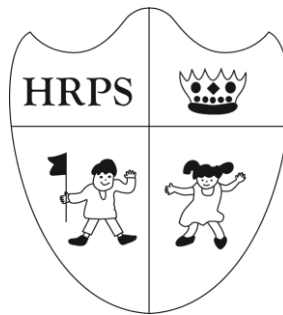


Houghton Regis

Headteacher: Mr J Edwards BA (Hons) QTS
Deputy Head: Mrs R Parmar BA (Hons) PGCE

Telephone: 01582 867487
Fax: 01582 867487

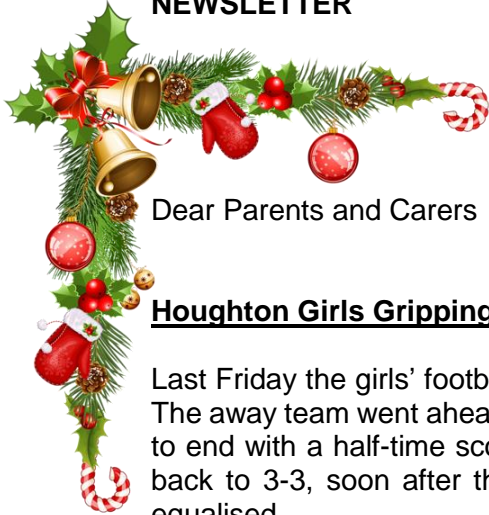
Email: office@houghtonregisprimary.co.uk
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Primary School

St Michaels Avenue
Houghton Regis
Dunstable
Beds
LU5 5DH

NEWSLETTER



1 December 2023

Dear Parents and Carers

Houghton Girls Gripping Goal Sensation

Last Friday the girls' football team played a sensational League game at home against Tithe Farm. The away team went ahead in the first 5 minutes, but our girls soon equalised. The game flowed end to end with a half-time score 2-3 to the away team. Our girls worked hard as a team and pulled it back to 3-3, soon after the away team then went ahead again 3-4, not to be outdone Jasmine equalised.

At 4-4 the match was evenly balanced however Ava hit the bar, Jasmine's shots went wide and the away team missed a penalty. Our girls then went on to score two more goals. Final score 6-4. Credit goes to all the girls Jasmine (4), Denas (2), Everly, Ava, Mia, Chloe, Eleni and Victoria who made some sensational saves on her debut in goal.

In our League the girls have now drawn one and won two of their games.

Year 1 and 2 visit from Herrings Green Activity Farm- Thursday, 30 November 2023

Yesterday, Key Stage One had a visit from Herrings Activity Farm who brought in some of their birds of prey. The falconer spoke to the children about each of the 4 birds (barn owl, tawny owl, harris hawk and kestrel) and told them about their habitats, life cycles and how we can help to protect them in the wild. The children loved watching these amazing birds fly across our school hall!



Christmas lunch- Wednesday, 13 December 2023

Please select your child's Christmas lunch option on SchoolGrid.



CHRISTMAS LUNCH

HCL 

Christmas Turkey and Chipolata Sausage Trimmings of Sage and Onion Stuffing and Gravy
OR
Festive Veggie Wellington (v) OR Festive Quorn Fillet (v) With a Veggie Sausage (v) Trimmings of Sage and Onion Stuffing and Vegetarian Gravy

With Roast Potatoes and a Choice of Seasonal Vegetables

A Choice of Christmas Desserts



Facebook: HCLcatering | Twitter: @HCLcatering | LinkedIn: HCLcatering

Finally, I would like to take this opportunity to wish everyone a wonderful weekend.

Kind regards

Mr James Edwards

Headteacher



Free school meals

If you think you meet the free school meals eligibility criteria, please call the Local Authority on 0300 300 8306. When you call to apply for free school meals, please have the following information ready:

- National Insurance numbers and dates of birth for you and your partner
- Dates of birth for your children
- If you receive support from the National Asylum Support Service, your NASS number

If your application is successful, please contact the school office to confirm this to enable us to update our records to reflect this.

School Admissions 2024

Central Bedfordshire Council have produced a booklet to help you with applying for your child's school place for 2024.

The following link will take you to the booklet

https://www.centralbedfordshire.gov.uk/info/5/school_admissions

The national closing dates for applications to be received by the School Admissions Team are:

15 January 2024

- Starting School 2024
- Transfer to Middle 2024





UPCOMING EVENTS

Event	Year groups involved	Date
The Snowman at the Peacock Theatre	Year 2-5	Friday, 15 December 2023
<u>Christmas events</u>		
Save The Children - Christmas Jumper Day	All	Thursday, 7 December 2023
PTA Christmas Disco	Nursery & Reception	Friday, 8 December 2023, 2-3pm
PTA Christmas Disco	Year 1 & Year 2	Friday, 8 December 2023, 3:15-4:15pm
Jingle and Mingle	Early Years	Monday, 11 December 2023, 9:10am and 2:00pm
Christmas Dinner and Jumper Day	All	Wednesday, 13 December 2023
PTA Christmas Disco	Year 3 & Year 4	Friday, 15 December 2023, 3:20-4:20pm
PTA Christmas Disco	Year 5 & Year 6	Friday, 15 December 2023, 4:30-5:30pm
Reception Nativity	Reception	Thursday, 14 December 2023, 9:15am and 2:30pm
Year 1 Nativity	Year 1	Tuesday, 19 December 2023, 10am
Year 1 Nativity	Year 1	Tuesday, 19 December 2023, 2pm
Last day of term	All	Wednesday, 20 December 2023 school closes at 2:00pm



Values-based Education
IVET Quality Mark



***This week's
Attendance Awards***


Reception/KS1 Prince Louis–
Green 95.6%

Lower KS2 Princess Charlotte –
Blue 98.5%

Upper KS2 Prince George–
Elizabeth 90.6%



Star Awards

			
Danny DETERMINATION says, "DON'T GIVE UP."	Colin CURIOSITY says, "THINK FOR YOURSELF."	Chloe COMMUNICATION says, "RESPECT OTHERS."	Izzy INDEPENDENCE says, "DO YOUR BEST."
Freya D	Tia J	Stefania V	Niyansh C
Jeremie B	Milan Z	Klara K	Sadiq M-E
Ava-Kate B	Julia	Tattva S	Jayla G
Matthias O	Soraiya	Ayaan M	Ismail H
Willow D-S	Jasmine I	Connor D-W	Nevaeh G
Hanna C	Sam C	Hunter R	Kenny A
Thomas P			
Haris R			
Andrei D			



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with, don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an alert or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-6204905>
<https://www.gov.uk/guidance/social-media-algorithms>

NOS National Online Safety®
#WakeUpWednesday



Values-based Education
IVET Quality Mark





You Are Invited To

HRPS Christmas

Disco



FRIDAY 8TH DECEMBER

NURSERY/ RECEPTION | 2-3PM

(Bring clothes to change in to)

YEARS 1 AND 2 | 3:15-4:15PM

(Bring clothes to change in to)

FRIDAY 15TH DECEMBER

YEARS 3 AND 4 | 3:20-4:20PM

(Bring clothes to change in to)

YEARS 5 AND 6 | 4:30-5:30PM

Entry is £3 which includes a free drink & bag of sweets to every child

Payments can be made to the PTA in the gazebo (morning and afternoon) starting Nov 13th. Both cash and cards are accepted.

