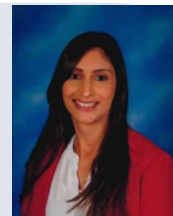




Growing minds, shaping futures and inspiring lifelong learning

# Houghton Regis Primary School Newsletter

Friday 23<sup>rd</sup> January 2026



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

Dear Parents, Carers & Children,

We have had yet another fun filled week despite the wet weather! The children in Early Years and year 2 were keen to share their learning with me. In Reception and Nursery, they were enthusiastic about their stories of the week and engaged in some creative activities, from making ears for mummy bear to painting a beanstalk! In year 2, the children planned and wrote their own stories and were enthused to share their imaginative characters with me!

On Thursday, our iRock School of Music sessions began for some of our children. They had the opportunity to play a range of instruments and showcased their talent with confidence.



Thank you to Mrs White for organising this wonderful opportunity for our children!

We enjoyed watching Indigo's class assembly this week. They shared lots of knowledge and fun facts about Ancient Egypt with some singing to keep us entertained!

The children in year 5 are excited for their upcoming residential trip. There are two meetings being held next week to share further information for parents if their child is going on the residential. These dates can be found overleaf. If you are unable to attend any of the meetings, please speak to Miss Naisby and she will provide you with the relevant information.

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

On Friday, we have two football matches taking place for both the boys' and girls' teams. Unfortunately, the girls' football match had to be cancelled today due to wet weather. Please join me in wishing our footballers the very best of luck for next week!

We have had a number of children off school this week due to various illnesses. If your child is absent, please ensure you inform the school office or alternatively, you can notify us via Studybugs.

Wishing you all a restful weekend. I look forward to seeing you all 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: Silver with 93%**

Reward - A class party

**KS1: Green with 95.6%**

Reward - Have a Chromebook day

**LKS2: Yellow with 97%**

Reward - Wear non-uniform (30/1/26)

**UKS2: Red with 96.3%**

Reward - Fun afternoon

**Whole School: 91.4%**

## Housepoint Winners

**Brunel - 36 points**

**Curie - 32 points**

**Bell - 31 points**

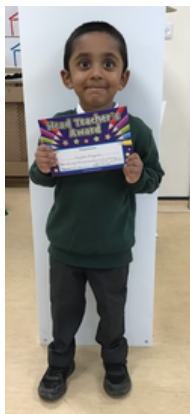
**Johnson - 25 points**

Happiness - Independence - Excellence - Respect - Ambition

# Headteacher Awards

Congratulations to the following children:

Early Years: Kayden M, Atef B, Isla-Rae B, Murray B  
 Years 1 & 2: Haseeb S, Lewis P, Ariane M, Grace D  
 Years 3 & 4: Edward M, Jaxon-James G, Eva C, Alfie S  
 Years 5 & 6: Adrianna L, Zara A, Emmett H

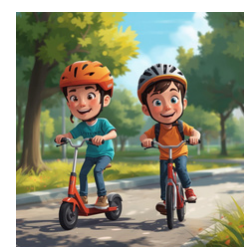


## Kidz Zone Before & After School Club Information

If you would like further information on Kidz Zone, please visit their website or book on [www.kidzzoneclub.com](http://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

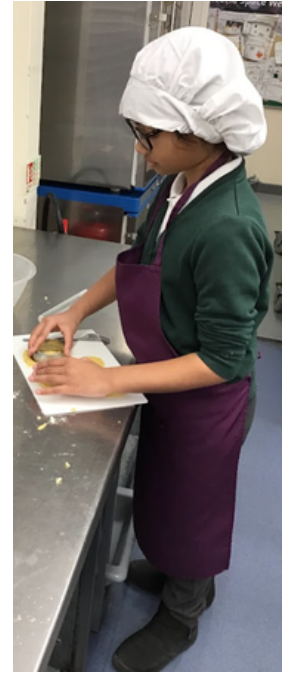


## Silver Awards - 200 Dojo Points





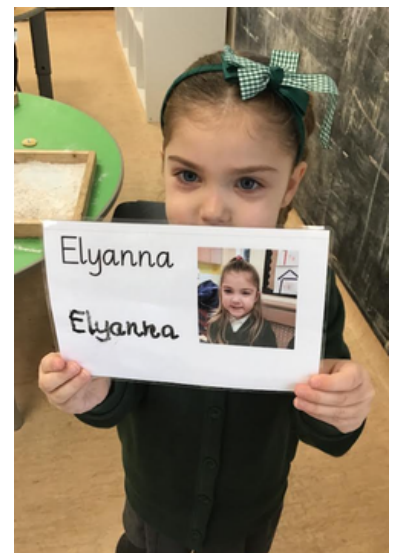
# Our learning this week...



Advertisement  
In conclusion, the benefits of allowing pets at school, which <sup>relative</sup> range from improved emotional wellbeing to an enriched educational experience, are <sup>moderate</sup> surely worth exploring. I <sup>very</sup> sincerely hope that you will consider my proposal as I strongly believe it will certainly bring a new level of positivity to our school.  
Thank you for your time and consideration.  
Sincerely,



WAGOLL Vocabulary Success Criteria  
① My worry is when I have nobody to play because I do not like being alone.  
② Do not worry. Share your feelings. Talk about it.  
③ I feel happy. I feel incredible and glad.  
This will make Ruby give better.



## Spring Term Events

Date	Time	Year Group	Event	Location
Tuesday 27 <sup>th</sup> January	4:30pm	Year 5	Parent Meeting for children attending the Residential Trip	Hall
Thursday 29 <sup>th</sup> January	8:15am	Year 5	Parent Meeting for children attending the Residential Trip	Hall
Thursday 29 <sup>th</sup> January	2:45pm	Year 6 - Red Class	Class Assembly - parents invited	Hall
Friday 30 <sup>th</sup> January	12:45-3:15pm	Years 5 & 6	Boys' Quarter Final Cup Match - Away	
Friday 30 <sup>th</sup> January	12:45-3:15pm	Years 5 & 6	Girls' Football Match - Away	
Monday 2 <sup>nd</sup> - Tuesday 3 <sup>rd</sup> February		Year 5	Residential Trip	
Wednesday 4 <sup>th</sup> February		Year 2	WOW Day - Florence Nightingale - children come to school dressed as a nurse, doctor or injured army soldier	Hall
Thursday 5 <sup>th</sup> February	2:45pm	Year 4 - Blue Class	Class Assembly - parents invited	Hall
Wednesday 11 <sup>th</sup> February		Year 4	Trip to Natural History Museum	
Thursday 12 <sup>th</sup> February	2:45pm	Year 4 - Yellow Class	Class Assembly - parents invited	Hall
<b>Friday 13<sup>th</sup> February</b>		<b>All</b>	<b>Friends of HRPS Non-Uniform day - wear red for Valentine's Day</b>	
Monday 16 <sup>th</sup> - Friday 20 <sup>th</sup> February		All	Half-Term	
Monday 23 <sup>rd</sup> February		All	Children return to school	
Thursday 26 <sup>th</sup> February	2:45pm	Year 3 - Sapphire Class	Class Assembly - parents invited	Hall
Thursday 5 <sup>th</sup> March		All	World Book Day	
Thursday 5 <sup>th</sup> March	2:45pm	Year 3 - Teal Class	Class Assembly - parents invited	Hall
Thursday 12 <sup>th</sup> March	2:45pm	Year 2 - Orange Class	Class Assembly - parents invited	Hall
Thursday 19 <sup>th</sup> March	2:45pm	Year 2 - Green Class	Class Assembly - parents invited	Hall



## Spring Term Events

Date	Time	Year Group	Event	Location
Monday 23 <sup>rd</sup> March	3:45-6:15pm	All	Parent Consultation Evening	Hall/ Classrooms
Thursday 26 <sup>th</sup> March	4:00-7:00pm	All	Parent Consultation Evening	Hall/ Classrooms
Friday 27 <sup>th</sup> 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 <sup>th</sup> April		All	INSET day - school closed for all children	
Tuesday 14 <sup>th</sup> April		All	Children return to school	
Thursday 23 <sup>rd</sup> April	2:45pm	Year 1 - Purple Class	Class Assembly - parents invited	Hall
Thursday 30 <sup>th</sup> April	2:45pm	Year 1 - Coral Class	Class Assembly - parents invited	Hall
Thursday 7 <sup>th</sup> May	2:45pm	Reception - Platinum Class	Class Assembly - parents invited	Hall
Thursday 14 <sup>th</sup> May	2:45pm	Reception - Gold Class	Class Assembly - parents invited	Hall
Thursday 21 <sup>st</sup> May	2:45pm	Nursery - Silver & Ruby Classes	Workshop - parents invited	Hall
Monday 25 <sup>th</sup> - Friday 29 <sup>th</sup> May		All	Half-Term	
Monday 1 <sup>st</sup> June		All	Children return to school	
Thursday 11 <sup>th</sup> June	2:45pm	Year 5 - Amber Class	Class Assembly - parents invited	Hall
Thursday 18 <sup>th</sup> 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-Stavrinides at: [ptahrps@gmail.com](mailto: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 19<sup>th</sup> 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](http://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!**

15<sup>th</sup> January – 26<sup>th</sup> March (No class 19<sup>th</sup> February)



Thursdays during term time  
at Houghton Regis Leisure Centre

**Limited spaces! Book now:**  
[info.imaginationarts@yahoo.com](mailto:info.imaginationarts@yahoo.com)  
07394 934911



Central  
Bedfordshire  
Council





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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.*

*Understanding aims:*

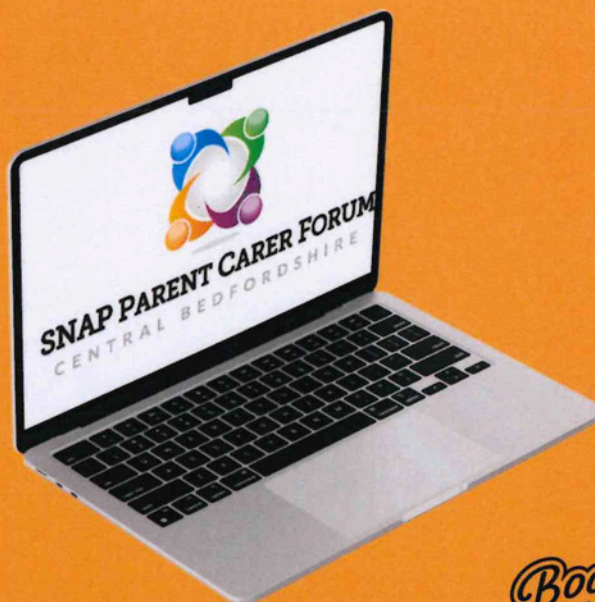
- *To understand more about the strengths and challenges associated with ADHD*
- *To recognise the different ways that ADHD may 'present' in children/young people, including co-existing conditions*
- *To explore helpful support strategies*
- *To know where to get more help*

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](http://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 4<sup>th</sup> 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 23<sup>rd</sup> 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](mailto: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](mailto: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](http://www.snappcf.org.uk)

We are excited to  
announce our...

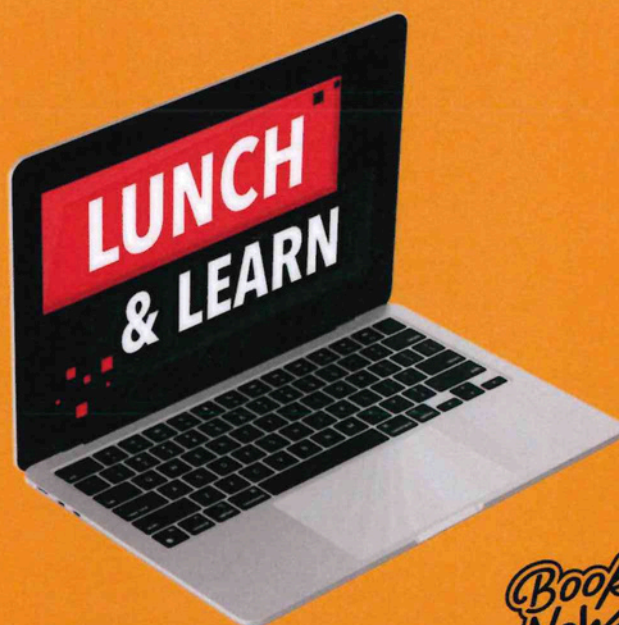
**Online training:**



## **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**

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Neurodiversity in Schools



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**SNAP PARENT CARER FORUM**  
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



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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](http://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 5<sup>th</sup> 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**



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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



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](http://www.snapppcf.org.uk)

We are excited to  
announce our...

**Online training:**



## Understanding Challenging Behaviours

**Thursday**

**19/03/26**

**12:00 pm - 1:30pm**



*Book Now!*

**BOOKING IS ESSENTIAL...**

**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)





## 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.



The National College