

Blessed Dominic Catholic Primary

Love - Learn - Believe



Newsletter



Autumn issue 1 - 4th September 2026

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary Dates

SEPTEMBER

Monday 7th September - Year 6 meet the teacher and PGL meeting at 9.00am

Monday 7th September - Year 5 meet the teacher at 2.45pm

Thursday 10th September - Year 4 meet the teacher at 9.00am

Friday 11th September - Year 3 Meet the teacher at 2.45pm

Monday 14th September - Year 2 meet the teacher at 9.00am

Monday 14th September - Year 1 meet the teacher at 2.45pm

Monday 14th September - Year 6 swimming (2 weeks)

Monday 21st September - Book Fair

Monday 21st September - Year 5 Mass at the church

Friday 25th September - Macmillan Coffee Morning

Dear Parents and Carers,

Welcome Back to a New School Year

Dear Parents and Carers,

A very warm welcome back to a new school year! I hope that you and your families had a relaxing and enjoyable summer break and that you were able to spend some precious time together.

It has been wonderful to welcome the children back to school. Their smiles, enthusiasm and excitement have already brought our school to life again, and we are looking forward to all that this new academic year will bring.

On Tuesday, during our INSET day, our staff gathered together with colleagues from St James and St Joseph to reflect on our purpose and mission as Catholic schools. It was a valuable opportunity to pause, reflect and remind ourselves of the very special responsibility we have in educating and nurturing the children entrusted to our care. As a Catholic school, our faith is at the heart of all that we do. We were reminded of our shared mission: 'Love one another, learn together and believe in God our Father.' These words will guide us throughout the year as we strive to create a community where every child knows that they are loved, valued and encouraged to grow in faith, wisdom and confidence.

Over the next two weeks, we will be holding our **'Meet the Teacher' meetings**. These are an important opportunity for us to meet with you and begin the year working together in partnership. We recognise that you are the first educators of your children, and we greatly value the knowledge, support and partnership that you bring. When home and school work closely together, our children flourish, and we look forward to sharing this journey with you throughout the year.

Over the summer holidays, we have also been busy making improvements to our school environment. A number of projects have now been completed, including: tarmacking parts of the playground, installing a new path to our renewed prayer garden. Our prayer garden is particularly special to us, and we hope that it will continue to be a peaceful place where our children can reflect, pray and spend time with God. These improvements are only possible because of the continued generosity, support and commitment of our school community, and I would like to thank everyone who contributes to making our school such a wonderful place for our children.

The diary dates for the year have been sent home on paper for you to keep and refer to throughout the year. They will also be added to the calendar in the app. Please remember to have the notifications switched on. We have therefore tried, wherever possible, to plan assemblies, workshops and other events well in advance. We hope this will help you to make arrangements and, where possible, enable you to join us for these important moments in your child's school life. We will do our very best to keep to these dates throughout the year, although occasionally circumstances may mean that changes are necessary.

Thank you for your continued support, encouragement and partnership. A school community is at its strongest when we work together, support one another and keep Christ at the centre of all that we do.

I look forward to a wonderful year ahead, filled with opportunities for our children to love one another, learn together and believe in God our Father.

With every good wish for the year ahead,

Mrs Hourihan



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PRAYER FOR A NEW SCHOOL YEAR



Loving Father,
As you bring us together for a new school year,
We thank you for the joy of seeing our friends
and the excitement of being back in school.
Fill us with confidence, that with you as our guide,
we will grow each day in wisdom and love.
Inspire us through your Holy Spirit,
that we may be curious to discover new things.
Give us courage to try again when we make mistakes,
and generous hearts, always ready to help others when they struggle, too.



Bless our teachers and staff;
help them to know how important they are to us and to our community.

Bless our families and parish;
teach us how to grow together in faith, hope, and love.
Father of all, hear our prayer for our brothers and sisters around the world
who are unable to go to school.
Encourage us to work as a family, so that all your children can live life to the full.
We make this prayer through Christ your Son.
Amen.

Meet the Teacher

Parents are warmly invited to our Meet the Teacher session. This is a great opportunity to meet your child's teacher, learn about the classroom, and hear about the year ahead. We look forward to seeing you!

- Monday 7th September - Year 6 meet the teacher and PGL meeting at 9.00am
- Monday 7th September - Year 5 meet the teacher at 2.45pm
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- Monday 14th September - Year 1 meet the teacher at 2.45pm

MACMILLAN CANCER SUPPORT

This year, at Blessed Dominic Catholic Primary School, we will be supporting the MacMillan cancer charity by holding a MacMillan fundraiser day on
Friday 25th September.



More information to follow



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HEALTHY LUNCHES & SNACKS



For Early Years & KS1

Children receive 1 free piece of fruit/veg daily through the government scheme



For KS2

Children must bring their own fruit or vegetable for break



Please keep snacks separate from packed lunches



Not Allowed

Biscuits, cakes, crisps, sweets, or chocolate

Chocolate spreads & satay coverings (may contain nuts)

No nuts of any kind – due to severe allergies



Healthy Packed Lunch Tips

Include fruit & vegetables

Choose healthy proteins & whole grains

Avoid high-sugar snacks & drinks

Wraparound

We offer daily wraparound care for children. Breakfast Club is available every morning from **7:45am and costs £3** per day.

After-School Wraparound Care runs daily until 5:45pm

The charges are:

3:15pm – 4:15pm: £6

4:15pm – 5:45pm: £9

3:15pm – 5:45pm: £15

A light snack and a range of engaging activities are provided during each session.

We also run after-school clubs each half term



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 - (SENCO) 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**

What Parents & Educators Need to Know about ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.



HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS



ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an adrenaline device, injected into the outer upper thigh or using a nasal device.
- Anaphylaxis is a medical emergency and a threat to life.



WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.



TWO DOSES:
0.15 mg or 0.3 mg

ANAPHYLAXIS SYMPTOMS

AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything.)



NON-FOOD ALLERGENS:



LINKS TO FURTHER RESOURCES – Scan the QR codes to find out more



AllergyWise®



EpiPen



Jext



ADRENALINE
AND AADs

Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.



The
National
College®



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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!



Question, Concern or Complaint?

A question is a request for information or clarification.

A concern is something you are worried about and would like the school to address.

A complaint is when you remain dissatisfied after raising a concern and would like the matter considered through the school's formal complaints procedure.

Most questions and concerns can be resolved quickly through discussion. We encourage parents to speak to their child's classteacher in the first instance.

Providing a concise summary of the key facts will help us understand and respond to the matter more efficiently.

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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Uniform Reminders

Please remember:

- Summer uniform can be worn until October half term
- Summer dresses are royal blue gingham (not navy)
- Plain black or plain royal blue coat
- **School bookbag/backpack** or a **plain black** backpack only (no branding, logos or colours)
- **Plain black or plain white trainers** for PE days only
- School shoes (please note that boots and sandals are not permitted)
- Royal blue PE shorts
- Plain black, grey, or white socks – no logos or branding.
- Royal blue school **sun / baseball cap** or plain blue, black or white baseball style cap. No logos or branding.
- Hair accessories should be royal blue, white or black
- Analogue watches with no internet connection are permitted but no other jewellery permitted for health and safety reasons i.e. necklaces, bracelets or anklets

For health and safety reasons, **only stud earrings** are permitted.

Please remember to **label every item** of your child's uniform and show your child where to find their name labels. Clearly labelled items can be returned to their owner much more quickly if they are misplaced.



PE Days:

IB - Tuesday and Thursday
ID – Tuesday and Wednesday

Y2 – Monday and Tuesday

Y3– Tuesday and Thursday

Y4 – Tuesday and Wednesday

Y5 - Tuesday and Thursday

Y6 – Wednesday and Friday



Please see click on the links below



School Uniform

The school uniform is an integral part of who we are at Blessed Dominic Catholic Primary School. All pupils are expected to wear the correct full school uniform every day.

 Blessed Dominic Catholic Primary School

<https://app.parentpay.com/ParentPayShop/Uniform/Default.aspx?shopid=1131>

BACK TO SCHOOL

Online Safety Tips for Children

Wow, it's September already! The month when autumn officially starts and ... oh yeah, the beginning of a new school year. Every cloud has a silver lining though! Another term means new friends to make, different stuff to learn, fresh online trends to jump on and exciting new games to play on your phone, computer or console. We've compiled a list of our top tips to ensure that - whether you're going online to chat, research things or just have fun - you can do it safely.

Be cautious with your profile

Be careful not to give out too much info on your social media or gaming profiles. Details like your full name, address or school's name could all help strangers to actually find you offline. A trusted adult can help you make your profiles private - so only your family and actual friends can contact you.

Lock your devices

Taking your phone or tablet to school? Turn password protection on. It keeps your private info safe and stops anyone accessing your device without permission. Passwords should be memorable to you - but difficult for anyone else to guess. Get a trusted adult to write it down in case you forget it!

Be smart with screen time

Too much screen time, especially just before bed, can affect your quality of sleep. Losing sleep, or not sleeping well enough, messes with your concentration and energy levels. Try muting notifications so you don't get pinged late at night: you'll feel fresher and more focused the next day.

Know how to deal with bullies

Sadly there are people online who enjoy picking on other users. If you ever feel like you're being bullied online - by anyone, not just someone from school - talk to a trusted adult about it. Together, you can discuss possible steps, such as blocking or reporting the person who's targeting you.

Manage online relationships wisely

Most people in a relationship chat to their partner online. Just be mindful that once you send a pic or message (even if it's private), you no longer control who else might see it. Messaging someone you've never actually met - and who might not be who they say - is definitely best avoided.

React well to inappropriate content

When you're researching something online, there's always a chance of finding content that makes you feel uncomfortable or upset. If this happens, you can report it as inappropriate and (hopefully) get it taken down. Tell a trusted adult what happened: they'll help you decide what to do next.

Report offensive in-game chat

If you game online with your mates, you'll know things can get competitive and heated on the in-game chat. Playing against people you don't know (especially if they're older) raises the risk of offensive comments and even threats. Our advice? Find out how to block or mute those bad losers.

Learn to spot fake news

If you're looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too - if it seems too unbelievable to be true, it's probably fake.

Keep it 'real' with online friends

Everyone enjoys adding friends and followers on social media. It's important, though, that the people you interact with online really are your friends. If they're just random people you've connected with to increase your contacts, you don't know if they could be trolls or bullies (or worse).

Prospective Nursery /Reception Meetings for September 2027

WEDNESDAY 11th NOVEMBER at 5.30pm

THURSDAY 12TH NOVEMBER at 9.05am



Secondary School Open Evenings



BISHOP DOUGLASS SCHOOL



Open Events 2026

Open Evening: Wednesday 16th September 5.00pm - 7.30pm

The Headteacher's presentation will take place at 5.15pm - 6.45pm

Curriculum Showcase: Thursday 15th October 4.15pm - 5.45pm

Guided Tours: Sign up on the school website to see the school in action during the day.

admissions@bishopdouglass.barnet.sch.uk
bdfinchley



St James Catholic High School

Open Evening on Thursday 1 October 2026.

Full details of our outstanding programme designed to support the transition from primary to secondary school are available here.



<https://www.st-james.barnet.sch.uk/2284/transition-to-secondary-school>