Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Spring issue 5- 6th February 2026

Headteacher: Mrs Hourihan **Deputy Headteacher:** Ms Sulis

Diary Dates

Monday 2nd - 12th February- 6D Swimming lessons
Tuesday 10th February - Parent Consultation Evening - 3:30-6:30pm
Wednesday 11th February - Parent Consultation Evening - 4-7pm
Half Term – Monday 16th February to Friday 20th February 2026
Monday 23rd February - 3B History Museum
Wednesday 25th February - Year 5 SPEC Retreat
Monday 2nd March - 3D History Museum
Wednesday 4th March - Year 1 Kew Gardens
Thursday 5th March - World Book Day (Dress as a book character)
Monday 9th March - Barnet Dance Festival - Arts Depot
Wednesday 11th March - Whole School Lenten Retreat day

Dear parents / carers,
I am looking forward to seeing you all at Parents' Evening next week. Hopefully, you have all booked your appointment. Please arrive early so that you can take the opportunity to look through your child's books.
Next Tuesday is Safer Internet Day. This year's theme is Smart tech, safe choices – Exploring the safe and responsible use of AI. As AI has become so readily available, it is important that we equip ourselves as adults to both protect children and use technology safely. We will be surveying the children about their use of technology and sending the same questionnaire to you as parents. Comparing the results will help us reflect on how we can work together to support safe and responsible technology use. Our digital leaders will also deliver an assembly to remind the children of key online safety messages.
We have arranged an online workshop for parents and carers, which will take place at 6pm. This session will support you in navigating your child's online world with confidence and understanding, providing practical guidance and up-to-date information on key areas.
Next Friday is our next PTA event. Children are invited to wear red in exchange for a £1 donation. Pancakes will be available to purchase after school ahead of Shrove Tuesday (Pancake Day), which falls the following Tuesday during the February half term.
Wishing you a lovely weekend.
Mrs Hourihan

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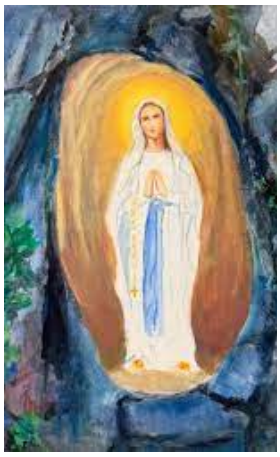
Feast of Our Lady of Lourdes



On Wednesday 11th February, we celebrate the Feast of Our Lady of Lourdes.
This feast commemorates the apparitions of the Virgin Mary to Saint Bernadette in Lourdes, France, in 1858.
Lourdes has since become a place of pilgrimage and prayer, especially for the sick, and the day reminds us of the importance of compassion, faith, and care for those who are unwell.

Quote by St Bernadette
If one dream should fall and break into a thousand pieces...
never be afraid to pick one of those pieces up and begin again.
That's the beauty of being alive...
We can always start all over again.
Enjoy God's amazing opportunities bestowed on us.
Have faith in Him always.
Bernadette Soubirous

Celebrating Success

STAR OF THE WEEK

DAISIES - Ernesto
BLUEBELLS -Brandon
1B -Noah
1D -Thomas
2B - Ada
2D -Oliver
3B - Catherine
3D -Caitlyn
4B - Lincoln
4D -Sami
5B - Danielle
5D -Elsa
6B - Lily
6D -Gabriela

ATTENDANCE THIS WEEK

DAISIES - 97%
BLUEBELLS -91%
1B -98%
1D - 92%
2B -99%
2D -94%
3B -97%
3D -95%
4B -97%
4D -97%
5B - 95%
5D -96%
6B - 98%
6D -99%

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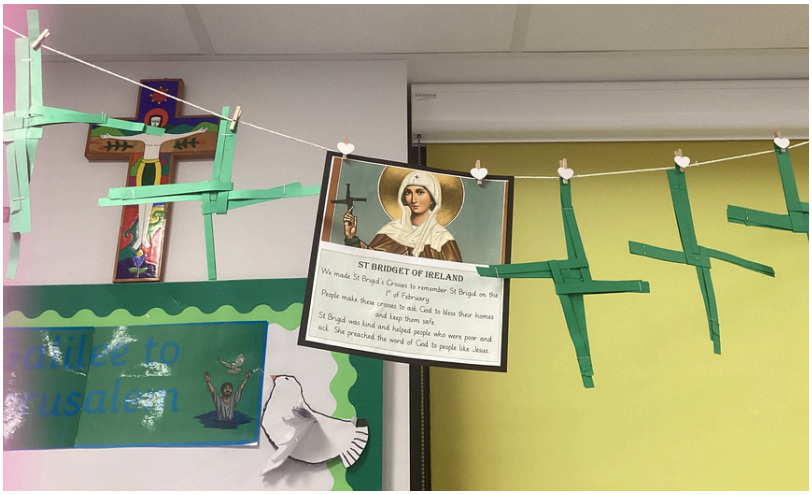
Young Voices

Our school choir had the privilege of attending Young Voices at Wembley Arena and had a fantastic time. The children loved being part of such a large-scale performance and represented the school brilliantly. A huge thank you to the staff Miss Fint, Mr Maguire, Mrs Fania, Ms Mendonca, and Edwards' mum who supported and accompanied the choir, making this memorable experience possible. A big thank you as well to our music teacher, Ms Rumi, for teaching the children all the songs.

St. Brigid's Day

2D were busy making St Brigid's Day crosses.
The children enjoyed learning about St Brigid's Day, a special celebration in Ireland that marks the beginning of spring.



Traditionally people make these crosses to ask God to bless their homes and keep them safe.
St Brigid was kind and she was a loyal follower of God who always helped the poor

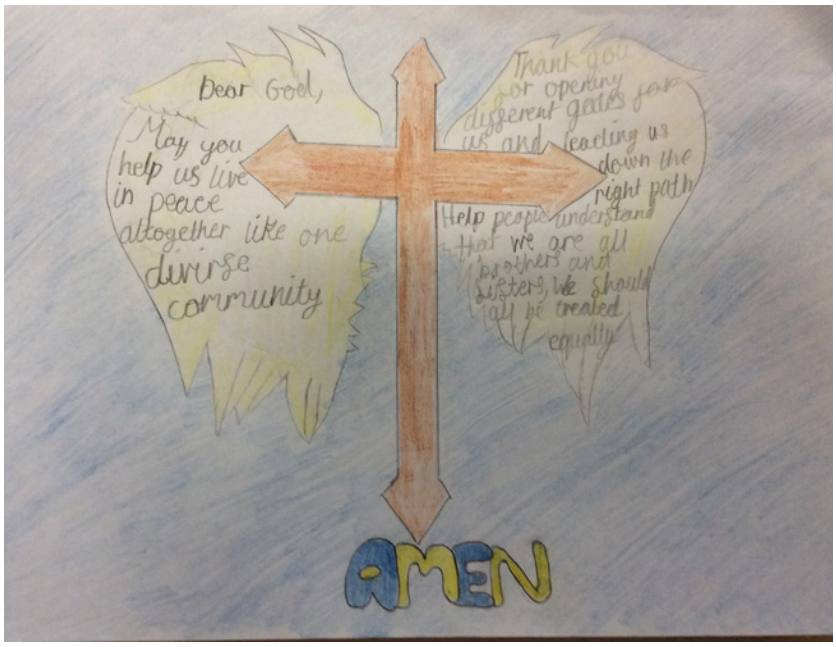
Racial Justice Sunday

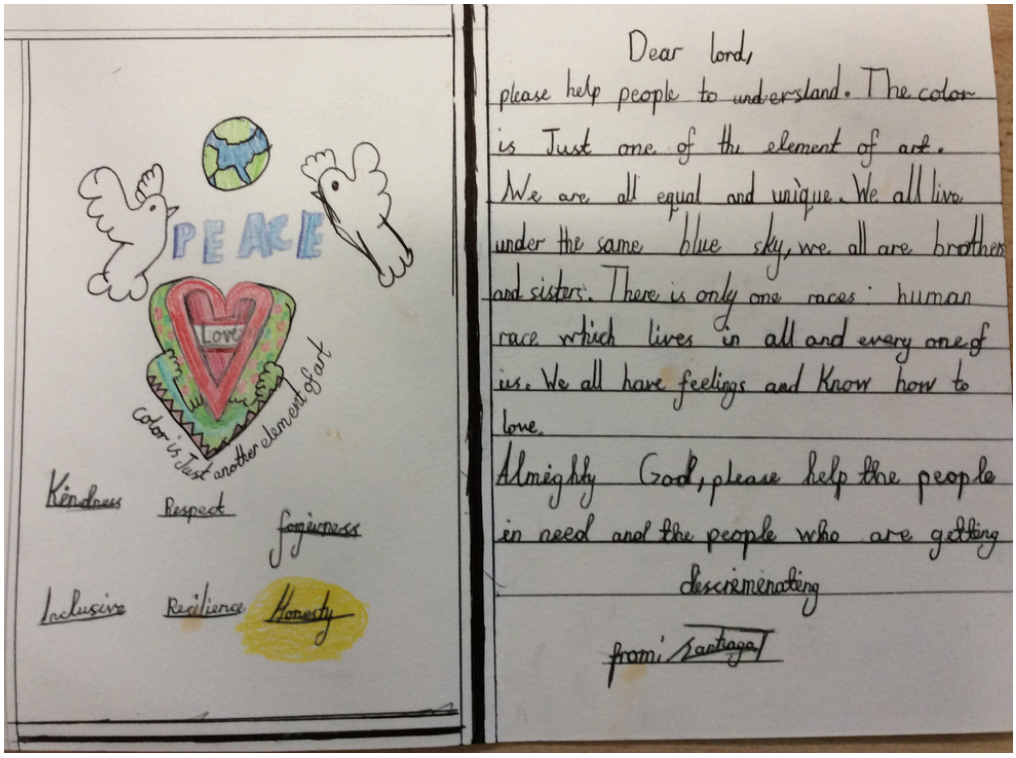
1st February 2026

This week, we marked Racial Justice Sunday, a time for us to reflect on the importance of equality and the dignity of every person as a child of God. We discussed how Jesus' mission was to include everyone and how we are called to stand up against unfairness in our world today.

The children explored the message of "justice for all" and expressed their reflections through art and prayer. They designed their own Racial Justice logos, using symbols like linked hands, globes, and hearts to represent unity and inclusion. Following this, the children wrote heartfelt prayer cards, asking for God's help in building a world where everyone is treated with respect and kindness, regardless of their background.

It was wonderful to see the children using their voices to promote a message of peace and restoration.





Parent Consultation

Tuesday 10th February - 3:30-6:30pm
Wednesday 11th February - 4:00pm-7:00pm

Please book your consultation if you have not already done so using the individual booking link that has been sent to you.
If you have any questions or need support, please don't hesitate to get in touch.

Valentines Day

Friday 13th February – Wear Red for Valentine's Day and make a £1 donation via ParentPay.

Pancake Treats available at pick-up time!
Choose your toppings on the day:
Plain pancake – £1
Pancake with 1 topping – £1.50
Pancake with 2 toppings – £2
Pancakes are cash only on the day.

Keeping Children Safe Online

On Thursday 12th February 2026, at 6:00pm BPSI (Barnet) will be running a virtual workshop titled "Keeping Children Safe Online."

This session is designed to support parents and carers in navigating their child's online world with confidence and understanding. The workshop will provide practical guidance and up-to-date information on key areas, including:

Online safety and digital wellbeing
Online bullying and peer interactions
Mental health and emotional wellbeing
Social media and gaming
Sleep patterns and screen use
Online exploitation and emerging risks
The impact and use of Artificial Intelligence

We hope this workshop will be a valuable opportunity to strengthen partnership working between home and school, and to support our shared commitment to keeping children safe in an increasingly digital world.
Details of the Microsoft Teams meeting have been sent via the Parents App.

CAFOD Big Lent Walk

Lent begins on Wednesday 18th February and our school is proud to be taking part in the
CAFOD Big Lent Walk.

Through prayer, action and generosity, we're stepping out in faith to support communities facing poverty and injustice.
We warmly invite families, staff and friends to join the walk, sponsor the children, or make a donation—every step and every gift makes a difference.
Together, let's walk in hope and love this Lent.

To donate and find out more information please visit our Just Giving page:
https://schools.walk.cafod.org.uk/fundraising/blessed-dominic-big-lent-walk-fundraising-page
We have also sent details via our Parents App

Big Lent Walk Prayer

Lord, bless our steps as we walk in hope.
May each mile be a prayer for justice, each stride a sign of love,
and each breath a reminder of Your presence among us.
Amen".

CAFOD
A better world needs all of us

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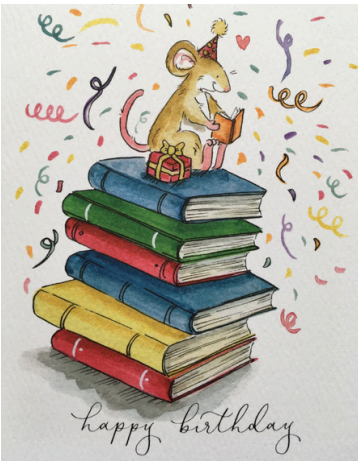
Birthday Celebrations

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.

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We do this via the 'Governors Fund' where we ask parents to contribute. We don't stipulate or mandate this but instead prefer to encourage all families to contribute what they can.

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.

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 abences can only be granted in exceptional cirucmstance. 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 issues for unauthorised absences and the fine is up to £160 per parent.

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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.

ChildLine
0800 1111

Uniform Reminders

We would like to take this opportunity to remind everyone of our school uniform expectations.
Please ensure that children come to school wearing their full uniform each day.

- **Trainers should only be worn on PE days and must be plain black or white.**
- **On non-PE days, children should wear black school shoes (not boots).**
- **School socks should be plain grey or white.**
- **School trousers should be grey (leggings are not part of the school uniform).**
- **A school tie should be worn each day.**
- **School coats should be plain blue or black.**
- **Hair below the shoulders should be tied back.**

Uniform is an important part of our identity at Blessed Dominic. As a community, it is important that we all follow these expectations and wear our uniform with pride.
If you are experiencing any difficulties with uniform, please do not hesitate to contact the school—we are always happy to help.

AFTER SCHOOL CLUBS

Please make sure your child brings their school PE kit every week if they have been accepted for Ninja Warriors, Football, Spykids, Tennis, Dance or Archery after-school clubs.

FOR SAFETY REASONS, CHILDREN WILL NOT BE ABLE TO TAKE PART IN THE SESSION IF THEY DO NOT HAVE THE CORRECT PT KIT WITH THEM.

Thank you for your support.

What is a School Street?

Creating a Safer Environment for Walking & Cycling

Pavements Are for Pedestrians

Stay on the pavement, not on the road.

Permit Holders

Use designated parking spaces.

No Parking on Double Yellows or Zig-Zags.

Crossing With Care

Be alert at junctions, look both ways!

Queuing Etiquette

Line up neatly along the school fence.

Follow Safety Guidelines for a Safe School Street!

What Parents & Educators Need to Know about

AI-GENERATED VIDEOS

WHAT ARE THE RISKS?

AI-generated videos are increasingly difficult to spot and easy to share. From fake news clips to deepfake abuse, children and young people face new risks every day online. These videos can imitate real people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and families who want to protect children in a fast-evolving digital world.

DEEPFAKE ABUSE CONTENT

Shockingly, artificial intelligence is now being exploited to create child sexual abuse material (CSAM). These synthetic images and videos are a form of digital abuse, often generated by manipulating real children's photos, including ones shared innocently online. Worryingly, the Internet Watch Foundation (IWF) has identified a sharp rise in this disturbing trend. Whether real or AI-generated, this content causes lasting trauma – and its creation or possession remains a criminal offence under UK law.

BLURRED REALITY

Regular exposure to fake content can erode a child's trust in real-world evidence. If everything can be faked, they may begin to question genuine videos – including actual abuse or injustice. This is known as the 'liar's dividend', where real harm is dismissed as fake news. It can discourage victims from coming forward or speaking up.

USED FOR BULLYING

Deepfake technology is already being used by peers to create embarrassing or explicit clips of classmates. These videos can be edited to appear as though a child said or did something they never did. Once shared, they are almost impossible to delete completely. AI-generated bullying adds a new layer of harm that is deeply personal and difficult to prove.

EMOTIONAL MANIPULATION

AI-generated videos can be used to provoke strong emotions, including fear, anger or guilt. False footage of crying children, injured animals or burning buildings may be created purely for clicks, donations or political influence. Children may feel upset or powerless, unaware that what they are watching has been digitally invented to manipulate their reaction.

DISINFORMATION

AI-generated videos can spread fake news, making it harder for children to separate fact from fiction. False clips may include deepfake interviews, hoax disasters or fabricated health claims. AI is already being used to produce misleading or persuasive material that appears authentic. If they don't develop media literacy, children may accept false content as truth.

IMPERSONATION AND SCAMS

With just a few photos or voice clips, AI tools can imitate someone's appearance or speech. This makes it easier for scammers or bullies to create fake videos of children, teachers or celebrities. These impersonations can be used for fraud, harassment or humiliation – and can spread quickly through social media or group chats, due to the viral potential of video, in particular, on social media.

Advice for Parents & Educators

TEACH HOW IT WORKS

Explain to children that videos can be faked – and show them how. Demonstrating side-by-side examples of real vs AI-generated clips helps to build awareness. Discuss how faces, voices and even movements can be copied by machines. Understanding the technology reduces fear and builds confidence in navigating digital content safely.

TALK ABOUT TRUST

Always keep lines of communication open. If a child sees something upsetting or unbelievable, they should feel safe discussing it without judgement. Create an environment where they know they will not get in trouble for asking questions. This also helps you step in quickly if harmful content has been shared; trust is vital and needs to be nurtured.

ENCOURAGE CRITICAL QUESTIONS

Help children question what they watch. Who made this? Why was it made? Is it trying to persuade me? These habits encourage digital thinking, especially when videos seem too shocking or convenient. Reinforce that not everything shared by friends or influencers is true, even if it looks convincing at first, and that the initial approach should always be one of speculation.

STRENGTHEN PRIVACY SETTINGS

Advise children not to share voice notes, selfies or personal videos on public platforms. AI tools often scrape content from social media to create deepfakes. Use privacy controls to limit who can see their content and turn off facial recognition where possible. Fewer public images means fewer opportunities for misuse.

Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.

#WakeUpWednesday®

The National College®

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