

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Autumn issue 13 - 5th December 2025



Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

Monday 8th December - Little Elf Show for Reception
Tuesday 9th December – Reception Nativity 9.30am
Tuesday 9th December – KS1 Nativity 2.00pm
Wednesday 10th December - KS1 Nativity 2.00pm
Thursday 11th December - Christmas Jumper Day and Christmas Lunch
Friday 12th December - Alladdin Panto KS1/KS2
Monday 15th December - Nursery Nativity 9.30am
Wednesday 17th December -5B and 6B at 7pm - Church
Thursday 18th December -5D and 6D at 7pm -Church
Friday 19th December - Last day of term school finishes at 1.30pm

Dear Parents and carers,

It's starting to feel a lot like Christmas!

Our Christmas tree arrived on Monday, and the children have been busy adding their own creative decorations. The decorations are so creative and I think this will become a new school tradition.

On Wednesday, the prayer leaders and I attended the Advent Carol Concert in Westminster, organised by the Catholic Children's Society. We joined other Catholic schools from the diocese in solidarity to reflect on the Christmas story. The star of the show was a real-life donkey named Clover, along with Lily the goat, who accompanied the shepherds.

This morning, Fr Brian joined us for an Advent reconciliation service, and we lit our second candle on the Advent wreath to represent peace. This candle symbolises the journey of Mary and Joseph to Bethlehem and anticipates the peace that Christ's birth brings to the world. Children in Years 4–6 also had the opportunity for reconciliation to prepare their hearts for Jesus' birth – God's arrival into the world in the person of Jesus. Let us slow down and remember the real reason for Christmas.

Next week, the nativities get into full swing with the Reception and Nursery performances. We also have Christmas Jumper Day, Christmas Dinner, and the Grotto on Thursday 11th December.

Remember to book your tickets via ParentPay.

“God wishes us to prepare ourselves to receive Jesus with love;
let us clear our hearts of all that could displease Him.”

St Alphonsus Liguori

Wishing you a lovely weeked.

Mrs Hourihan



Second Sunday of Advent (Year A)

**Blessed Dominic Catholic Primary School, Great Strand, Colindale,
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WHAT'S NEW?

WEEKLY NEWS

Celebrating Success

Star Worker

Daisies - Alexandru
Bluebells - Yasmine
1B - Lily
1D - Thomas
2B - Whole Class
2D - Cherilyn
3B - Maximiliano
3D - Ryan
4B - Callum
4D - Azai
5B - Whole Class
5D - Francesc
6B - Sara
6D - Immanuel



Team Player

Daisies - Nicholas
Bluebells - John
1B - Noah
1D - Nava
2B - Whole Class
2D - Reign
3B - Arnie
3D - Daphne
4B - Arsema
4D - Theodora
5B - Maria
5D - Alia
6B - Azenath
6D - Kezia



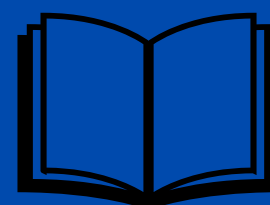
Star Handwriter

Daisies - David
Bluebells - Evsie
1B - Andrea
1D - Louise
2B - Whole Class
2D - Amaka
3B - Neema
3D - Sonia
4B - Cameron
4D - Nikisha
5B - Arianna
5D - Malachi
6B - Shyllah
6D - Arthur



Star Reader

Daisies - Victoria
Bluebells - Aleksei
1B - Yusuf
1D - Annabel
2B - Whole Class
2D - Jimmy
3B - Bella
3D - Bruno
4B - Jaleesa
4D - Kolya
5B - Oliver
5D - Elsa
6B - Joshua
6D - Neha



ATTENDANCE

Daisies - 99%	Bluebells - 99%	1B - 91%	1D - 82%
2B - 95%	2D - 94%	3B - 95%	3D - 98%
4D - 96%	5B - 80%	5D - 91%	6B - 93%
			6D - 93%



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CHRISTMAS DATES

Tuesday 9th December – Reception Nativity 9.30am

Tuesday 9th December – KS1 Nativity 2.00pm

Wednesday 10th December – KS1 Nativity 2.00pm

Thursday 11th December – Christmas Jumper Day & Christmas Lunch

Monday 15th December – Nursery Nativity 9.30am

Wednesday 17th December – 5B and 6B Carol Service 7.00pm Church

Thursday 18th December – 5D and 6D Carol Service 7.00pm Church

***Details to follow about tickets for these events**

**Note Year 3 & 4 will be performing the Easter story in March 2026*



Santa's Grotto – Thursday, 11th December

Children will have the chance to meet Father Christmas and receive a small gift.

Please pay £3 via Parent Pay to support this special event.

Thank you for your continued support — it helps us make these exciting Christmas surprises possible for the children!

Our Christmas Tree Has Arrived!

Our beautiful Christmas tree has arrived from Pines and Needles and is already bringing festive cheer to our school.

The children from each class have been busy decorating the tree with their own lovely, handmade Christmas decorations—making it feel extra magical this year!

Families can enjoy 10% off real Christmas trees (up to 7ft) using the code SCHOOL10 at any pop-up store or online.

Find your nearest store here: <https://bit.ly/4p4LhUc>





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Advent Carol Service at Westminster Cathedral



Mrs Hourihan, Ms Fanea and our prayer leaders were delighted to attend the annual Advent Carol Service at Westminster Cathedral, organised by the Catholic Children's Society. This beautiful celebration brought together children from Catholic schools across London for a joyful Nativity performance, heartfelt carol singing, and reflections on the true meaning of Christmas.

The service was attended by Bishop Nicholas Hudson and other clergy, adding to the sense of occasion. A highlight of the event was the inclusion of live animals, which helped bring the Nativity story to life in a memorable and engaging way for all present.



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Burnt Oak Leisure Centre



Burnt Oak Leisure Centre will be hosting
The Felix Fresh Project free food distribution on **Thursday, 11th December at 12:00pm - 14:00pm.**
This initiative provides free, high-quality fresh food to local families,

WHEN - Thursday 11th December 12-2pm
WHERE - Burnt Oak Leisure Centre, Watling Ave, Edgware HA8 0NP
W3W ///fever;palm.ages

This week, Class 2D celebrated the beginning of Advent with a thoughtful and uplifting collective worship. The children reflected on the themes of hope and preparation as they began this special season together. Their reverence and participation made it a truly meaningful start to Advent.



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-eml



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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.



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



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.



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 **ENERGY DRINKS**

WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT



Most energy drinks contain high levels of caffeine, often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS



The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH



The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during afternoon or evening, can disrupt normal patterns. The stimulating effects of caffeine make it difficult for children and young adults to fall asleep – leading to insufficient rest and associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counter the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries or alcohol poisoning.

POTENTIAL FOR DEPENDENCY



Frequent consumption of energy drinks can lead to tolerance – meaning that individuals need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who are more vulnerable to addictive behaviour.

Advice for Parents & Educators

LIMIT CONSUMPTION



It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS



Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with health organisations and policymakers to advocate for regulations on energy sales to children and young people. Raise awareness among parents, educate community members about the potential health risks associated with energy and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washington Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TestEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks