

# Blessed Dominic Catholic Primary

*Love - Learn - Believe*

## Newsletter

Summer issue 5 - 15th May 2026



**Headteacher:** Mrs Hourihan

**Deputy Headteacher:** Ms Sulis

### Diary Dates

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 (led by BICs)  
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 (bring a potted flowering plant)  
HALF TERM - Monday 25<sup>th</sup> - Friday 29<sup>th</sup> May  
Monday 1<sup>st</sup> Inset day  
Tuesday 2<sup>nd</sup> June - Meeting for new Nursery parents for September 2026 at 6.00pm  
Tuesday 2<sup>nd</sup> June - Year 5 visit to St James  
Wednesday 3<sup>rd</sup> June - Meeting for new Reception parents for September 2026 at 6.00pm  
Thursday 5<sup>th</sup> June - Yr 6 transition coffee morning led by BICs  
Thursday 5<sup>th</sup> June - Secondary Transfer Meeting for Year 5 parents at 3.30pm

Dear parents and carers,

I am very proud of the confidence, resilience and determination with which our Year 6 pupils have approached this SATs week. We thank our dedicated staff team for preparing and supporting the children so well throughout their journey at Blessed Dominic Catholic Primary School.

This week, as we mark Mental Health Awareness Week, we are reminded of the importance of caring for both our minds and spirits. In today's busy world, it is essential that we take moments to pause, reflect and seek peace in God's presence.

Next **Thursday at 9am** BICs (Barnet Integrated Clinical Services) will be delivering a wellbeing and mental health coffee morning for parents. I hope many of you can attend this to find out how we support wellbeing at school and other support services that are available.

Prayer, quiet reflection and time spent with loved ones can bring comfort, hope and renewal, helping us to build resilience and strengthen our emotional wellbeing. As a school community, we continue to encourage our children to speak openly about their feelings, support one another with kindness and compassion, and recognise that caring for our mental health is an important part of caring for the whole person God created us to be.

On Thursday, we marked the Feast of the Ascension with Mass in school, celebrating Jesus' Ascension to His Heavenly Father and His promise to send the Holy Spirit to guide and strengthen His disciples. The Ascension reminds us that although Jesus returned to the Father, He remains always with us, offering hope, comfort and encouragement in times of challenge or uncertainty. This message links beautifully with Mental Health Awareness Week, reminding us that we are never alone and that faith, prayer and community can help bring peace and strength to our hearts and minds.

We warmly invite you to our RED Meeting on Wednesday at 9:00am. During this special gathering, we will explore the new Religious Education Directory, To Know You More Clearly. The meeting will provide an overview of our RE curriculum and respond to requests from families for further guidance and support identified from the parent survey.

Next week, we invite parents of children in Years 2-6 to join their child's class in our Prayer Garden for a Decade of the Rosary. We encourage all children to bring in a potted flowering plant on Friday 22nd May for our May Procession. These beautiful plants will then be lovingly placed in our prayer garden as a symbol of our devotion to Mary and the beauty of God's creation.

Wishing you a wonderful weekend

Mrs Hourihan

**Blessed Dominic Catholic Primary School, Great Strand, Colindale,  
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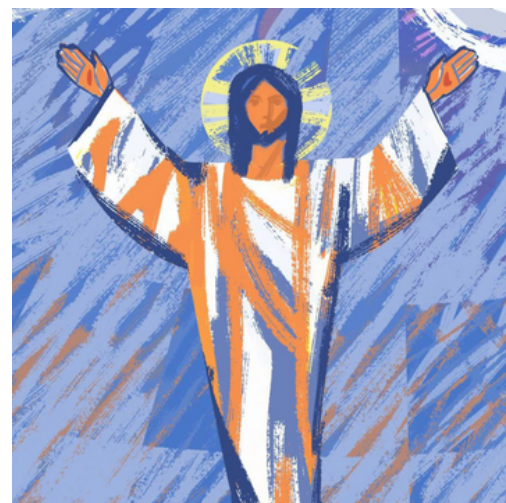
The month of May  
'Our Lady, the Mother of God'

## Seventh Sunday of Easter

### Gospel - John 17:1-11

#### Prayer for Children John 17:1-11

Lord Jesus, thank You for loving our children. Protect them, guide them in truth, and fill their hearts with joy and peace.  
Help them grow close to You each day and shine Your love wherever they go.  
Amen.



## Celebrating Success

### STAR OF THE WEEK

- DAISIES - Victoria
- BLUEBELLS - Emily
- 1B - Margaux
- 1D - Lucy Lu
- 2B - Keyaan
- 2D - Ishaan
- 3B - Mateus
- 3D - Skyler
- 4B - Alexander
- 4D - Nikisha
- 5B - Matvii
- 5D - Jeleana
- 6B - The whole class
- 6D - The whole class



### ATTENDANCE THIS WEEK

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



# MAY IS THE MONTH OF MARY

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

## 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.

**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**

## 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.

# Rosary Club

The pupils are having a lovely time in Rosary Club this May as they come together in prayer, reflection, and friendship while honoring Mary, mother of Jesus. Throughout the month, pupils have enjoyed praying the rosary, sharing intentions, and taking part in peaceful moments of faith and community together.





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## Important Meetings

### 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.



**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  
INR), 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



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Libraries for *Learning*  
Libraries for *Leisure*  
Libraries for *Life*  
#LearningLeisureLife

# Barnet Libraries

It is nearly half-term and Barnet Libraries have the perfect range of online resources to help with all the upcoming homework and study projects during the holidays and throughout the school year, such as Britannica Junior and Student, Oxford English Dictionary and much more.

See attached images to see what else is available. There are leisure time related resources available also, such as PressReader, for complimentary magazines and newspapers, Freegal Music our free music streaming service and Medici.tv our free video resource for classical music, opera, dance and jazz for our library members.

There is something for everyone and all ages.

They are free with no need to pay an expensive subscription.

Check out what else is on offer at <https://www.barnet.gov.uk/libraries/online-resources-homework-study-or-general-interest>

All you need is your Barnet library card and PIN in some cases to access them.

Not currently a Barnet library member? Join Barnet libraries free at <https://prism.librarymanagementcloud.co.uk/barnet/join> for instant access today.

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## Free Dr Bike Sessions in Barnet

### 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:

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





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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 Hourihan (Headteacher) Deputy Designated Safeguarding Lead**
- **Ms Sulis - (Deputy Headteacher) Deputy Designated Safeguarding Lead**
- **Ms Smart - (Assistant Head) Deputy Designated Safeguarding Lead**
- **Ms Sanduleasa - (Attendance) 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.



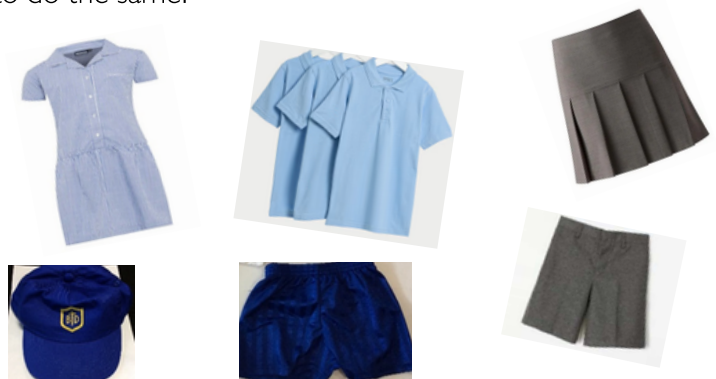
## Summer Uniform

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

OPTION  
2

## BECOME A WILDLIFE PHOTOGRAPHER!

CAPTURE THE **MAGIC** OF NATURE!



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



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!**



# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College