



Growing minds, shaping futures and inspiring lifelong learning

Houghton Regis Primary School Newsletter

Friday 13th February 2026



Headteacher: Mrs R Parmar
Chair of Governors: Mr T Muldownie

Dear Parents, Carers & Children,

As we come to the end of a busy and productive half-term, I would like to thank our children, staff and parents for their continued hard work and commitment. It has been a half term filled with effort, progress and many proud moments. We are grateful for the parental support we continually receive to ensure our children can thrive and achieve their very best.

On Wednesday, the children in year 4 went to London to visit the Natural History Museum. They had the opportunity to explore all areas, including dinosaurs, mammals and volcanoes and earthquakes, where they learnt facts about each topic. The earthquake room was by far one of the most popular experiences for the children! They had the opportunity to explore a variety of mammals, fossils and living things from the past and present. They enjoyed exploring facts about the dodo and learning why they are now extinct. We were impressed with the children's ability to link their knowledge to previous learning from year 2 when they experienced fossil hunting. A huge thank you to Mrs Boland for organising the trip and to Mrs Hickles, Mrs Pylík-Fornal and Miss Viks for accompanying the children on the day and making it a memorable experience for all.

Yesterday, the children in Yellow class performed their assembly to the school and their parents. The class assembly was about changes in monarchy. The children shared facts about King John, William the Conqueror, Queen Anna, Queen Victoria and Henry VIII. The children sang a song about Henry VIII's wives to remember their names. They finished their assembly by reading their memoirs. Well done to the children for sharing excellent knowledge about their history topic and performing with confidence. A huge thank you to Miss Viks and Mrs Hickles for encouraging and supporting the children to showcase their knowledge and understanding. After half-term, we look forward to welcoming parents to Sapphire's class assembly on Thursday 26th February. This will begin at 2:45pm and will be held in the hall.

We held our half-termly intra-house sports quiz competition this week, organised by Mr D. The children answered a range of questions related to general knowledge around sports. Congratulations to **Brunel** and **Curie** who came joint first with 60 points.

Today, our Friends of HRPS organised a non-uniform day. We all wore red to celebrate Valentine's Day and we raised a total of approximately £200. Thank you all for your generous donations - we will be using these funds towards purchasing resources for the school.

Today, we said goodbye to Mrs Gosling and Mrs Osborne. Please join me in thanking them both for all their hard work and dedication and wishing them well for the future.

After half-term, the children in year 3 will be celebrating their Roman WOW day on Tuesday 24th February. The children will take part in a range of exciting, hands on activities to conclude their learning about the Romans, including history, art and role-play. It promises to be a fun and memorable day to spark curiosity and enthusiasm for the topic. We encourage the children to come dressed up as a Roman soldier or a Roman lady for the day.

During the past few weeks, we have noticed that some children have been unhappy with their lunch choices made at home. Please can we ask parents to ensure the children play a part in selecting their lunches to avoid any upset or disappointment. Thank you for your understanding with this matter.

As shared last week, local residents have raised concerns about parking and access around school during drop-off and pick-up times. A number of vehicles have been blocking driveways and have been parking across dropped kerbs. Residents have also noticed that drivers are causing damage to grassed areas by driving across these spaces. Please park considerately and respectfully, particularly around neighbouring properties and access points.

On Monday 23rd February, we are supporting Girlguiding with celebrating their 100 years of Thinking Day. Children are invited to wear their Brownies or Girl Guides uniform - we look forward to raising awareness of this remarkable event.

Our clubs have been a huge success and they will continue after half-term. You do not need to re-register your child if they already attend a club.

I wish you all a restful and enjoyable half-term break and look forward to welcoming everyone back for the next part of our school journey on Monday 23rd February.

Mrs R Parmar

Headteacher

Happiness - Independence - Excellence - Respect - Ambition

Uniform Expectations

- White plain polo shirt/blouse or white shirt and school tie (optional)
- Bottle green sweatshirt or cardigan (with school logo - optional)
- Grey trousers or grey skirt/pinafore (knee length)
- Leggings are not permitted
- White or grey socks
- White or grey tights
- Black school shoes

PE Days

- Nursery—Monday
- Reception—Wednesday
- Year 1—Thursday & Friday
- Year 2—Tuesday & Wednesday
- Year 3—Monday & Friday
- Year 4—Monday & Thursday (Yellow)
- Friday (Blue)
- Year 5—Monday & Thursday
- Year 6—Monday & Wednesday

Attendance Winners

- EYFS: Ruby with 95.3%
Reward - Class party
- KS1: Orange with 100%
Reward - No homework for a week
- LKS2: Blue with 94.2%
Reward - Sit with your friend for the day
- UKS2: Red with 99.3%
Reward - Golden time
- Whole School: 93%

Housepoint Winners

- Bell - 74 points
- Curie - 73 points
- Johnson - 63 points
- Brunel - 56 points

Headteacher Awards

Congratulations to the following children:

Early Years: Morgan O, Beau C, Emily B

Years 1 & 2: Yasir Abdulzai, Zara C, Antonia C, Caleb G

Years 3 & 4: Joel B, Conor H, Soraiya N, Daniella C

Years 5 & 6: Mason R, Willow D-S, Jesse H, Hanna C



Kidz Zone Before & After School Club Information

If you would like further information on Kidz Zone, please visit their website or book on www.kidzzoneclub.com

Walk your wheels

A reminder that children need to 'walk their wheels' on the school premises before school and at the end of the day. Staff patrolling the playground will be reminding children of these rules in order to keep everyone safe by preventing any accidents from happening.

Staff Values Champion of the Week

Congratulations to Mrs Jones for... displaying the value of **Respect** around the school!



Bronze Awards - 100 Dojo Points



Silver Awards - 200 Dojo Points



Gold Awards - 300 Dojo Points



Happy Retirement Mrs Osborne!



Mrs Osborne has worked with us at Houghton Regis Primary School for 30 years. She first joined as a midday supervisor and throughout her time in our school, she has fulfilled a variety of roles. She supported a number of children and played a pivotal part in developing skills specific to the needs of those children.

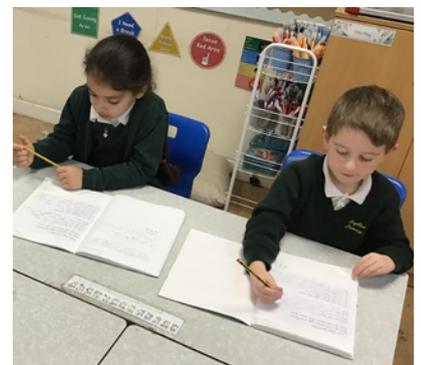
In addition to working in class, Mrs Osborne has immersed herself in all aspects of school life by taking part in educational visits, discos, community events and many more areas of school life.

She will be missed by us all at HRPS and we are grateful for her contributions to the school.

We wish Mrs Osborne a retirement filled with good health, happiness and enjoyment!



Our learning this week...



Spring Term Events

Date	Time	Year Group	Event	Location
Monday 16 th - Friday 20 th February		All	Half-Term	
Monday 23 rd February		All	Children return to school	
Monday 23 rd February		Girlguiding members at 4 th Houghton Regis Brownies	Children can wear their Girlguiding uniform to school in celebration of World Thinking Day.	
Tuesday 24 th February		Year 3	WOW day - children are invited to come to school dressed as a Roman soldier or a Roman lady.	
Thursday 26 th February	2:45pm	Year 3 - Sapphire Class	Class Assembly - parents invited	Hall
Thursday 5 th March		All	World Book Day - staff and children are invited to come to school dressed as a book character.	
Thursday 5 th March	2:45pm	Year 3 - Teal Class	Class Assembly - parents invited	Hall
Thursday 12 th March	2:45pm	Year 2 - Orange Class	Class Assembly - parents invited	Hall
Tuesday 17 th March	2:00-3:15pm	All	SNAP Parent Carer Forum Coffee Afternoon	Hall
Thursday 19 th March	2:45pm	Year 2 - Green Class	Class Assembly - parents invited	Hall
Monday 23 rd March	3:45-6:15pm	All	Parent Consultation Evening - appointments times will be made available on ClassDojo	Hall/ Classrooms
Thursday 26 th March	4:00-7:00pm	All	Parent Consultation Evening - appointments times will be made available on ClassDojo	Hall/ Classrooms
Friday 27 th March	2:00pm	All	Last day of term—school finishes at 2:00pm. There will be no after school club on this day.	

Summer Term Events

Date	Time	Year Group	Event	Location
Monday 13 th April		All	INSET day - school closed for all children	
Tuesday 14 th April		All	Children return to school	
Thursday 23 rd April	2:45pm	Year 1 - Purple Class	Class Assembly - parents invited	Hall
Thursday 30 th April	2:45pm	Year 1 - Coral Class	Class Assembly - parents invited	Hall
Thursday 7 th May	2:45pm	Reception - Platinum Class	Class Assembly - parents invited	Hall
Thursday 14 th May	2:45pm	Reception - Gold Class	Class Assembly - parents invited	Hall
Thursday 21 st May	2:45pm	Nursery - Silver & Ruby Classes	Workshop - parents invited	Hall
Monday 25 th - Friday 29 th May		All	Half-Term	
Monday 1 st June		All	Children return to school	
Monday 8 th June		All	School photographs for class groups and siblings. Please ensure children have their full uniform in school for their photograph.	
Thursday 11 th June	2:45pm	Year 5 - Amber Class	Class Assembly - parents invited	Hall
Thursday 18 th June	2:45pm	Year 5 - Emerald Class	Class Assembly - parents invited	Hall

Our Leadership Team



Headteacher
Mrs R Parmar



Assistant Headteacher—
Pastoral & Inclusion
Ms D Faure-Alexis



Assistant Headteacher—
Academic &
Lower Key Stage 2 Leader
Mr D de Gouviea-Smith



School Business
Manager
Mrs F Jones



EYFS & Key Stage 1 Leader
Lead Practitioner
Miss M Davidson



Deputy Key Stage 1
Leader
Miss S Hayat



Key Stage 2
Leader
Miss E Naisby

Friends of HRPS

What is a PTA?

PTA stands for Parent Teacher Association. Volunteer organisations like this are usually composed of parents, class reps, teachers and other school staff who come together for regular meetings to discuss the school year and upcoming events.

PTAs bridge the gap between parents, teachers and pupils, helping to build productive relationships and further ensure the school is a place where pupils can thrive.

PTAs are now established in most schools and parents enjoy working closely with teachers, creating bonds with other parents, fundraising for events, working with the local community and learning more about the curriculum.

At our school, we are known as Friends of HRPS.

What do we do?

Friends of HRPS aim to accomplish a range of things, all usually geared at making the school a better place to learn. We work together to raise money with a variety of creative events throughout the school year, encouraging the whole community to get involved.

Friends of HRPS events

In previous years, we have organised summer fetes, Santa's Christmas Grotto, discos and a sponsored walk to name a few.

Why is our role so important?

We give parents more of a voice and get them feeling involved. Parents can provide the school community with a fresh perspective and highlight any concerns in a supportive environment.

The organisations are also instrumental in providing additional opportunities for pupils by strengthening the overall school experience.

Why should you join Friends of HRPS?

Being a part of your child's school community has several benefits:

- Scheduled meetings allow parents to keep up to date with upcoming academic events and socials.
- It creates stronger relationships with staff members, where they can easily communicate expectations and standards of learning.
 - It allows parents to establish relationships and network with other parents.
- Parents can support the school in creating the best environment possible for their child and other pupils, helping make a real difference.
 - Friends of HRPS members can learn new skills, from fundraising and problem-solving to communication and creativity.
- As a member of Friends of HRPS, you'll be able to see measurable results and appreciate the impact of all your efforts!

Please email the Chair, Mrs R Reid-Stavriniades at: ptahrps@gmail.com if you would like to find out more information.

EVERY SCHOOL DAY MATTERS



Penalty Notice Fines for absence from school are changing

From 19th August 2024 Penalty Notice fines increase to £160 for each parent, for each child.



You can be fined if your child has a total of 5 days of unauthorised absences in 10 school weeks, for things like:

- being late after the register has closed
- truancy
- taking a holiday without permission from the school
- or if a headteacher isn't satisfied for the reason for missing school

Over a rolling 3-year period the sanctions are:

- 1st offence – £160 reduced to £80 if paid within 21 days
- 2nd offence – £160
- 3rd offence – Court hearing and up to £2,500 fine, or up to 3 months in prison and a criminal record

For more information go to:
www.centralbedfordshire.gov.uk/missing-school



SEND Dance Classes

Fun and inclusive classes for those with suspected or diagnosed additional needs

Imagine & Move | 4 – 4.30pm

Sensory movement class for those aged 3+
Aimed at those who need support from a parent/carer to participate
£5 per class invoiced termly



Magic Movers | 4.45 – 5.30pm

Creative dance class for those aged 7+
For those who can follow instruction and participate independently
£7 per class invoiced termly

**Introductory offer:
20% off for Spring Term!**

15th January – 26th March (No class 19th February)



Thursdays during term time
at Houghton Regis Leisure Centre

Limited spaces! Book now:
info.imaginationarts@yahoo.com
07394 934911



Central
Bedfordshire
Council



POSITIVELY
INFLUENCING
CHANGE



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



PINS
Partnerships for Inclusion of
Neurodiversity in Schools

We are excited to
announce our...



Online training:

Tips and Tools to Manage Sensory Differences

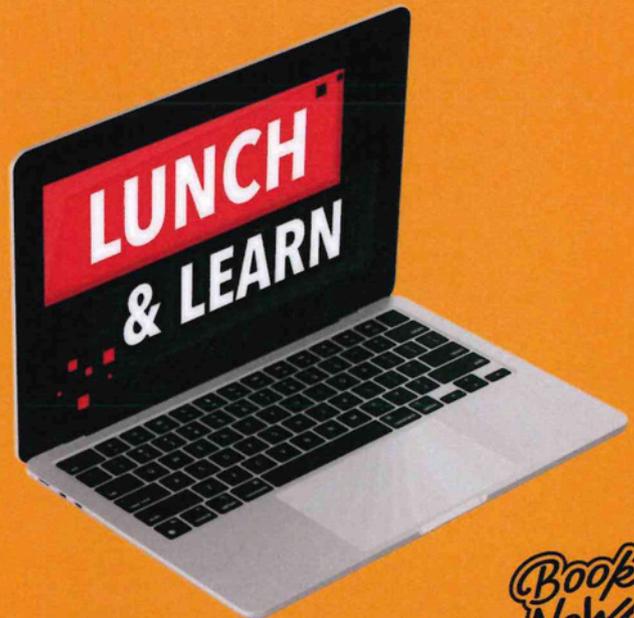
25/02/2026

12:00 pm - 1:30pm

This session is delivered by qualified experts who will help you support your child/young person.

Tips and Tools to Manage Sensory Differences aims:

- To understand the link between sensory differences and behaviour
- To discover how to work out your child's unique sensory profile
- To explore strategies and adjustments to support your child to manage their sensory differences
- To know where to get more help



Book
Now!

BOOKING IS ESSENTIAL...



Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

DATE : Thursday 25th

February 2026,

12:00 pm - 1:30 pm

Please book your place directly (click on the live link) via

<https://understanding-sensory-differences-250226.eventbrite.co.uk/>

CLICK HERE

www.snappcf.org.uk



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CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



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This session is delivered by qualified experts who will help you support your child/young person by discussing the following learning outcomes:

- To understand more about Pathological Demand Avoidance
- To recognise the different ways that PDA may present in children
- To highlight relevant teaching and support strategies
- To explore the strengths associated with PDA
- To know where to get more help



Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snappcf.org.uk

We are excited to announce our...



Online training:
**Understanding
Pathological
Demand Avoidance
(PDA)**

Thursday
05/03/2026
12:00 pm - 1:30pm



BOOKING IS ESSENTIAL...

DATE

**Thursday 5th March 2026,
12:00 pm - 1:30 pm**

Please book your place by clicking on the live link

<https://understanding-pda-050326.eventbrite.co.uk/>

CLICK HERE



Partnerships for Inclusion of
Neurodiversity in Schools

Time for you...



Welcome from SNAP Parent Care Forum!

We are inviting you to join our third and final PINS Coffee Event

Date: 17th March 2026

From: 2:00pm To: 3.15pm

Place: Houghton Regis Primary School

You are invited to our final PINS coffee and chat event where you will be supported with:

- How to look after your well being
- How you can access SEND support for your child locally and nationally
- Find out about upcoming events such as our SNAP PCF SEND Roadshows and a reminder of the benefits of the Max Card including how to get reduced entry to Whipsnade Zoo by joining SNAP PCF



MORE INFORMATION



For more information please email
PINS@snappcf.org.uk and see our PINS webpage

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BOOKING IS ESSENTIAL



PINS
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Neurodiversity in Schools

We are excited to
announce our...



Online training:

Understanding Challenging Behaviours

Thursday

19/03/26

12:00 pm - 1:30pm

This session is delivered by qualified experts who will help you support your child/young person by discussing:

- what is meant by challenging behaviour
- understand why challenging behaviour is more common in neurodivergent children/young people
- identify triggers and underlying needs
- develop strategies which anticipate and prevent challenging behaviour
- know where to get more help



Booky
Now!

BOOKING IS ESSENTIAL...

Please note...

Add -vance sessions are recorded and available to watch for 7 days after to those booked/attending the session.

www.snappcf.org.uk

DATE

Thursday 19th of March

2026, 12:00 pm - 1:30 pm

Please book your place by clicking on the live link:

<https://understanding-challenging-behaviour-190326.eventbrite.co.uk/>

CLICK HERE



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE



Partnerships for Inclusion of
Neurodiversity in Schools

**BOOK
NOW!**

FREE Face to Face Sensory Workshops for Parent Carers as part of the PINS Project.

We are excited to announce they will be delivered by
Blossom Therapy's Specialist Level Occupational Therapists.

Supporting Children and Young People with the Morning Transition

- Understanding barriers to leaving the house
- The importance of the morning routine
- Learn helpful tips and strategies to aid regulation prior to school including self care

Session 1:

Date: Wednesday 4th February

Time: 9:45 - 12:30pm

Venue: Moorfield Room, The Rufus Centre, Steppingley Road, Flitwick,
MK45 1AH

Training provided by



Blossom

Children's Occupational Therapy

Session 2:

Date: Monday 23rd March

Time: 9.45am - 12.30pm

Venue: Moorfield Room, The Rufus Centre, Steppingley Road, Flitwick,
MK45 1AH

Limited spaces available, booking is essential!

Please book your place by emailing 'Morning Transition', your preferred session
(Session 1 or Session 2) and your name to: PINS@snappcf.org.uk.

NB: Both sessions cover the same content



Bedfordshire, Luton
and Milton Keynes
Integrated Care Board



Cambridgeshire
Community Services
NHS Trust

**GO
ALL
IN.**

National
Year of
Reading
2026

Central
Bedfordshire
Libraries

Theatre of Widdershins presents a series of traditional tales

Enjoy family theatre amongst the bookshelves

- **Leighton Buzzard Library - Sat 31 Jan 11am**
- **Shefford Library - Fri 6 Feb 4pm**
- **Dunstable Library - Sat 7 March 11am**
- **Stotfold Library - Fri 13 March 4pm**
- **Barton Library - Tues 31 March 2pm**
- **Flitwick Library - Fri 10 April 2pm**
- **Toddington Library - Sat 9 May 2pm**

Tickets: Children £5, Adults £5 available at the host library or online via eventbrite (booking fee applies)



What Parents & Educators Need to Know about

ROBLOX



WHAT ARE THE RISKS?

Roblox is one of the most popular video games among children. In 2020, the game's developers claimed that more than half of the USA's children had played it. As a 'sandbox' title, the game lets players create their own gaming experiences with Roblox Studio to build custom levels, which can then be shared online.

ONLINE PLAY RISKS

Because Roblox connects random players across the world, it can put younger players into an environment with anonymous users who could use the platform for nefarious reasons. For example, some role-play games are used for online dates and mature role play, which could expose youngsters to inappropriate messages in the public chat box.

MATURE CONTENT

Content is difficult to moderate throughout Roblox, due to the number of games available. This is particularly notable on smaller games and experiences, but in summary, some of the games and experiences offered on the platform contain age-inappropriate content that could easily be seen by young players.

IN-GAME SPENDING

The majority of games within Roblox have extensive monetisation options, usually through season passes or microtransactions. Purchases can range in value from a few pennies up to much larger sums of money. While some games offer a lot of content via purchases, others can offer very little for real world money, causing younger players to end up out of pocket.

ANONYMOUS PLAYERS

The anonymity of users can leave players vulnerable to bullying, harassment, and predatory behaviour. Without the right parental controls or monitoring, users can connect with each other via personal messages or friend requests, and it is very difficult to know who's behind a username in this vast online world.

RISK OF ADDICTION

Roblox games can feature rewarding or satisfying mechanics that keep players coming back – or persuade them to stay logged-in for much longer. Like most games, they focus on interactivity, with constant rewards via in-game unlocks and currencies, which can sometimes lead to an addictive need to remain online for long periods of time.

SCAMS

Many of the games on Roblox feature collectible items, pets, or characters. These objects, while digital, are worth a lot of real money on certain online markets. Scammers will attempt to trade with younger users in the hopes of getting rare items that can be sold for real money, manipulating the child into handing them over, usually via misleading information.

Advice for Parents & Educators

MONITOR THE CONTENT

While Roblox does implement plenty of moderation tools and parental controls, it's up to parents and guardians to monitor the types of games a child or impressionable player is experiencing. If a youngster wants to play Roblox, be sure to check out which specific games they want to play within it, and get a good idea of their content.

TAKE ADVANTAGE OF TOOLS

Use the parental controls within the game itself and teach youngsters how to report and block other players. Knowing the powers within their reach will make Roblox a safer, happier experience. You can set age ranges for who's allowed to contact you, close public chat boxes, block spending, and even make your Roblox profile completely private. All these options are helpful in cutting off bad actors from engaging with children.

PLAY TOGETHER

Consider playing Roblox with the children in your care. There are few more effective ways to see how monetisation works, gauge whether the game could lead to addictive behaviours, or even witness how interaction between players works, than sitting down and trying the game for yourself. This should help you figure out whether it's suitable for particular children.

TEACH ONLINE BEHAVIOURS

Have an open conversation about the risks of online play and how to spend money wisely. By being honest and giving tips on how a younger user can protect themselves, you can empower them to not only take care of themselves, but others too. Any user can be reported to Roblox moderators by other players for behaving inappropriately. With this knowledge, younger players can be aware of what to look for and help prevent it.

Meet Our Expert

Dan Lipscombe is a videogame journalist and author of over 20 books on gaming, including books on Minecraft, Fortnite, Roblox, and more. For 15 years he has been writing about his passion for gaming. When he's not playing games, he's talking about them at GAMINGbible.

