

Blessed Dominic Catholic Primary

Love - Learn - Believe

Newsletter

Spring issue 7- 27th February 2026



Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary Dates

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

Thursday 26th & Friday 27th March - Easter Service Yrs 3 and 4 9.15am (details to follow)

Friday 27th March - Last Day of Term – School closes at 1.30pm

Easter Holidays – Monday 30th March to Friday 10th April 2026

Monday 13th April - Children return to School

Dear parents / carers,

Welcome back to the second half of the Spring term! I hope you all enjoyed a restful and refreshing break.

The first week back has been a busy and exciting one across the school with a year 4 lego workshop, Yr 5 at SPEC and 3B visit to the national history museum!

We also welcomed a road safety workshop this week, reminding children of the importance of staying safe when travelling to and from school. The Safer School Street scheme has now been made permanent, helping to keep our school community safe.

As we continue through Lent, we remind families of the importance of this special season in the Church year as we journey towards Easter. Lent lasts for forty days and recalls the forty days Jesus spent praying and fasting in the desert before beginning his public ministry. It is a time when Catholics are invited to grow closer to God through prayer, fasting, and almsgiving, reflecting on our lives, turning away from sin, and renewing our relationship with God.

The word Lent comes from "lenten", meaning springtime—a season of lengthening days and new growth. During Lent, Christians focus on three main practices:

- **Fasting** – giving up a treat or habit to practise self-control and remember the sacrifices Jesus made. We invite you to bring in a donation for our local food bank next week.
- **Prayer** – spending more time talking and listening to God through Mass, Scripture, and quiet reflection. We will be having a lenten retreat on Wednesday 11th March. There will be opportunities for parents to join in too.
- **Almsgiving** – helping others through charity, fundraising and we are taking part in the CAFOD lenten walk.

These practices help us grow in compassion, generosity, and empathy, and encourage us to follow Jesus more closely during this season of preparation.

During Lent, Mass also looks and feels different. The word Alleluia is not said or sung, the Gloria is omitted, flowers are removed from the church, and statues may be covered with purple cloth during Holy Week. This simpler style helps the faithful focus on reflection, penance, and preparation for the joy of Easter. Our children in KS2 will have the opportunity to attend mass during lent to experience this.

Wishing you all a lovely weekend.

Mrs Hourihan

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Prayer for St David's Day Sunday 1st March

Loving God,
We thank You for the life of Saint
David and his simple reminder to "do
the little things."

Help us to show kindness in our
words, care in our actions, and love in
our hearts each day.
As we celebrate St David's Day, guide
us to grow in faith, serve others with
joy,
and appreciate the beauty of Your
creation around us

"Do the little things" (Gwnewch y pethau bychain)

Second Sunday of Lent (Year A)

Gospel: Matthew 17:1-9



Celebrating Success

STAR OF THE WEEK

DAISIES - Hana
BLUEBELLS - Logan
1B - Sienna
1D - David
2B - Brandon
2D - Maria
3B - Sadat
3D - Mico
4B - Sebastian
4D - Jude
5B - Dominic
5D - Toro
6B - Aadhish
6D - Xander



ATTENDANCE THIS WEEK

DAISIES - 95%
BLUEBELLS - 98%
1B - 98%
1D - 93%
2B - 90%
2D - 93%
3B - 97%
3D - 95%
4B - 92%
4D - 94%
5B - 97%
5D - 97%
6B - 96%
6D - 98%



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Year 5 - SPEC

Last Wednesday, our Year 5 students visited the SPEC Retreat Centre for a special retreat day. Throughout the day, students had the opportunity to reflect, pray, and grow in their faith together. Through engaging activities and discussions, they explored ways to strengthen their relationship with God and live out our school values in their daily lives.

It was a meaningful and memorable experience for all who attended.

**Edy: ' I loved that we got to experience
getting closer to God.'**



Maria ' It was a really fun day!'



Key Stage 1 – Lent Assembly

This morning, Key Stage 1 took part in an assembly about the season of Lent. We reflected on how Lent is a special time for prayer, gratitude and growing closer to God.

The children then enjoyed a guided mindfulness meditation based on a story about a girl called Lila, who made time each day to listen to the Holy Spirit. In the story, Lila followed a small golden light through the woods and began to notice the beauty of God's creation around her. She realised the importance of being calm, taking time to pray, and being grateful for all she has.

The children showed wonderful focus and reflection during this peaceful and meaningful session.



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



3B - History Museum

Class 3B visited the Natural History Museum as part of their learning about fossils. During the trip, the children explored the fascinating world of dinosaurs and prehistoric life, seeing real fossils up close and discovering how they are formed. The visit brought their classroom learning to life and inspired lots of thoughtful questions and excitement about the past. It was a fantastic educational experience for everyone!

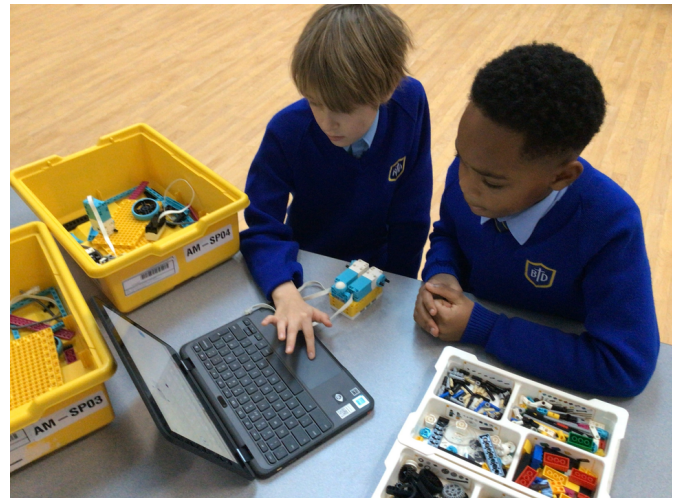


Affinity Water LEGO Workshop - Year 4

"I liked making the robot" - Alexander

"It was really fun to learn about affinity water and then get to build the robot" - Antoni

The children had great fun taking part in the LEGO Building Challenges! During the session, participants worked creatively in teams to design and build: The hands-on activities encouraged teamwork, problem-solving, and creativity, while helping the children understand the importance of water conservation in an engaging and memorable way.



From Affinity Water
We wanted to send a huge THANK YOU to every single student who took part in the LEGO Affinity Water workshops yesterday.

We were so impressed by your fantastic teamwork, building and coding skills, and the incredible water-saving tasks you completed. You truly showed off your skills as engineers and environmental heroes! And now for the most amazing news - your school saved a total of 6,534 litres of water by completing the tasks during the workshops. That is absolutely massive.

"I liked controlling the robot and making it travel to different places using my coding skills" - Jaleesa

Affinity Water
Taking care of your water



Blessed Dominic School's Parliament

On Friday 13 February 2026, Blessed Dominic Catholic Primary School's Pupil Parliament had the pleasure of hosting a special Community Engagement workshop in collaboration with Barnet Homes. The session offered our young leaders a unique opportunity to explore the Grahame Park North East Regeneration masterplan up close, sparking lively discussion and a wave of creative ideas.

Our pupils were fully immersed in the experience. They sketched imaginative designs for play equipment, outdoor features, and communal green spaces, and thoughtfully mapped out where they would like to see new trees planted. Their enthusiasm was infectious, and the workshop left them buzzing with pride and possibility.

We were delighted to welcome the Barnet Homes team into our school and are grateful for the chance to empower our children to contribute meaningfully to the future of their community.





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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!



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.



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.

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.





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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.



Free Child Car Seat Safety Checks

Barnet Council is offering free child car seat checks to help families ensure their children are travelling safely.

Friday 6th March 2026, 10am – 3pm
Brent Cross Hendon Way Superstore
Tilling Road NW2 1LZ

Your child doesn't need to be with you for the check, although advisors can also ensure they are seated correctly if they are present.

No booking required. If you'd like to check waiting times before you travel, you can call us on the day:
07483 474617.

Regular checks make a real difference.
We encourage all families who use child car seats to attend.
Kind regards

Safe and Sustainable Travel Team
road.safety@barnet.gov.uk





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

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College