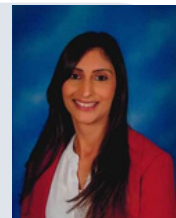




Growing minds, shaping futures and inspiring lifelong learning

Houghton Regis Primary School Newsletter

Friday 16th January 2026



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

Dear Parents, Carers & Children,

We have had a busy week with clubs commencing, parent consultation evenings for Red and Teal classes and our PINS coffee morning.

Our PINS coffee morning was hosted by Kerry Majchrowski, a Parent Representative from the SNAP Parent Forum. She discussed the important initiatives of the PINS project aimed at supporting neurodiversity amongst children. She emphasised the need to strengthen the knowledge and skills within our school community to create a supportive learning environment for all children. This includes enhancing partnerships between schools and parent carers to better meet the needs of children. If you require any further information or resources from this session, please contact the school office.

We have purchased new lunchtime equipment for children and this week, they have really enjoyed making use of these new resources. The Sports Leaders in year 5 have been very efficient in arranging and organising equipment for all year groups. Thank you to the lunchtime staff and sports leaders!



On Thursday, we look forward to welcoming parents to Indigo's class assembly. This will begin at 2:45pm and will be held in the hall.

There has been a good response to our clubs offer this term. We still have availability in the following clubs:

- TTRockstars - all year groups
- Board Games - all year groups
- STEM Building - Key Stage 1 and Key Stage 2
- Science - all year groups
- Spanish - Key Stage 2

Please speak to Mrs Carter-Hills in the office if you would like to secure a place for your child in one of the above clubs.

Wishing you all a restful weekend. I look forward to seeing you on the gate next week.

Mrs R Parmar

Headteacher

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: Platinum with 94%

Reward - Extra breaktime

KS1: Purple with 97.6%

Reward - Hot chocolate

LKS2: Sapphire with 98%

Reward - Early lunch

UKS2: Emerald with 98.6%

Reward - Early lunch

Whole School: 96.3%

Housepoint Winners

Brunel - 98 points

Bell - 78 points

Johnson - 52 points

Curie - 45 points

Happiness - Independence - Excellence - Respect - Ambition

Headteacher Awards

Congratulations to the following children:

Early Years: Mitasha M, Maleek P, Maria SS

Years 1 & 2: Sophia W, Kingsley C, Freya D, Crue O

Years 3 & 4: Reggie H-W, Zakariya I, Moses K, Lara R

Years 5 & 6: Franky-Ray R-S, Jack H, Arian F, Maya I



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.



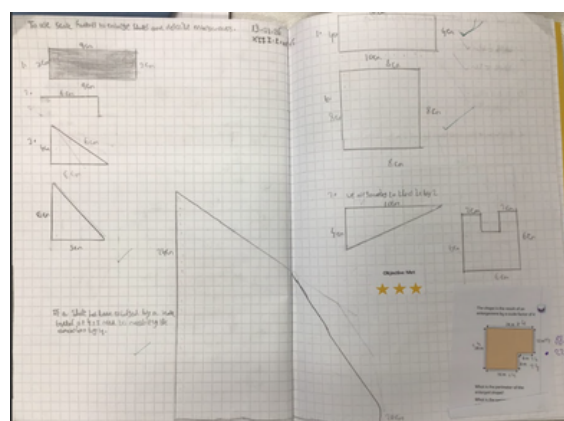
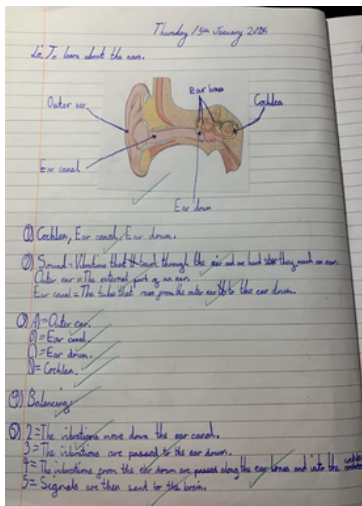
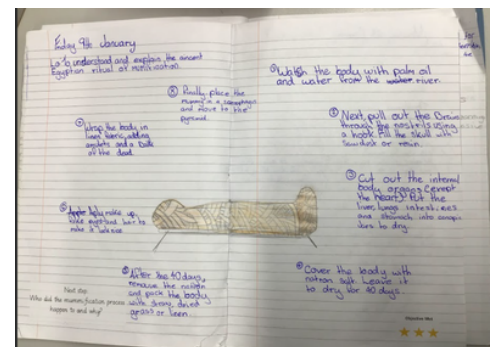
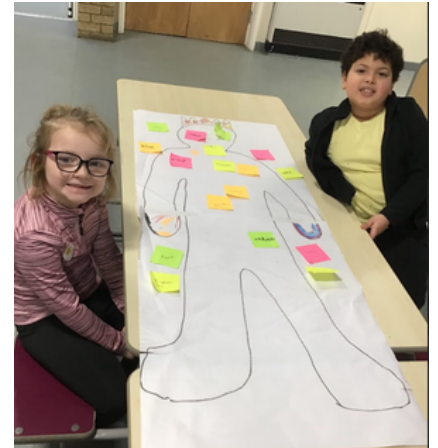
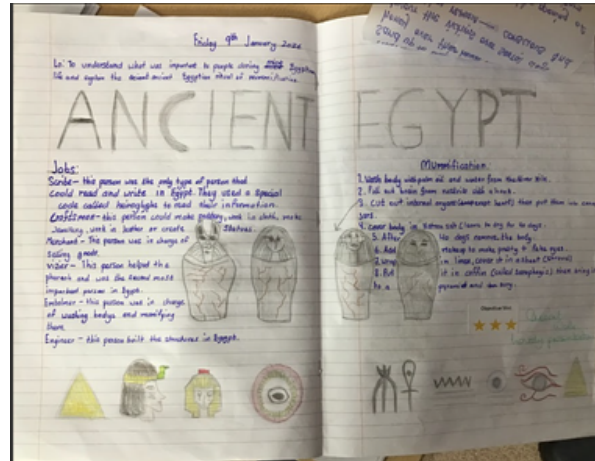
Bronze Awards - 100 Dojo Points



Silver Awards - 200 Dojo Points



Our learning this week...



Spring Term Events

Date	Time	Year Group	Event	Location
Thursday 22 nd January	2:45pm	Year 6 - Indigo Class	Class Assembly - parents invited	Hall
Tuesday 27 th January	4:30	Year 5	Parent Meeting for children attending the Residential Trip	Hall
Thursday 29 th January	8:15am	Year 5	Parent Meeting for children attending the Residential Trip	Hall
Thursday 29 th January	2:45pm	Year 6 - Red Class	Class Assembly - parents invited	Hall
Thursday 5 th February	2:45pm	Year 4 - Blue Class	Class Assembly - parents invited	Hall
Monday 2 nd - Tuesday 3 rd February		Year 5	Residential Trip	
Thursday 12 th February	2:45pm	Year 4 - Yellow Class	Class Assembly - parents invited	Hall
Friday 13th February		All	Friends of HRPS Non-Uniform day - wear red for Valentine's Day	
Monday 16 th - Friday 20 th February		All	Half-Term	
Monday 23 rd February		All	Children return to school	

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-Stavrinides 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
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SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



Partnerships for Inclusion of
Neurodiversity in Schools

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

Understanding aims:

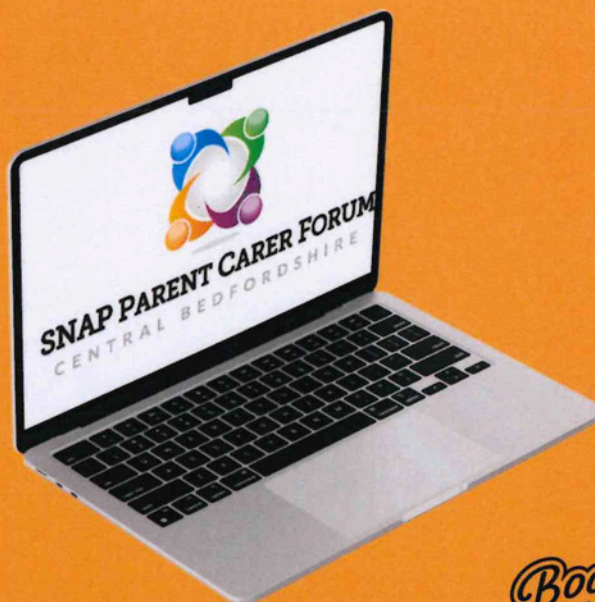
- *To understand more about the strengths and challenges associated with ADHD*
- *To recognise the different ways that ADHD may 'present' in children/young people, including co-existing conditions*
- *To explore helpful support strategies*
- *To know where to get more help*

We are excited to
announce our...

Online training:




Understanding ADHD
Friday
27/01/2026
12:00 pm - 1:30pm



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.

www.snappcf.org.uk

DATE: Friday 27th February
12:00pm - 1:30 pm

Please book your place by
clicking on the live link
[https://understanding-](https://understanding-adhd-270126.eventbrite.co.uk/)
[adhd-](https://understanding-adhd-270126.eventbrite.co.uk/)
[270126.eventbrite.co.uk/](https://understanding-adhd-270126.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



**BOOK
NOW!**

**FREE Online Workshops for
Parent Carers as part of the PINS Project.**
We are excited to announce they will be delivered by the
British Dyslexia Association.

Supporting Your Child with Dyslexia: A Practical Guide for Parents

Join us for an engaging 2-hour online session designed to help parents better understand and support children with dyslexia at home. This training will cover:

- **Understanding Dyslexia** – What it is and how it affects learning and daily life.
- **How Does It Feel?** – Gain insight into your child's lived experience.
- **Behaviours at Home** – Explore why challenges like homework avoidance and forgetfulness happen.
- **Practical Strategies** – Learn visual tools, technology tips, and ways to create a supportive home environment.
- **Whole Family Understanding** – Foster empathy and teamwork within your household.
- **Next Steps** – When and why to consider a diagnostic assessment.

This session is packed with actionable advice and real-world strategies to make a positive difference for your child and family.

Date: Friday 13th February
Time: 12:00 - 2:00pm



Please book your place by emailing '**BDA Training**', your name and your child's school to: PINS@snappcf.org.uk.

Limited spaces available, booking is essential!



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SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



PINS

Partnerships for Inclusion of
Neurodiversity in Schools

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

Tips sand 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



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...

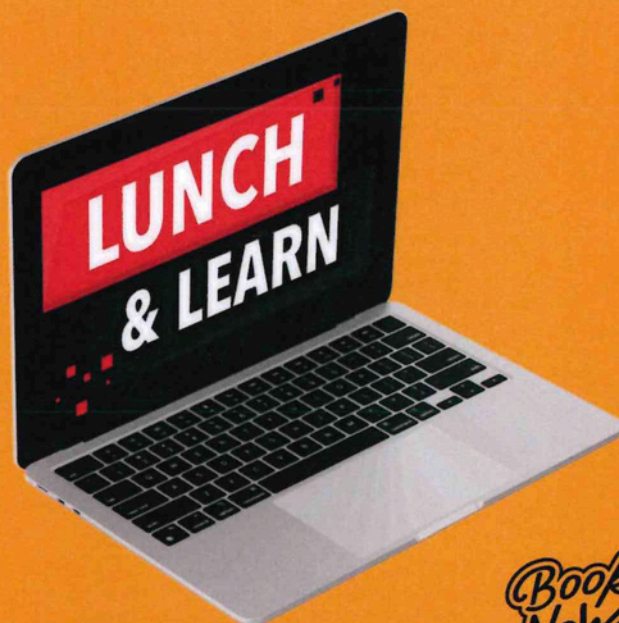
Online training:



Tips and Tools to Manage Sensory Differences

25/02/2026

12:00 pm - 1:30pm



*Book
Now!*

BOOKING IS ESSENTIAL...

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/](https://understanding-sensory-differences-250226.eventbrite.co.uk/)*

CLICK HERE



PINS

Partnerships for Inclusion of
Neurodiversity in Schools

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SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



Partnerships for Inclusion of
Neurodiversity in Schools

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



Book Now!

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/](https://understanding-pda-050326.eventbrite.co.uk/)

CLICK HERE

POSITIVELY
INFLUENCING
CHANGE



SNAP PARENT CARER FORUM
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



PINS
Partnerships for Inclusion of
Neurodiversity in Schools

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

We are excited to
announce our...

Online training:



Understanding Challenging Behaviours

Thursday

19/03/26

12:00 pm - 1:30pm



*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.snapppcf.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**

**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)



Channel 4's The Dog House is looking for local families to offer a loving home to a rescue dog and share their reasons why on the show!

If you are interested, find out more here:
<https://c4thedoghousetakepart.co.uk> or email
thedoghouse@fivemilefilms.co.uk

NEW YEAR, NEW LEASH OF LIFE



ADOPT A RESCUE DOG
& BE PART OF
CHANNEL 4'S

the
Dog House



APPLY HERE



C4THEDOGHOUSETAKEPART.CO.UK