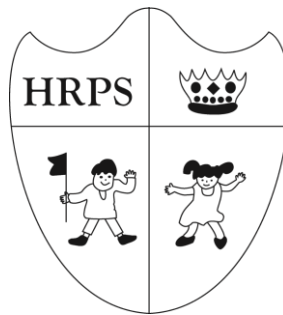


Houghton Regis

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

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Primary School

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NEWSLETTER



10 November 2023

Dear Parents and Carers

Remembrance Day

Earlier today I went with Elizabeth Class, Mrs Parmar and the Head Girl and Head Boy to the Special Service of Remembrance in Houghton Regis. Here we joined Mr Carroll, the Mayor, and other schools in a short service and two minute silence. Our new school wreath was then placed by the Head Boy and Head Girl next to the memorial stone, along with the others from the local community.



Junior Headship Team

Congratulations to our new Junior Headship Team:

Head Boy- Freddie C
Head Girl- Mollie S
Deputy Head Boy- Alfie C
Deputy Head Girl- Amelia D

Football Match vs. St Vincents- Friday, 10 November 2023

Our girls' football team played a competitive game today against St Vincent's Catholic Primary School. Two goals came from Jasmine with strong performances from Ava, Victoria in defence and Everly who was enjoying her debut performance for HRPS. The final score being a 2-1 victory to Houghton Regis.



Cut your Carbon Assembly

During the month of November, our school will be taking part in 'Cut your Carbon' month. In assembly last week, Children learnt about carbon, climate change and what they can do to help the environment. The children were able to explain what greenhouse gases are and how they trap heat in the earth similar to a greenhouse you would find in your garden. Checklists have been posted via Tapestry or Google Classroom with nine activities for children to complete, such as eating leftovers, giving clothes/toys to another child, and having a short shower instead of a bath. At the end of the month, our Eco-Warriors will count the amount of activities that children have managed to complete.

Construction Safety Assembly

On Monday we welcomed a visit from Borrás Construction. The children took part in an assembly about how to stay safe near construction sites due to the increase of building sites in the local area. The children learnt about what items must be worn to stay safe in construction areas, such as safety goggles, hi-vis jackets and protective gloves. The Eco-Warriors from year 6 modelled these items to show how they should be worn correctly. The children were great at explaining why each item should be worn and understand the importance of staying safe.



Data Collection sheets

You should have received a data collection sheet to update your child's contact details and advise of any updates. It is really important that the information that we hold on our school information system is up to date, especially if we need to contact you in the event of an emergency. If for any reason you require a copy of your child's data collection sheet, please request one from the school office. Please return your signed data collection sheet to the school office by Friday 17 November.

Football Match vs. Thomas Whitehead- Friday, 3 November 2023

On Friday 3 November, the boys' football team went to Thomas Whitehead School and played an entertaining first game of the football league season.

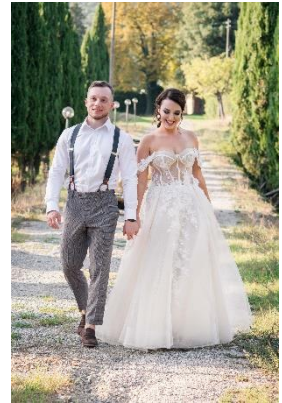
In a competitive game there were chances for both sides before we took the lead through an own goal following a penalty save. This lead gave the boys confidence with Freddie in goal making some crucial saves including a fantastic double save, tipping the ball onto the bar to keep the lead. However, on the stroke of half-time a momentary lapse of concentration from a corner saw Thomas Whitehead equalise.

The second half resumed the attacking nature from both teams, unfortunately Thomas Whitehead took the lead and quickly doubled their lead. The Houghton Regis boys soon regained their composure and continued to press and get back into the game. Frankie Smith scored a goal of the season contender, cutting in from the left hand side and smashing the ball into the top right corner to reduce the deficit to one goal. This goal came too late for the boys and they fell to a 3-2 loss. Although losing was disappointing, the boys did themselves and the school proud in the way they kept playing until the very end of the game, never giving up and playing the game in a competitive but fair manner.



Wedding news

We extend our congratulations to the newly married Mrs Pylik Fornal from the school office on her recent wedding, which took place in Italy. I am sure you will join me in wishing her and her husband Mariusz all the best for the future.



Odd Socks Day – Monday, 13 November 2023

The school will be taking part in odd socks day 2023. This means children may wear one grey and one white sock on Monday etc. This is to show solidarity with the anti bullying alliance. Teachers will talk to children about why they are able to wear odd socks this Monday.



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
Celtic Harmony trip	Year 3	Friday, 17 November 2023
Children in Need- non-uniform day, cake and fruit sale	All	Friday, 17 November 2023
National Space Centre trip	Year 5	Monday, 20 November 2023
Choir Concert – London	Elizabeth, Charlotte & Choral Club	Tuesday, 21 November 2023
Herrings Green Activity Farm	Year 1 & Year 2	Thursday, 30 November 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
PTA Christmas Disco	Year 1 & Year 2	Friday, 8 December 2023
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
PTA Christmas Disco	Year 5 & Year 6	Friday, 15 December 2023
Reception Nativity	Reception	Thursday, 14 December 2023 - 9:15am and 2:30pm
Year 1 Nativity	Year 1	Tuesday, 19 December 2023 10.30am
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 96.4%

Lower KS2 Princess Charlotte –
Red 100%

Upper KS2 Prince George— Amber
98.1%



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."
Finley A	Levi U	Willow C	Adam B
Ethan H			Ainsley C
Myles B			Jeremie B
Mia D'S			Ella-Grace P
Jude E			Charlie B
Daniella C			Yasmin L
Jessica G			Brianna O
Lilly S			Nicholas P
Teymullah A			Kimberly F
Sofia Y			Oliver J
Lois U			
Shae E			
Sullivan P			
Ava O			
Oliver M			



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 email 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-63203695>
<https://prosocial.com/insights/social-media-algorithms/>

NOS National Online Safety®
#WakeUpWednesday



Message from PTA

For those parents and carers whose children attend breakfast and afterschool club, you can purchase tickets in the main office and the staff will pass the money on to the PTA.



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BEDFORDSHIRE BALLERZ FOOTBALL ACADEMY

OUR WEEKLY TECHNICAL TRAINING CENTRES LOOK TO SUPPORT THE LEARNING AND DEVELOPMENT OF THE PLAYERS THROUGH OUR CREATIVE SESSIONS, WHERE THEY FOCUS ON DIFFERENT TECHNIQUES EACH WEEK IN AN ENJOYABLE AND SAFE ENVIRONMENT

WEEKLY SESSIONS FOCUS

**DRIBBLING • PASSING • ATTACKING
DEFENDING • SHOOTING • GAME PLAY**

LOCATIONS

LUTON • DUNSTABLE • FLITWICK • BEDFORD

**NEW TERM STARTS ON THE WEEK
COMMENCING 30TH OCTOBER!**

**BOOK YOUR PLACE BY CLICKING
BELOW:**

CLICK HERE!

CONTACT US



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