

Where everyone matters and every day counts



Houghton Regis Primary School Newsletter
Friday 26th September 2025

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

Dear Parents, Carers and Children,

I cannot believe that we are already halfway through this term!

This week, we launched our cooking school where children in years 1-6 will have the opportunity to cook a range of dishes, both sweet and savoury. Children in year 6 began their cooking lessons and made savoury rice. The children were kind enough to share their rice dish with me and I was very impressed with their culinary skills—I hope you enjoyed the dish as much as I did! Thank you to Miss Hayat for organising this and thank you to Mrs Harwood and Mrs Smith in the kitchen for leading the sessions. We have added the recipe to this newsletter. We spoke to some children about their session and they provided the following feedback:

'A very enjoyable experience- I liked being able to chop the peppers, onions, mushrooms up.'
Zara

'I learnt how to chop the food and measure the ingredients correctly.' Annabelle

'I learnt how to cut the food and I enjoyed being able to taste the rice.' Malachi

'I enjoyed being able to mix the ingredients together to make our fried rice and see it cook on the stove.' Diana

Our clubs have been a huge success and it has been pleasing to see the children engage in a variety of activities. The children made face masks in Arts and Crafts club and in Cooking club, the children made colourful fruit kebabs paired with Greek yoghurt dip. Mrs Rafael reported that the children practised knife safety and were very happy with the outcome of their creation. In the next session, children will be creating rice cake faces!

On Wednesday, our Boys' Football team travelled to Creasey Park to participate in the EFL Cup qualifying tournament. Mr D reported that even against very strong opposition, the boys put in very commendable performances and although we lost 1-0 in the Plate Final, they gave a good account of themselves and were great ambassadors for our school. Well done to you all!

Next week, we will be holding a coffee afternoon on Wednesday 1st October from 3:00-4:00pm. This will be led by a representative from the Mental Health Services Team. We look forward to welcoming you there. Please enter via the main school reception.

A reminder that we will be celebrating the festival of Harvest next week and kindly ask for donations of non-perishable items, such as: tins of soup, beans, or vegetables; tea, coffee, or biscuits; packets of pasta or rice; cereal boxes or long-life milk. Please hand these to your child's class teacher by Wednesday 1st October. Thank you for the donations that have already been sent in. We will be welcoming a representative from The Salvation Army who will be joining us for assembly next week.

On Friday 10th October, we will be celebrating 'Hello Yellow Day', which is an annual campaign by the YoungMinds charity. It raises awareness and funds for young people's mental health. We are asking all staff and children to wear yellow and donate £1, so we can support, raise money and let young people know that they are not alone in their struggles.

Congratulations to all the children who have received a Headteacher's Award since the start of term. The children are awarded certificates in assembly and also have the opportunity to have lunch with me as an additional reward. I look forward to celebrating Headteacher's Awards with more children throughout the course of the year.



Enjoy your 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 25-26

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

School Dinners

The cost of school dinners is:

Nursery—£2.40

Years 3-6—£2.60

This can be paid via SchoolGrid.

HCL
NOURISH EDUCATE INSPIRE

BURGER DAY
OCT 2ND

MAIN MENU
Chicken Fillet Burger
or
Beef Burger
or
Quorn Pattie Burger (V)
or
Jacket Potato (Free From*)
with Various Toppings
or
Roll with Various Fillings

SERVED WITH
Baked Potato Wedges
Sweetcorn
Coleslaw

DESSERT
Chocolate Sponge
with Chocolate Custard

f in X @hclcatering www.hcl.co.uk

*Menu are subject to change due to supplier stock availability. *Free from the top 35 allergens and plant based veggie

Childhood Flu Vaccination
Program for 2-3 year olds

Childhood flu vaccines are now being offered at Titan Pharmacy in Bedford Square, providing an additional convenient option for parents to protect their children this flu season. Vaccinations in the pharmacy will commence from 1st October 2025.

House Names

Here is a reminder of our new house names and colours:

Curie
Bell
Brunel
Johnson

HEADTEACHER AWARDS

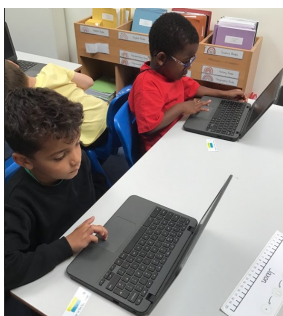
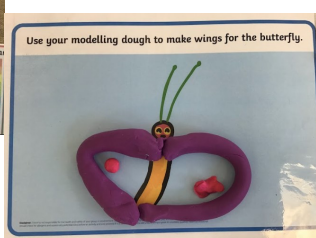
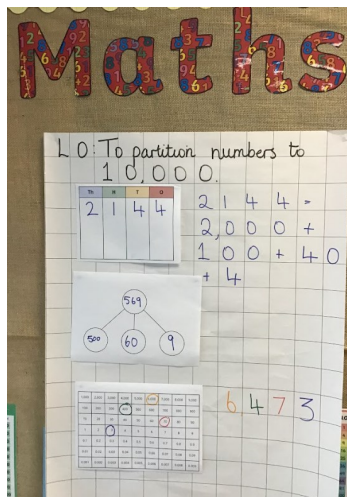


Congratulations to the following children:

Early Years Adam C, Zion K, Myra A, Murray B
Years 1 & 2 Arthur C, Ainsley C, Oakley H
Years 3 & 4 Cillian M, Ayma U, Ayaan S, Mia P
Years 5 & 6 Joshua H, Annabelle M, Ines A, Alex V



OUR LEARNING THIS WEEK:



AUTUMN TERM EVENTS:

Day	Date	Time	Year Group	Event	Location
Wednesday	1st October	3:00-4:00pm	All	Coffee afternoon led by Zoe Francois (Mental Health Support Team)	Hall
Thursday	2nd October	5:00-8:00pm	6	Queensbury Open Evening	Queensbury Academy
Tuesday— Tuesday	9th October— 14th October	Before school/ after school	All	Book Fair	Conservatory
Thursday	9th October	2:00-3:00pm	1	Parent workshop—Making fruit kebabs	Hall
Thursday	9th October	4:00pm	6	Manshead Open Evening	Manshead C of E Academy
Friday	10th October		All	World Mental Health Day—Hello Yellow Day. This will be a non-uniform day and we invite children to wear a yellow item of clothing or accessory for a suggested donation of £1	
Monday	13th October	2:00-3:00pm	6	Parent workshop—Making Anderson shelters	
Wednesday	15th October	2:30-3:00pm	Reception	Parent Meeting—Phonics	Hall
Thursday	16th October	5:00-8:00pm	6	Houstone School Open Evening	Houstone School
Monday	20th October	2:00-3:00pm	5	Parent workshop—Ancient Maya	
Tuesday	21st October	2:00-3:00pm	3	Parent workshop—Art	Hall
Wednesday	22nd October	2:00-3:00pm	2	Parent workshop—The Great Fire of London	Hall
Monday— Friday	27th October— Friday 31st October		All	Half-Term	
Friday	31st October		Year 6	Deadline for submitting secondary school applications to the Local Authority	Online
Monday- Friday	3rd November- 7th November		6	Residential Trip	
Monday	3rd November		All	INSET DAY—school closed for all children	
Tuesday	4th November		All	Children return to school	
Monday	10th November	3:45-6:15pm	All	Parent Consultation Evening	Hall, Classrooms
Thursday	13th November	4:00-7:00pm	All	Parent Consultation Evening	Hall, Classrooms
Friday	14th November		All	Children in Need	
Tuesday	16th December	2:00-3:00pm	Year 2 & Choir	Christmas Carol Concert	All Saints Church
Wednesday	17th December		All	Christmas Dinner & Jumper Day—children are invited to wear a Christmas jumper with their school uniform	
Friday	19th December	2:00pm	All	Last day of term—school finishes at 2:00pm. There will be no after school club on this day	

Meet 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



Early Years Leader
Mrs R Baldwin



**Key Stage 1 Leader/
Lead Practitioner**
Miss M Davidson



**Upper 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



MHST Parent/Carer Coffee Afternoon



01.10.25

15:15–16:15pm

**Houghton Regis Primary
School**



A coffee afternoon for
both parents/carers and
their children to attend!



The event will provide
MHST information, advice,
support and activities for
adults and their children to
get involved in.



**We care
We respect
We are inclusive**

We would love to see you
there. We have ample
resources that could
support you and your
children.

NHS

East London
NHS Foundation Trust



Savoury Rice

Ingredients

1/4 onion
1/4 tomato
17g peas

1 mushroom
50g long grain rice
3ml curry powder

1/4 red pepper
2ml vegetable stock
550 ml boiling water

Method

- Peel and chop the onion
- Slice the mushrooms
- Deseed and dice the red pepper
- Chop the tomato
- Fry the onion in oil until soft.
- Add the mushrooms and red pepper and cook for a further 2 minutes.
- Stir in the rice.
- Mix the stock powder with the water.
- Add the stock, peas and curry powder to the rice mixture.
- Simmer for 15 minutes, until the rice is tender.
- Serve the rice in a bowl and sprinkle the chopped tomato on top.