available to inspect seats, fix errors and provide advice, no booking required.

Harvest Food Collection

WHAT'S NEW?

We are delighted to share that all the food generously donated by our families for Harvest has been delivered to the Colindale Foodbank. A huge thank you to everyone who contributed! Your kindness and generosity will help support local families in need. It's wonderful to see our school community coming together to make a difference.

"Today was a marvelous day! We donated to the food bank to help those in need. Our school did a wonderful deed for the world".
Mason Yr 6

Yesterday, I went to the local food bank with my school to deliver our donations. It was amazing to see so many items – apples, pears, and canned goods – all given to help those in need. This experience reminded me of the importance of supporting the poor and caring for others, just as God and St. Vincent taught us.

Azenath Year 6



"Yesterday, a few of the Mini Vinnies visited the food bank to donate food for those in need. It was my first time visiting, and I felt proud and grateful to help others. This experience connects to our Catholic Social Teaching about supporting the poor and vulnerable: 'Treat others how you want to be treated.'"
Asia Year 5

This week, KS2 engaged in an interactive assembly to celebrate UK Parliament Week — shining a spotlight on oracy, democracy, and pupil voice at Blessed Dominic.

The children impressed everyone with their knowledge of how the House of Commons works, taking on the roles of MPs and debating the motion:
"This House Believes That Homework Should be Banned." with KS2 and parents.

Our young "MPs" showcased excellent speaking and listening skills as they shared powerful arguments, counterpoints, and rebuttals — just like in a real parliamentary debate! Through this assembly, pupils explored British Values such as democracy, respect, and individual liberty, while developing their confidence to speak clearly and listen thoughtfully — key skills in our school's Oracy journey.

KS2 truly demonstrated that every voice matters at Blessed Dominic!





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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.



Road Safety Week

Next week in school, we are taking part in Road Safety Week. The children will be learning how to stay safe when walking, cycling, and travelling near roads. Through discussions, activities, and class assemblies, we'll be encouraging everyone to think carefully about how to Stop, Look, Listen, and Think!

Together, we can help our pupils become confident and responsible road users.





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

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.



3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.



4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.



5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.



6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.



7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.



8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.



9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.



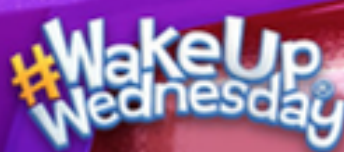
10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.



Meet Our Expert

Bob Bosley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



The National College

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/104444/survey_of_parents_and_their_children_on_bullying_2017.pdf
<https://www.ncsl.org/education/bullying/bullying-basics.html> | https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/104444/survey_of_parents_and_their_children_on_bullying_2017.pdf