

Blessed Dominic Catholic Primary

Love - Learn - Believe



Newsletter



Autumn issue 2- 11th September 2026

Headteacher: Mrs Hourihan

Deputy Headteacher: Ms Sulis

Diary Dates

SEPTEMBER

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 - FAIRTRADE FORTIGHT

Monday 21st September - Book Fair

Monday 21st September - Year 5 Mass at the church 10am

Thursday 24th September - 6B class assembly

Friday 25th September - Macmillan Coffee Morning

Dear Parents and Carers,

Welcome to Our New Families

It has been a wonderful week as we welcomed our new Nursery and Reception families into the Blessed Dominic community. We are delighted to have you join us and look forward to working together as a school family.

In this week's Gospel, we reflected on what it means to be a community and the importance of working together as first educators of our children. We are grateful for the partnership between home and school and the role we all play in supporting our children to grow in faith, confidence and love for others.

We held our Meet the Teacher meetings for Years 3–6 this week, which were very well attended. Thank you to all the parents and carers who joined us. We look forward to welcoming our Year 1 and Year 2 families to their meetings next week.

This week, we held our first House Meetings, bringing together children from Years 1–6. The children had the opportunity to listen to speeches from our Year 6 pupils who were standing for the roles of House Captain and Vice Captain. The children then took part in a vote within their houses to elect their representatives. A huge well done to all of our Year 6 pupils who prepared and delivered a speech. We are very proud of the confidence and enthusiasm you showed. The role of our House Captains is to promote community, participation and belonging within their houses. We look forward to working with our new House Captains and Vice Captains as we develop new and exciting ways for everyone to participate in the life of our Blessed Dominic community.

Congratulations to our House Captains:

- **St James** - Ariana & Rhema
- **St Bernadette** - Pak ho & Jaida
- **St Anthony** - Natalia & Kamar
- **St Margaret Clitherow** - Alia & Carly

Next **Thursday 17th September at 9.00am**, we will be holding our **Parent RSE Meeting**. We would strongly encourage parents and carers to attend, as this will be an opportunity to find out more about the changes to the RSE curriculum and to launch our consultation.

We look forward to seeing you there and continuing to work together as a community.

Mrs Hourihan

Blessed Dominic Catholic Primary School, Great Strand, Colindale, London NW9 5PE

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Our Lady's Birthday

Last Tuesday was the birthday of Our Lady, Mary.

Mary is very important to us because she is the mother of Jesus and a special example of love, faith, kindness and trust in God.

We remember her with love and gratitude.



A Prayer to Mary

Dear Mary,

Thank you for loving Jesus and showing us
how to love others.

Help us to be kind, caring and helpful
every day.

Pray for us and keep us safe.



SEASON OF CREATION

The World Day of Prayer for the Care of Creation, celebrated on 1 September, is the official start of the Season of Creation, a time of sustained prayer and action which lasts a month and four days. During this season we are encouraged to pray and engage in community events in order to deepen our relationship with God, our neighbour and the earth we share, being ever more attentive to the cry of the earth and the cry of the poor.

**The theme that Pope Leo XIV has chosen for 2026 is taken from Isaiah 2:4
click on the link below**

Message of the Holy Father on the occasion of the 11th World Day of
Prayer for the Care of Creation [1 September 2026] (15 August 2026)

MESSAGE OF HIS HOLINESS POPE LEO XIV FOR THE 11th WORLD DAY OF
PRAYER FOR THE CARE OF CREATION 2026 [1 st of September 2026] [

Multimedia] _____

 vatican.va

**"May the Lord grant us the courage to
walk along this path, so that in our time,
swords may indeed be beaten into
ploughshares, and the promise of the
Gospel
may take deeper root in our world, and
the peace of Christ may reign over all of
creation."**





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Celebrating Success

STAR OF THE WEEK

1B -Leon
1D -Whole Class
2B -Vincenzo
2D -Luna
3B - Maria
3D -Gabriel
4B - Tymofii
4D -Chloe
5B - Kacper
5D -Jude
6B - Nathan
6D -Dominic

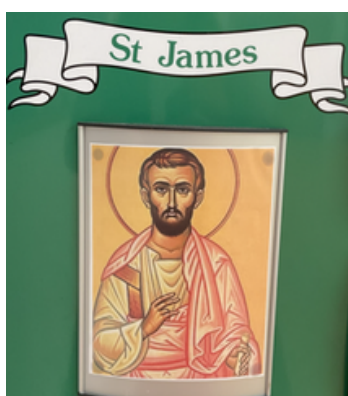


ATTENDANCE THIS WEEK

1B -92%
1D -96%
2B -97%
2D -96%
3B -96%
3D -98%
4B -87%
4D - 95%
5B -97%
5D -95%
6B -91%
6D -91%



HOUSE CAPTAINS



St Margaret Clitherow - Alia & Carly
St James - Ariana & Rhema
St Bernadette - Pak ho & Jaida
St Anthony - Natalia & Kamar



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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

Book via the booking link

You will receive a message via the booking link to confirm your place in the club

You will also receive receive a message on Parent App with information about the club, start times etc

The payment will be added to ParentPay.

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**



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:

1B - Tuesday and Thursday
1D – 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

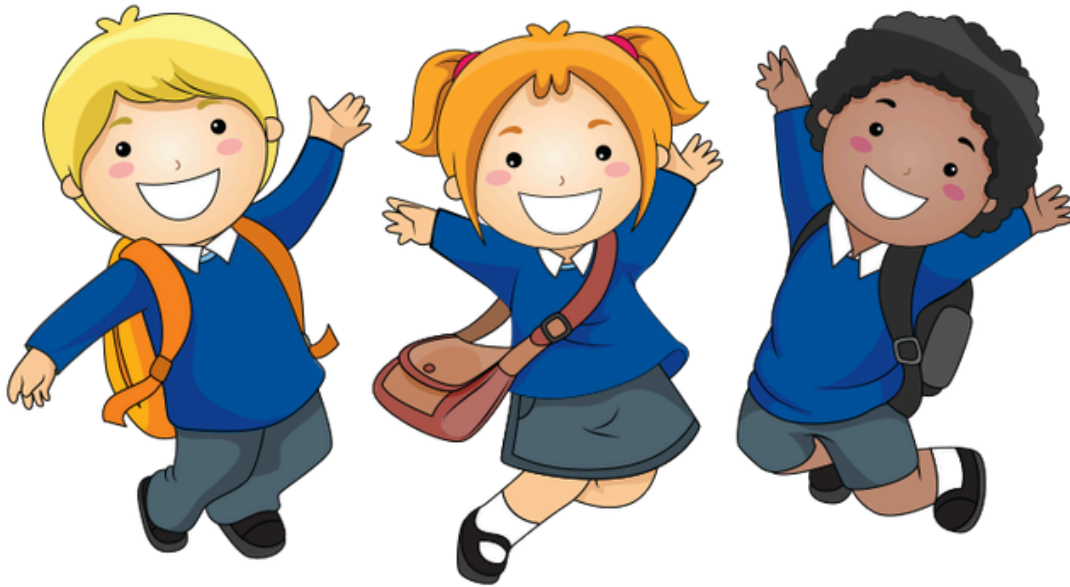
The school uniform is an integral part of who we are at Blessed Dominic Catholic Primary School. All pupils are expected to wear the correct full school uniform every day.

 Blessed Dominic Catholic Primary School /

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

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>

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday

The National College