

# Blessed Dominic Catholic Primary

*Love - Learn - Believe*

## Newsletter

Summer issue 4- 8th May 2026



**Headteacher:** Mrs Hourihan

**Deputy Headteacher:** Ms Sulis

### Diary Dates

Monday 11<sup>th</sup> - 14<sup>th</sup> May - Year 6 KS2 SATS

Wednesday 13<sup>th</sup> May - 4B class assembly - 2.45pm

Thursday 14<sup>th</sup> May - Mass for feast of Ascension

Friday 15<sup>th</sup> May - Year 6 School Trip

Monday 18<sup>th</sup> May - Primary Athletics tournament

Monday 18<sup>th</sup> May - Yr 4 mass at the Church 10am

Wednesday 20<sup>th</sup> May - RED (Religious Education Directory) meeting for parents 9am

Wednesday 20<sup>th</sup> May - 4D class assembly 2:45pm

Thursday 21<sup>st</sup> May - Parent wellbeing & mental health coffee morning 9am

Thursday 21<sup>st</sup> May - Yr 6 PGL Meeting 2:30pm

Thursday 21<sup>st</sup> May - Barnet Music- Rehearsals Cluster for the choir

Friday 22<sup>nd</sup> May - May Procession

**HALF TERM - Monday 25<sup>th</sup> - Friday 29<sup>th</sup> May**

**Monday 1<sup>st</sup> Inset day**

Dear parents and carers,

Although it has been a short week, it has certainly been a busy one. Year 2 enjoyed their visit to the RAF, and 5D's assembly shared their learning about space, reminding us of the wonder of the world God created for us all. We are also very proud that 5D have been recognised by the English National Opera for their creative talents. Their composition 'Sparkling Emerald Green World' has been selected to be made into an animation. Please have a listen!

This week, our Autism Advisory Teacher delivered a coffee morning for parents to raise awareness and understanding of autism and neurodiversity. They also led an assembly for pupils in Years 2–6, celebrating the neurodiversity that enriches and strengthens our wonderful school community. We are proud to be a school where every child is valued, recognised and celebrated as a unique child of God.

As today marks Sir David Attenborough's 100th birthday, we would like to take this opportunity to reflect on our Catholic Social Teaching principle of Care for Creation. Children are invited either to take part in a litter pick or to celebrate the natural world through wildlife photography. Please see the poster for further details.

On Thursday, we welcomed our Diocesan Advisor to school. She was deeply impressed by our pupils and the confidence with which they spoke about their faith and religious learning. She commented particularly on the children's strong religious literacy and their ability to articulate our mission statement, school values and Catholic Social Teaching principles. During her visit, she also spent time with our prayer leaders in Rosary Club and our Mini Vinnies, where pupils were writing prayers for workers as a way of showing support and solidarity through prayer. We are incredibly proud of the way our children live out their faith each day.

As May is the Month of Mary, our rosary bags have been going home with families to share prayer together. We will hold our May Procession on Friday 22nd May and invite children to bring in a flowering plant for the celebration. We will also be inviting families to join us in praying a decade of the Rosary during the week beginning 18th May. It would be wonderful if you were able to join us in our prayer garden as we come together in prayer and reflection.

Next week, our Year 6 children will take their KS2 SATs. We encourage them to see these assessments as an opportunity to demonstrate the learning, growth and resilience they have developed during their time at Blessed Dominic. We remind them of the many wonderful things they have already achieved and of how proud we are of their hard work, determination and positive attitude. Most importantly, we want them to approach the week with confidence, knowing that these tests are only one small part of the unique talents and gifts they each bring to our school community. We keep all of our Year 6 pupils in our prayers as they begin their SATs next week.

Wishing you a wonderful weekend

Mrs Hourihan

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### Fifth Sunday of Easter

Gospel: John 14:15-21



Christ Jesus, you came into the world to show us how to live. May we follow your commandment of love for one another in all that we do and all that we say. Amen.

### The month of May is dedicated to 'Our Lady, the Mother of God'



## Celebrating Success

### STAR OF THE WEEK

- DAISIES - Matthew
- BLUEBELLS -Mohamad
- 1B - Olivia
- 1D -Maria
- 2B -Eli
- 2D -Gabrielle
- 3B - Sarah
- 3D -Lena
- 4B - Elora
- 4D - Angel
- 5B - Arianna
- 5D -Whole Class
- 6B - Joshua
- 6D - Abigail



### ATTENDANCE THIS WEEK

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





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## Year 2 RAF MUSEUM

Year 2 had a fantastic trip to the RAF Museum as part of their learning about local heroes. During an exciting workshop, the children investigated the lives of three inspiring figures: Claude Grahame White, Amy Johnson, and Ray Holmes.

They explored a range of historical sources, asked thoughtful questions, and developed their understanding of these remarkable individuals and their contributions.

In addition to the workshop, the children enjoyed exploring the museum, where they saw real aircraft and artefacts that brought history to life. It was a memorable and engaging experience that sparked curiosity and enthusiasm for learning about the past.



# MAY IS THE MONTH OF MARY

## Key events this month

You are invited to join us to say the Rosary in the Peace Garden with your child on these dates:



Monday 18<sup>th</sup> May  
2B - 9am 3B - 3pm  
Tuesday 19<sup>th</sup> May  
2D - 9.00am 3D - 3.00pm  
Wednesday 20<sup>th</sup> May  
5B - 9.00am 5D - 3.00pm  
Thursday 21<sup>st</sup> May  
4B - 9.00am 4D - 3.00pm  
Friday 22<sup>nd</sup> May  
6B - 9.00am 6D - 3.00pm



### Whole School Art Project

This month in school, we are celebrating Mary our Mother. We have a special display up in school with different portraits of Mary that represent many different cultures within our school.

We invite you to create your own portrait of Mary, you might include some special symbols that show how special she is, or use different materials and artistic styles to create your portrait such as collage, paint or sketching.

We would love to have lots of different representations of Mary around our school and three winners will be chosen from each Key Stage. Please bring in your entries after half term.

**Please bring in a potted flowering plant for our May procession on Friday 22<sup>nd</sup> May which we can plant in our prayer garden**

### Rosary Bags

Rosary Bags are being sent home daily during May.

Your child will have the chance to take home a set of Rosary beads, an image of Mary Rosary Prayer Card

You are invited to pray a decade of the Rosary at home.

Please ensure these bags are taken care of and all the resources are returned in a good condition.



## Special Congrats from the English National Opera



English National Opera organise a composition project each year for primary schools called "Finish This".

In the project the children choose a colour to base their composition on. 5D chose Green and turned it into a story about a "Sparkling Emerald Green World". They used their creativity to compose a class piece of music, which was submitted to ENO, using classroom instruments, keyboard and strings. There were 123 compositions submitted this year, of which only 20 have been selected to be animated. 5D's composition was one of the 20 selected compositions.

### English National Opera feedback

*"Very magical opening to the piece with the chimes, and then the drums coming in. Great use of loud and soft, as the music built up towards the middle with more and more different instruments and tunes, and then fading away again at the end. It was like walking through a magical, sparkling green forest."*





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## **NURSERY AND RECEPTION MEETINGS FOR NEW PARENTS**

**Tuesday 2nd June 2026 at 6.00pm**

Meeting for new Nursery parents whose child has been accepted to start Nursery in September 2026

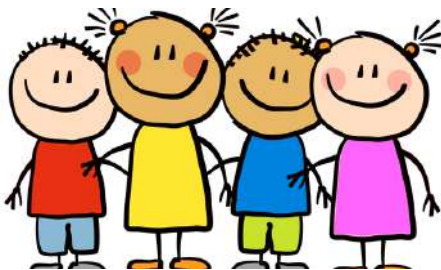
**Wednesday 3rd June 2026 at 6.00pm**

Meeting for new Reception parents whose child has been accepted to start Reception in September 2026

**Please note, these meetings are for adults only.**

**Please do not bring your child with you.**

**Thank you.**



## **Secondary Transfer Meeting for Year 5 Parents**

This meeting for parents of children in Year 5 will take place on

**Thursday 4th June 2026 at 3:30pm**

in the school hall.

It is important that you attend, as information leaflets regarding secondary transfer will be distributed at the meeting.



## **PGL Meeting for Year 6 Parents**

Meeting for Year 6 parents on

**Thursday 21st May at 2.30pm**

Important information about the trip will be shared at the meeting. Your attendance is essential to ensure you receive all the necessary details.

Final letters will also be distributed, containing full information about the trip and its requirements.



## **INTERNATIONAL EVENING**



Thank You Once Again!

A heartfelt thank you to everyone who supported our event—we are thrilled to share that together we raised **£1315**

Your generosity, enthusiasm, and community spirit made the evening truly special. From our amazing sponsors to everyone who took part, donated, and helped organise, we couldn't have done it without you.

Every contribution has made a difference, and we are so grateful for your continued support

**Easter Raffle Sponsors:**

**Watling Avenue Tesco Express**

**T4 Colindale**

**Barnet Bulldogs Basketball Club**

**Polish Stall Sponsors**

**"U Ozików" Polish Delicatessen, Hendon**

**"Ziarenka" Polish Delicatessen, Wood Green**



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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.

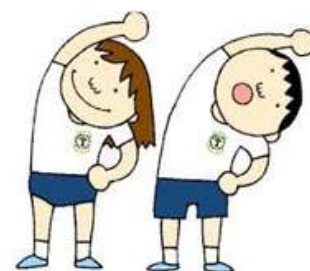
If you've not yet had the chance to donate and would like to, contributions can be made via Parent Pay.

## 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 PE 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 Hourihan (Headteacher) Deputy Designated Safeguarding Lead**
- **Ms Sulis - (Deputy Headteacher) Deputy Designated Safeguarding Lead**
- **Ms Smart - (Assistant Head) Deputy Designated Safeguarding Lead**
- **Ms Sanduleasa - Member of Safeguarding Team**

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.



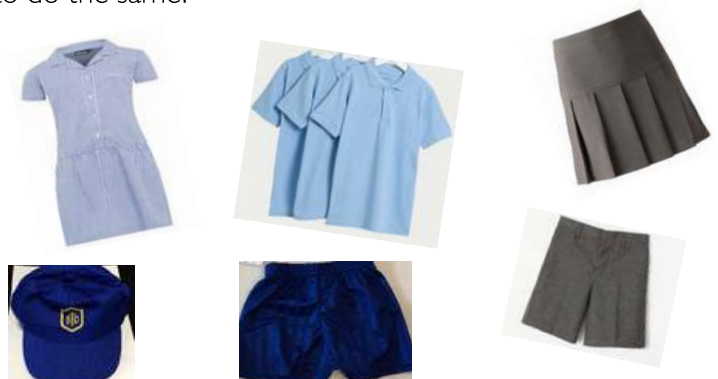
## Summer Uniform

Summer uniform consists of either the gingham summer dress or a blue polo shirt (without a tie) and shorts or skirt.

If children wear vests or base layers, these must be fully hidden under their clothing. Long-sleeved base layers should only be worn under a long-sleeved shirt and must not be visible at any time.

For PE, children may wear blue school shorts. These should be plain blue, with no logos or branding.

Our uniform is an important part of our school identity and helps to foster a sense of belonging. We ask for your support in maintaining these standards, as when expectations are not followed, it can encourage others to do the same.



# CELEBRATING DAVID ATTENBOROUGH'S 100<sup>TH</sup> BIRTHDAY!

8 MAY  
1926

HAPPY 100<sup>TH</sup> BIRTHDAY  
SIR DAVID!

“ He has been **incredible** in sharing the world around us and brought to attention the **ever changing** world. ”

WE CHALLENGE EVERYONE TO HELP CARE FOR OUR AMAZING WORLD!

OPTION  
1

## 100 CHALLENGE!

PICK UP **100** PIECES OF LITTER  
IN THE MONTH OF

**MAY!**

OR

- ✓ HELP OUR PLANET
- ✓ LOOK AFTER OUR COMMUNITY
- ✓ BE THE CHANGE
- ✓ EVERY PIECE COUNTS!

**100**  
PIECES  
MAKE A  
**HUGE**  
DIFFERENCE!

OPTION  
2

## BECOME A WILDLIFE PHOTOGRAPHER!

CAPTURE THE **MAGIC** OF NATURE!



TAKE A PHOTO OF NATURE THAT INSPIRES YOU!  
BIG OR SMALL, NEAR OR FAR –  
WE CAN'T WAIT TO SEE **YOUR** SHOTS!



SHARE YOUR AMAZING EFFORTS!

UPLOAD TO **GOOGLE CLASSROOM** (YEAR 1 – YEAR 6)  
OR **EYFS TAPESTRY** – WE CAN'T WAIT TO SEE!



### ♥ CATHOLIC SOCIAL TEACHING ♥



#### CARE FOR GOD'S CREATION

We are called to protect the earth and everything in it.  
Let's be stewards of God's wonderful world.



#### SOLIDARITY

We are one family, living in God's world together.  
We show love by respecting and caring for all living things.

LET'S CELEBRATE DAVID ATTENBOROUGH'S INCREDIBLE LIFE  
BY MAKING OUR WORLD A **BETTER PLACE!**



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## Free Dr Bike Sessions in Barnet

The free Dr Bike service in Barnet for the current financial year has been hugely popular, particularly among parents/carers and children.

<https://www.barnet.gov.uk/roads-and-pavements/transport-and-around-barnet/cycling/free-dr-bike-sessions-barnet>

The Dr Bike sessions are run by qualified bicycle mechanics. Members of the public can take along their bicycles to have a free, full safety check, which includes the condition of tyres, rims, gears, brake function and tyre pressure and adjustments can be made if required, all for free. Both adult and child bicycles can have the free safety check and adjustments made if necessary.

### Lodge Lane car park, Finchley

Follow the yellow chevrons immediately to the right of the entrance to the car park (opposite NL Auction Rooms N12 8JH). The sessions will take place on the following dates between 4pm and 7pm:

13 May  
8 July  
9 September  
11 November  
13 January 2027  
10 March 2027

### Temple Fortune

By Bike racks outside entrance to M&S Food Hall at 820 Finchley Road, NW11 6XL. The sessions will take place on the following dates between 4pm and 7pm:

20 May  
15 July  
16 September  
18 November  
20 January 2027  
17 March 2027

### Middlesex University, Hendon

The pavement on The Burroughs, outside Middlesex University adjacent to Hendon Fire Station, 91 The Burroughs, NW4 4BL. The sessions will take place on the following dates between 4pm and 7pm:

10 June  
12 August  
14 October  
9 December  
10 February 2027

### Stapylton Road car park, High Barnet

Area immediately to the right of car park's entrance (EN5 4LR). The sessions will take place on the following dates between 4pm and 7pm:

17 June  
19 August  
21 October  
16 December  
17 February 2027



### May Camp 2026 is here!

**Bookings are now open with Non Stop Action.**

**Join us this May Half Term for Multi Sports at Moss Hall Junior School (N3 1NR), and Football, Dance, and Multi Activity Camp at Millbrook Park School (NW7 1JF).**

**Camp runs from Tuesday 26th May - Friday 29th May**

**Book by Saturday 2nd May to take advantage of our Early Bird discount.**

**Kind regards,**

**Cameron Smith Holiday Camp Manager**



# 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

Divide 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 Elliott – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



#WakeUpWednesday

The National College