

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Autumn issue 14- 12th December 2025

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary dates

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
Monday 5th January - INSET DAY
Tuesday 6th January - Children return to school
Monday 5th - 16th January - 6B Swimming lessons
Thursday 15th January - Deadline for Reception and Nursery Applications
Monday 19th January - Year 5 RAF Trip
Monday 2nd - 12th February - 6D Swimming lessons

Dear parents,

This week, I was so proud of our children in the Reception and KS1 nativities. They spoke so confidently and sang so beautifully! The KS1 performance of It's Christmas shared a lovely message, reminding us all of the joy and meaning of the Christmas season.

The grotto was a HUGE success. There was such a festive atmosphere in the school, with our community coming together to create a wonderful experience for the children. Thank you to the PTA for all their time, effort and dedication in setting up and running this fantastic event.

On Thursday, we enjoyed a delicious Christmas lunch, and both staff and children wore Christmas jumpers to raise money for Save the Children. Thank you for your generosity—we raised £277 for this important cause.

The whole school also had a panto treat this week, with performances of Little Elf and Aladdin here in school.

Next week, we have our Nursery nativity and the Year 5 & 6 Carol Concerts to look forward to. Please may I remind you all of the importance of school attendance, even in the final week of term. Please remember that I cannot authorise absence for holidays, and that the new term starts for children on Tuesday 6th January 2026.

Mrs Hourihan

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

WEEKLY NEWS

Celebrating Success

Star Worker

Daisies - Alia
Bluebells - Bluebells
1B - Afonso
1D -Carina
2B -Afonso
2D -Gabi
3B -Whole Class
3D - Veronyka
4B - Alexander
4D -Whole Class
5B -Charbel
5D -Lily
6B- Ariana
6D - Gabriele



Team Player

Daisies - Giovanna
Bluebells Naomi
1B - Sienna
1D - Whole class
2B -Whole Class
2D- Whole Class
3B - Sarah
3D - Ioan
4B -Marcus
4D -Whole Class
5B - Valentina
5D -Elena
6B- Martin
6D -Mateo



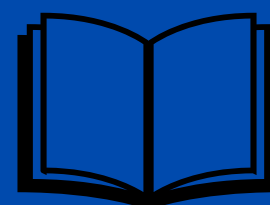
Star Handwriter

Daisies - Olivia
Bluebells-Maria
1B -Maria
1D -Musa
2B -Ada
2D -Oliver
3B - Catherine
3D - Abdul
4B - Osa
4D - Whole Class
5B -Alexandra
5D -Evelyn
6B- Alycia
6D -Neha



Star Reader

Daisies - Giovanna
Bluebells-Alisa
1B - Aragon
1D - Adam
2B -Keyaan
2D - Zion
3B - Antonio
3D - Georgina
4B - Lincoln
4D -Whole Class
5B -Natalia
5D -Lily
6B- Azenath
6D - Gabriela



ATTENDANCE

Daisies - 97%	Bluebells - 97%	1B - 95%	1D -95%
2B-98%	2D- 100%	3B- 98%	3D- 94%
4D - 97%	5B - 95%	5D -95%	6B - 100%
			6D -98%

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CHRISTMAS DATES

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***



Christmas Jumper Day!

On Thursday, the children attended school wearing their Christmas jumpers, creating a joyful and festive atmosphere throughout the school. It was wonderful to see so many bright and creative outfits, and the occasion brought a sense of excitement and community to the day.

We are delighted to share that, thanks to the generosity of our families, we have raised so far **£277** for Save the Children, supporting their important work with children in need.



Wednesday Word

Please click on link for this weeks Wednesday Word



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Wednesday Word

wednesday-word.paperturn-view.com



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KSI and Reception Nativities

This week, we were delighted to watch our Reception and Key Stage 1 children perform their nativity plays. The children shone on stage, bringing the Christmas story to life with their singing, acting, and enthusiasm. From adorable angels and shepherds to confident narrators, each performance was full of joy and festive spirit, leaving the audience smiling and filled with holiday cheer.



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SANTA'S GROTTO

On Thursday, the children had a very special visit from Father Christmas.

Each class had the chance to meet him, share their excitement for the festive season, and receive a small gift.

The children were delighted, and it was a lovely way to bring some Christmas magic into school.

A huge thank you to the PTA of Blessed Dominic for all their hard work and support in organising this event. Their time, effort, and enthusiasm helped make the day truly special for the children, and we are very grateful for everything they do for our school community. **altogether we raised £1131**



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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.



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.



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.



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

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College