

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Spring issue I - 9th January 2026



Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary Dates

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

Tuesday 10th February - Parent Consultation Evening - **details to follow**

Wednesday 11th February - Parent Consultation Evening - **details to follow**

Monday 23rd February - 3B History Museum

Wednesday 25th February - Year 5 SPEC Retreat

Wednesday 4th March - Year 1 Kew Gardens

Thursday 5th March - World Book Day

Dear parents / carers,

I hope you all had a happy and holy Christmas, and I warmly welcome everyone back as we begin a new year together. We hope the Christmas season brought rest, joy, and precious time with loved ones, and that 2026 begins with renewed hope for our whole community.

We began the year by celebrating the Feast of the Epiphany at Mass on 6 January, led by Fr Brian. The Epiphany reminds us that Christ is revealed to all nations and calls us, like the Wise Men, to seek Jesus and follow the light that leads us to Him. As Scripture tells us: "They were overjoyed at seeing the star..." (Matthew 2:10-11).

Following the Mass, Mr Frayne, our former Chair of Governors, was presented with a 'Star' award in recognition of his dedicated service to the school over the past ten years. This celebration provided a wonderful foundation for the year ahead, reminding us to keep Christ at the centre of all we do—our learning, our relationships, and our service to others. Inspired by the light of Christ, may we continue to grow as a community that seeks to **love one another, learn together, and believe in God our Father.**

We look forward to working in partnership with our families as we journey together in hope, guided by God's love and blessings throughout the year ahead.

Mrs Hourihan

**Blessed Dominic Catholic Primary School, Great Strand, Colindale,
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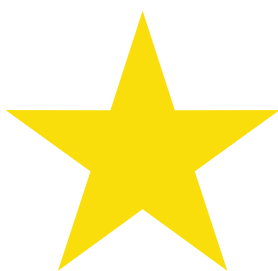
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Celebrating Success

STAR OF THE WEEK

DAISIES -Rosana
BLUEBELLS -Jan
1B -Yanis
1D -Zion
2B - Brandon
2D - Ronnie
3B -Hephzibah
3D - Matei
4B - Jaleesa
4D - Whole Class
5B - Raynell
5D - Edward
6B - Radin
6D - Arthur



ATTENDANCE THIS WEEK

DAISIES - 94%
BLUEBELLS -93%
1B - 96%
1D -97%
2B -100%
2D -95%
3B - 97%
3D -93%
4B - 97%
4D -98%
5B - 98%
5D -97%
6B - 96%
6D -96%



Autumn House Celebrations

In autumn the winning house was **St James** with a whopping **3410** house points .
They had a special afternoon treat of games with Miss Reilly.
Keep up the good work everyone, we will be counting the house points up every week!!



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EPHIANY MASS

Last Monday we celebrated the Epiphany Mass as a whole school. Fr Brian led the Mass and spoke to the children about the meaning of the Epiphany and how we can share God's light with others.



Reception Applications – Reminder

Parents and carers are reminded that the closing date for Reception place applications 2026 is
Thursday 15th January 2026.

Please ensure you have applied online through Barnet eAdmissions and have returned all relevant supplementary forms to the school.

Applications must be completed by the closing date.



BARNET
LONDON BOROUGH



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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.



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

10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort - and even failure - leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

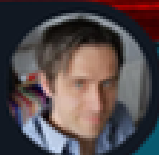
Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

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



#WakeUpWednesday

The National College

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