

# Where everyone matters and every day counts



## Houghton Regis Primary School Newsletter Friday 4th July 2025

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

Dear Parents, Carers and Children,

We have had a fun-packed week from transition to parent workshops to year 6 production rehearsals.

Our transition sessions were particularly successful this week and children were thrilled to meet their class teachers for September and engage in a range of activities that involved them getting to know each other. A reminder that you will have the chance to meet your child's class teacher on Thursday 17th July from 3:30pm. We look forward to seeing you there. Some of our year 6 children also took part in transition this week. They enjoyed taking part in lessons across the curriculum in a secondary school setting.

This week, our year 4 children thoroughly enjoyed their curriculum workshop by making stuffed peppers. They worked collaboratively with parents, carers and peers to prepare a delicious and healthy dish. The children chopped a variety of vegetables, which they mixed with rice. They then bound the mixture using either tomato purée or cream cheese before carefully stuffing it into their peppers. Once they had completed their peppers (many had eaten theirs!), they produced some great sketches of still life peppers using fantastic pencil techniques, creating shading and texture with pencils and rubbers. It was a fantastic afternoon filled with teamwork, creativity, and fun!



Our year 2 parents joined us to create puppet shows this week. The children did an excellent job of creating a woodland habitat for the moving mini-beasts that they made. They all looked amazing!



Our last workshop of the term was held by our year 3 children who took part in scientific activities based around plants.

Thank you to all our parents and carers who were able to attend a curriculum workshop this term. We look forward to holding more events like this in the next academic year.

Next week, we will continue our transition sessions to prepare children for the next phase of their education.

We also look forward to our year 6 production—there are three performances taking place next week. Parents and carers of year 6 children have been sent information on how to reserve their spaces for each performance.

Our School Parliament have organised a 'Break the Rules' day on Friday 18th July. On this day, children can break any of the following rules by paying £1 per rule they break:

- Wear non-uniform clothes (appropriate for school)

- Bring in crisps or sweets for breaktime

- Wear jewellery/crazy hair/paint nails

- No homework or spellings

- Only fun activities to be planned for the day

The contributions made will be used to purchase educational resources for the school—thank you for your support in advance. Please send money into school in a named envelope.

In other news, please join me in congratulating Mr & Mrs Everitt on their marriage! Wishing them both a lifetime filled with love, laughter, and endless happiness. May this new chapter bring them a beautiful journey ahead—together!



Wishing you all a safe and wonderful weekend. I look forward to seeing you on the gate on Monday morning.

**Mrs R Parmar**

### VALUE OF THE MONTH FOR JULY:

#### Leadership

the ability to guide and influence individuals or groups towards achieving a common goal.



### Kidz Zone Before and After School Club Information

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

### Bikes and Scooters

A reminder that children must not be scooting or riding their bikes on the school premises before school and at the end of the day. Staff patrolling the playground will be reminding children to 'walk their wheels' in order to keep everyone safe by preventing any accidents from happening.



### School Dinners

The cost of school dinners is:

Nursery—£2.40

Years 3-6—£2.60

This can be paid via SchoolGrid.

### Studybugs QR Code



### Attendance Winners

**EYFS/KS1: Orange with 99.3%**

**KS2: Blue with 99.6%**

**Whole School Attendance: 95.8%**

### Housepoint Winners

**EYFS/KS1:**

**Balmoral—47 points**

**KS2: Windsor & Buckingham with 154 points**

**Overall Winning House: Windsor—176 points**

## ***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**  
**Miss M Davidson**



**Upper Key Stage 2  
Leader**  
**Miss E Naisby**

## EARLY YEARS

### Nursery

This week, we have been looking at our new topic book 'Pirates Love Underpants'. This has inspired us all to become little pirates, running our own ship! The children helped to decorate the ship and we added accessories and treasure to enhance our role play area. The children have really taken on the character of being pirates and have really enjoyed the learning experiences available to them based around this theme.



### Reception

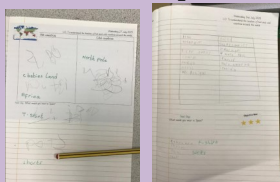
This week, the children had an exciting journey into outer space! We learned all about life as an astronaut—how they brush their teeth, sleep in zero gravity, and what it is like to live on a space station. The children were fascinated by a special video showing real astronauts doing everyday tasks in space such as brushing their teeth. We also enjoyed reading 'Zoom to the Moon', a fun and imaginative book that took us on a literary adventure through space. Inspired by all that they learnt, the children created their very own space helmets using craft materials—and they looked out of this world! By the end of the week, there was one thing everyone agreed on: they all want to be astronauts when they grow up!



## KEY STAGE 1

### Year 1

This week, we have looked at understanding the location of hot and cold countries around the world. The children created a table of using two columns and listed hot and cold countries. They enjoyed talking about different countries and spoke about what they would wear to keep cool in hot countries and how to keep warm in cold countries.



### Year 2

In English this week we have been reminiscing about our trip to Ashridge and have started to plan and write a recount. We have looked at the features we need to include, such as time connectives and adjectives and are looking forward to writing our own next week. The children also enjoyed making woodland habitats for their mini-beasts.



## LOWER KEY STAGE 2

### Year 3

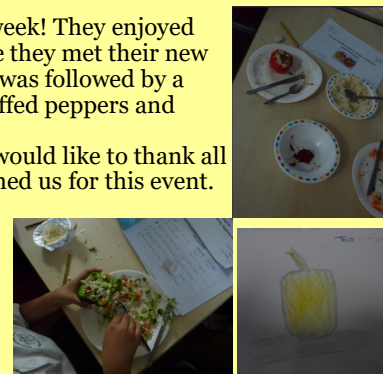
This week, the children had a fun science workshop. As part of their science curriculum and with the support of visiting parents and carers, the children completed various fun educational tasks. They finished the afternoon off by planting seeds in their own sunflower pots, which they will now monitor at home.



### Year 4

Wow! Year 4 had a very busy week! They enjoyed their first transition day, where they met their new class friends and teacher. This was followed by a fantastic afternoon making stuffed peppers and sketching still life art in DT.

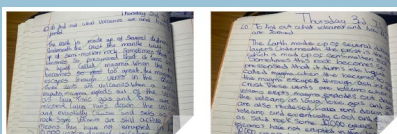
Miss Rogers and Mrs Jenkins would like to thank all the parents and carers who joined us for this event. It was a great turnout, and the children thoroughly enjoyed their afternoon.



## UPPER KEY STAGE 2

### Year 5

This week, the children have been planning and writing characterising speeches linked to 'Running Wild' by Michael Morpurgo. There was a strong emphasis on punctuation and the use of emotive language. In geography, the children have been learning about volcanoes. They gained a secure understanding of what volcanoes are and how they are formed. The children have also been quite excited about meeting their year 6 teachers. It was a great opportunity for them to learn about the expectations and responsibilities that come with becoming the oldest children in the school.



### Year 6

This week, we have been practising our production before we share it with everyone. The children have worked hard to learn their lines and all of the songs. Most of the children were at their new secondary schools this week, whilst those we remained helped out across the school. The children finished their Enterprise project this week which they thoroughly enjoyed. Thank you for all your contributions and support.



## HEADTEACHER AWARDS



### **Congratulations to the following children:**

<i>Early Years</i>	<i>Buddy P, Thomas T, Hudson S, Ezekiel J, Zara C</i>
<i>Years 1 &amp; 2</i>	<i>Klara K, Oliver S, Ezra C, Harry AT</i>
<i>Years 3 &amp; 4</i>	<i>Willis Y, Tala A, Connor D-W, Julianna E</i>
<i>Years 5 &amp; 6</i>	<i>Marcus S, Lois U, Fleano M, Hans W</i>



## CONTACT INFORMATION

### **Office:**

[office@houghtonregisprimary.co.uk](mailto:office@houghtonregisprimary.co.uk)

### **Nursery:**

[platinumjubilee@houghtonregisprimary.co.uk](mailto:platinumjubilee@houghtonregisprimary.co.uk)

[silver@houghtonregisprimary.co.uk](mailto:silver@houghtonregisprimary.co.uk)

[ruby@houghtonregisprimary.co.uk](mailto:ruby@houghtonregisprimary.co.uk)

### **Reception and Key Stage 1:**

[platinum@houghtonregisprimary.co.uk](mailto:platinum@houghtonregisprimary.co.uk)

[gold@houghtonregisprimary.co.uk](mailto:gold@houghtonregisprimary.co.uk)

[orange@houghtonregisprimary.co.uk](mailto:orange@houghtonregisprimary.co.uk)

[green@houghtonregisprimary.co.uk](mailto:green@houghtonregisprimary.co.uk)

[charlotte@houghtonregisprimary.co.uk](mailto:charlotte@houghtonregisprimary.co.uk)

[purple@houghtonregisprimary.co.uk](mailto:purple@houghtonregisprimary.co.uk)

### **SENDCo:**

[senco@houghtonregisprimary.co.uk](mailto:senco@houghtonregisprimary.co.uk)

### **Family Support Worker:**

[fsw@houghtonregisprimary.co.uk](mailto:fsw@houghtonregisprimary.co.uk)

### **Lower Key Stage 2 and Upper Key Stage 2:**

[yellow@houghtonregisprimary.co.uk](mailto:yellow@houghtonregisprimary.co.uk)

[blue@houghtonregisprimary.co.uk](mailto:blue@houghtonregisprimary.co.uk)

[emerald@houghtonregisprimary.co.uk](mailto:emerald@houghtonregisprimary.co.uk)

[amber@houghtonregisprimary.co.uk](mailto:amber@houghtonregisprimary.co.uk)

[sapphire@houghtonregisprimary.co.uk](mailto:sapphire@houghtonregisprimary.co.uk)

[elizabeth@houghtonregisprimary.co.uk](mailto:elizabeth@houghtonregisprimary.co.uk)

[william@houghtonregisprimary.co.uk](mailto:william@houghtonregisprimary.co.uk)

[charles@houghtonregisprimary.co.uk](mailto:charles@houghtonregisprimary.co.uk)

## Upcoming Events:

Day	Date	Time	Year Group	Event
Monday	23 June		Year 2	Key Stage 1 SATs—Reading, Grammar, Punctuation & Spelling
Monday	23 June	2:15-3:00pm	Nursery	Parent workshop—Maths
Tuesday	24 June		Year 2	Key Stage 1 SATs—Reading, Grammar, Punctuation & Spelling
Tuesday	24 June	5:00-6:00pm	Nursery	New to Reception Meeting
Thursday	26 June	3:00-4:00pm	Year 6	Year 6 Enterprise Fair—held on the playground. There will be various items to purchase, ranging from 50p—£2.
Wednesday	25 June		Year 2	Trip to Ashridge
Friday	27 June	2:45pm	Choir	Performance to parents
Tuesday	1 July	2:00-3:00pm	Year 4	Parent workshop—Art/Design & Technology
Wednesday	2 July		Year 2	Key Stage 1 SATs —Maths
Wednesday	2 July	2:00-3:00pm	Year 2	Parent workshop—Design & Technology
Thursday	3 July		Year 2	Key Stage 1 SATs —Maths
Thursday	3 July	2:00-3:00pm	Year 3	Parent workshop—Science
Thursday	3 July	3:15-3:45pm	Year 3	Year 6 Enterprise Fair
Tuesday	8 July		Year 6	Key Stage 2 SATs results
Tuesday	8 July	5:00-6:00pm	Year 6	End of year production
Wednesday	9 July	9:30-10:30am	Year 6	End of year production
Wednesday	9 July	1:00-3:00pm	All	Transition session
Thursday	10 July	9:30-11:30am	All	Transition session
Thursday	10 July	2:00-3:00pm	Year 6	End of year production
Wednesday	16 July	11:00am	Nursery morning children	Graduation
Wednesday	16 July	2:00pm	Nursery afternoon children & 30 hours children	Graduation
Thursday	17 July	All day	All	Transition day—parents to drop off to new classroom and collect from new classroom
Thursday	17 July	3:30-5:00pm	All	Meet the teacher—parents invited
Friday	18 July	All day	All	Transition day—parents to drop off to new classroom and collect from new classroom
Friday	18 July	All day	All	Break the rules day
Monday	21 July	9:15-10:00am	Year 6	Leavers' Assembly
Monday	21 July	1:45pm	Reception	Graduation
Monday	21 July	4:30-6:00pm	Year 6	Leavers' Party
Tuesday	22 July		All children	Last day of term—school closes at 2pm. There will be no after school club on this day.

# ***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)



**Exciting News...** Central Bedfordshire is part of a national programme called PINS and your school has signed up to be involved. We are very excited to be working with you.



**PINS**

## Partnerships for Inclusion of Neurodiversity in Schools

PINS is a national project that brings health professionals, educators, and experienced parent carers together to support primary schools.



**The Goal**

**GOAL!**

To help every child feel included, understood, and supported—especially those with special educational needs and disabilities (SEND)

**HELP!**

We need your help to ...achieve the goal

**SURVEY**

- ✓ We need every parent carer to fill out our speedy survey!
- ✓ Your lived experience will support us to provide bespoke support for your school
- ✓ It takes just moments of your time to help make a difference



A link to the survey  
<https://www.surveymonkey.com/r/8P6KXDS>

**MORE INFORMATION**



For more information please email  
[PINS@snappcf.org.uk](mailto:PINS@snappcf.org.uk) and see our PINS webpage

# Summer ACTIVITIES



Under 8s must be accompanied by an adult  
Organised & funded by Dunstable Town Council's Youth & Community Team

## SCHOOLS OUT PARTY

Tuesday 22 July  
3 pm to 6 pm

Bennett Memorial  
Recreation Ground

Ages 3 to 10

FREE

## INFLATABLE DAY

Friday 25 July  
12 noon to 4 pm

Grove House  
Gardens

Ages 3 to 10

£6  
to play  
all day

Playdaye



## SEASIDE DAY

Thursday 31 July  
11 am to 3 pm

Bennett Memorial  
Recreation Ground

Ages 3 to 10

FREE



## NATIONAL PLAY DAY

Wednesday 6 August  
11 am to 2 pm

St Augustine's  
Academy Playing Field

Ages 0 to 5

Sponsored by Perfect  
Personalised Parties

FREE



## ADVENTURE & ACTION

Thursday 14 August  
11 am to 2 pm

Priory Gardens

Ages 3 to 10

FREE



## SKATE SKILL SCHOOL

Thursday 21 August  
10 am to 11 am  
11 am to 12 noon

12 spaces available per session

Grove Skate  
Park

Ages 5 to 10

FREE



Please call to book a space for skate skill  
school, everything else just turn up on the day!  
01582 891434 | [communities@dunstable.gov.uk](mailto:communities@dunstable.gov.uk)

We aim to be inclusive. If your child has specific  
SEND needs, please contact us.

GC

40  
DUNSTABLE  
TOWN COUNCIL

# EMOTIONAL DYSREGULATION AND HOW TO SUPPORT IT

Thursday 24<sup>th</sup> July 2025  
2pm – 3.30pm

STRATTON SECONDARY SCHOOL

FREE EVENT

## PARENT WORKSHOP

What is Emotional Dysregulation?



Spotting the Signs to  
Support the Behaviour

Escalation and Self-Care

Strategies and Techniques for  
Effective change



Book a space via the Mental Health Support Team  
[n.wood18@nhs.net](mailto:n.wood18@nhs.net)



# Bedfordshire

## Fire & Rescue Service

 [bedsfire.gov.uk](http://bedsfire.gov.uk)  
 Southfields Road  
Kempston, Bedford  
MK42 7NR  
 [bedsfirealert.co.uk](http://bedsfirealert.co.uk)  
 @bedsfire

Dear Parents and Carers,

### Important Water Safety Message – Please Read

As the summer holidays approach and the weather becomes warmer, we want to share some vital information about **water safety**. Many young people enjoy spending time near rivers, lakes, and other open water, but these environments can be very dangerous—even for strong swimmers.

This message is supported by **Bedfordshire Fire & Rescue Service** and local partners, including the **Police**, **East of England Ambulance Service (EEAST)**, and **Local Authorities**, who often respond to water-related incidents during the summer.

Open Water areas may look inviting but hide serious hazards such as:

- **Cold Water Shock** – sudden immersion in cold water can cause panic and breathing difficulties
- **Hidden Dangers** – weeds, rubbish, currents, and sudden changes in water depth
- **Risk of Injury** – from jumping or diving into unknown water

### World Drowning Prevention Day – 25th July & Find Your Float Campaign

On **25th July, World Drowning Prevention Day** raises awareness about how to stay safe in water. This year's campaign, **Find Your Float**, highlights an important life-saving skill:

*"If you get into trouble in the water, knowing how to float can save your life. But we all float differently. By practising how to float in a safe and supported environment, you can learn what floating looks and feels like for you, helping you to be better prepared for an emergency situation."*

We encourage families to explore this campaign with their children, helping them to understand and practise floating techniques in safe places such as swimming pools.

You can find more information about water safety and the Find Your Float campaign on the **Respect The Water** website: [www.respectthewater.com](http://www.respectthewater.com) and on the **Bedfordshire Fire & Rescue Service** website: [www.bedsfire.gov.uk](http://www.bedsfire.gov.uk).

### Emergency Advice

If someone is in trouble in the water:

- **Do not enter the water yourself**
- **Call 999** and ask for: **FIRE SERVICE** for inland water emergencies
- **Call 999** and ask for: **COASTGUARD** for coastal incidents
- Use available lifesaving equipment such as throwlines, lifebelts, or branches
- Encourage the person to **float on their back** and stay calm until help arrives

Please talk to your young people about these important safety tips to help ensure a safe and enjoyable summer.

Kind Regards

Stacey Moore  
Community Safety Officer



FACE delivers online support via zoom for parents across the UK  
Talks are 90 minutes long, £24 each or FREE with a school membership code  
Book Online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk) on the PARENTS page



Schools can purchase a  
**FACE School Annual Membership**  
which means **ALL parents** and **ALL staff**  
get unlimited **FREE access** to **ALL 16** parent talks

Thursday  
31<sup>st</sup> July  
19:00 - 20:00  
**FREE**



### **Supporting Healthy Screen Use**

Screens are here to stay.  
Identifying the issues and step by step guide  
to reduce the negative impact.

Monday  
21<sup>st</sup> July

10:00 - 11:30

£24

recording available



### **Supporting a Child with ADHD**

Challenging the stereotypes and giving  
practical interventions. Clear explanation of  
the condition in all its forms and extremely  
useful advice.

Monday  
28<sup>th</sup> July

10:00 - 11:30

£24

recording available



### **Facing Defiance**

Specific strategy to help parents manage  
defiant and challenging behaviour,  
especially aimed at ADHD, ODD and PDA  
conditions, 5 to 12 years old.

Tuesday  
29<sup>th</sup> July

10:00 - 11:30

£24

recording available



### **Anxiety Based School Avoidance**

Understanding and supporting children  
who are anxious about school.  
Steps you can take to help them back  
into the classroom.

# July Timetable

All sessions delivered live online via zoom £24 each 90 minutes long  
Book online at [facefamilyadvice.co.uk](https://facefamilyadvice.co.uk) Recordings available for 48 hours

Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am
Anxiety Explained	8 July 7pm
Raising Self-Esteem	14 July 10am
Supporting Healthy Sleep	14 July 7pm
Decreasing Depression	15 July 10am
Understanding the Teenage Brain	15 July 7pm
Supporting a Child with ADHD	21 July 10am
Understanding Addictive Behaviour	21 July 7pm
Autism Improving Communication	22 July 10am
Improving Family Communication	22 July 7pm
Facing Defiance	28 July 10am