

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Spring issue 6- 13th February 2026

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary Dates

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 - 2D Library

Wednesday 4th March - Year 1 Kew Gardens

Thursday 5th March - World Book Day (Dress as a book character on Friday 6th March)

Monday 9th March - Barnet Dance Festival - Arts Depot

Wednesday 11th March - 1B Library

Wednesday 11th March - Whole School Lenten Retreat day

Wednesday 18th March - 1D Library

Dear parents / carers,

As we break up for half term, we find ourselves halfway through the school year. It has been a busy and rewarding term, and I would like to thank you for your continued support of our school community.

Thank you to all the families who came into school to see your children's work and meet with their teachers. It was a pleasure to welcome you and celebrate the progress the children are making.

During the half term holiday, the season of Lent begins with Shrove Tuesday (Pancake Day), followed by Ash Wednesday. Lent is an important time in the Catholic Church — a season of prayer, fasting and almsgiving as we prepare for Easter. It is a time for reflection and renewal, as we consider how we can follow Jesus more closely in our daily lives. In school, the children have written their own Lenten promises, thinking about the positive changes they can make and how they can show kindness, generosity and love to others.

This week we also marked Safer Internet Day and Children's Mental Health Week. The children took part in discussions and activities to help them understand how to stay safe online and look after their wellbeing. Unfortunately only 3 parents joined the online internet safety workshop arranged specifically for Blessed Dominic parents, which provided valuable guidance and support. This is disappointing.

Thank you as well to the PTA for organising the after-school pancake sale — it was a lovely way to come together as a community.

I wish you all a happy, peaceful and restful half term break, and we look forward to welcoming the children back refreshed for the second half of the spring term.

Wishing you a lovely weekend.

Mrs Hourihan

**Blessed Dominic Catholic Primary School, Great Strand, Colindale,
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Sixth Sunday in Ordinary Time (Year A)

Gospel: Matthew 5:17-37

On Sunday we hear about how we must not argue with our brothers and sisters and how, if we do, we need to make peace with them. Making peace with all our brothers and sisters around the world.

Last Wednesday 11th February marked the celebration of the Feast of Our Lady of Lourdes.

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.
St Bernadette Soubirous



Celebrating Success

STAR OF THE WEEK

DAISIES - Eden
BLUEBELLS -
1B - Heart
1D -Eva
2B - Afosno
2D -Zion
3B -Erika
3D -Georgina
4B - Marilyn
4D -Caroline
5B - Anila
5D -Alia
6B - Bogdan
6D -Whole Class



ATTENDANCE THIS WEEK

DAISIES - 95%
BLUEBELLS -91%
1B - 98%
1D -97%
2B - 94%
2D -94%
3B - 97%
3D -94%
4B - 95%
4D -94%
5B - 99%
5D -96%
6B -100%
6D -98%



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NSPCC NUMBER DAY



Last Friday we took part in Number Day in support of the NSPCC.

The children took part in fun Maths based challenges within their classroom and we invited them to come to school following the theme, by wearing clothing with a number on it. A huge thank you for your generous donations—your support helped make our Number Day for the NSPCC a great success! so far we have raised **£472**



Church Visit

Last Monday, Year 2 visited the church to celebrate Mass together. The children took part respectfully and thoughtfully, enjoying the opportunity to come together in prayer and deepen their understanding of our faith within the parish community.



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:

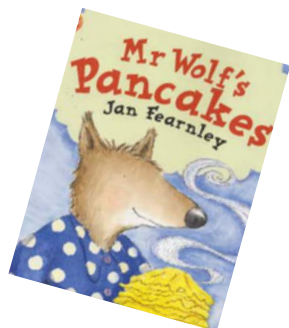
<https://schools.walk.cafod.org.uk/fundraising/blessed-dominic-big-lent-walk-fundraising-page>



We have also sent details via our Parents App



Year 2 Made Pancakes

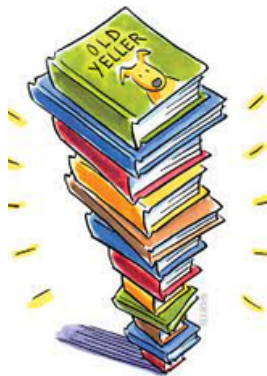


Year 2 have been reading Mr Wolf's pancakes. The children have been looking at instruction writing and today they followed their set of instructions to make pancakes!



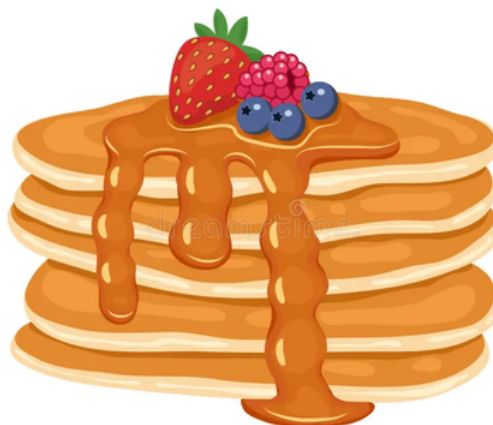
NURSERY

A big thank you to all the parents who stayed and read with the children in Nursery this week. The children had a fantastic time sharing stories with you, and it was so special to see their excitement and enthusiasm for reading. We really appreciate your support!



Wear Red for Valentine's Day & After-School Pancake Sale

We would like to say a big thank you to our wonderful PTA group for organising the pancake sale. Your time, effort and dedication made it a great success and thoroughly enjoyed by all. We will let you know how much was raised after half term.





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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.

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 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.





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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.



SAFER SCHOOL STREET

**IN OPERATION
8.15AM – 9.15AM
& 2.45PM – 3.45PM**



**WE REMIND ALL FAMILIES TO USE THE
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**

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!**

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things – including diversity of opinion – means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good – and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-to-manage-conflict-effectively>

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