



# Houghton Regis Primary School Newsletter

Friday 6th February 2026



Headteacher: Mrs R Parmar

Chair of Governors: Mr T Muldownie

Dear Parents, Carers & Children,

It has been another wonderful week with lots of learning and creative activities taking place. Some of our children in year 5 started their week by spending a night at Rood Adventure. They took part in activities including: archery, crate stack, building shelters and learning how to make a fire. They conquered fears and challenged themselves. The staff at Rood commented on how well behaved the children were and commended them on their manners. Thank you to Mrs Card, Mrs Gosling, Miss Naisby, Mrs White and Mrs Zarrouq for accompanying the children on their trip. Meanwhile back at school, the other children in year 5 took part in a MasterChef competition. I had the pleasure of taking on the role of the judge alongside Miss Coleman, Miss Davidson, Mrs Jenkins and Miss Rogers. We were extremely impressed with the way the children considered all elements of their dishes. Thank you to Mrs Rafael and Mrs Osborne for arranging this experience for the children.

On Tuesday, the children in year 2 dressed up as nurses, doctors or soldiers for the day and experienced what life would have been like for Florence Nightingale and the injured soldiers. We learnt how to wound dressings with bandages, made lamps, cleaned the hospital and walked the hospital corridors at night just like Florence and her nurses would have done. Thank you to the adults for organising a fantastic day for the children.

This week, the children in Blue class presented their assembly, showcasing the incredible effort they put into their work. They shared engaging facts from their science unit on 'sound', demonstrating concepts such as sound waves, the parts of the ear and vibrations. Some students confidently shared their personal memoirs written in English, which added a lovely personal touch to the assembly. To finish, all of the children joined together to sing the uplifting 'growth mindset' song, 'Try Everything', with great enthusiasm. It was a wonderful celebration of their learning and teamwork! Thank you to all the children and adults for your efforts in coordinating this assembly.

Last week, our years 5 and 6 girls played hard against Lancot School. Although they fell behind early, Zara scored after halftime but the team eventually conceded three more goals resulting in a 4-1 victory to Lancot. Ellie earned player of the team for her excellent saves. Congratulations to Alisia, Everly, Annabelle, Maya, Francesca, Danielle, Sophie, Ellie, Kira, Zara and Mrs White for their efforts and dedication.

Next week, the children in year 4 will be visiting the Natural History Museum. If you require any further information about this, please speak to Mrs Boland or Miss Viks.

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

Our Friends of HRPS have organised a non-uniform day next Friday. Children and staff are invited to wear red to celebrate Valentine's Day and we are asking for a donation of £1 that will be used towards purchasing resources for the school.

At the end of this half-term, we say goodbye to Mrs Gosling as she progresses in her role at another school. Please join me in wishing Mrs Gosling the very best of luck for the future - thank you for all your hard work.

After half-term, the children in year 3 will be celebrating their Roman WOW day on Tuesday 24<sup>th</sup> 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.

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.

I wish you all a restful weekend and look forward to seeing you all next week.

**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

<b>EYFS:</b>	<b>Silver with 95.6%</b>
	Reward - Hot chocolate
<b>KS1:</b>	<b>Orange with 98.6%</b>
	Reward - Popcorn/treats
<b>LKS2:</b>	<b>Sapphire with 97%</b>
	Reward - Have an art lesson
<b>UKS2:</b>	<b>Emerald with 97.5%</b>
	Reward - Golden time
<b>Whole School:</b> 95.5%	

## Housepoint Winners

<b>Johnson</b>	<b>- 32 points</b>
<b>Bell</b>	<b>- 31 points</b>
<b>Curie &amp; Brunel</b>	<b>- 23 points</b>

# Headteacher Awards

Congratulations to the following children:

Early Years: Theo R, Hallie G, Ellis E, Archie S

Years 1 & 2: Fatima P, Nikodem B, Patrick M, Myles B

Years 3 & 4: Chloe H, Anayah J, Leon S, Lilly S

Years 5 & 6: George F, Julianna E, Danielle U, Ronnie E



## 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.

## Staff Values Champion of the Week

Congratulations to Mrs Zarrouq for... displaying the value of **Happiness** around the school!



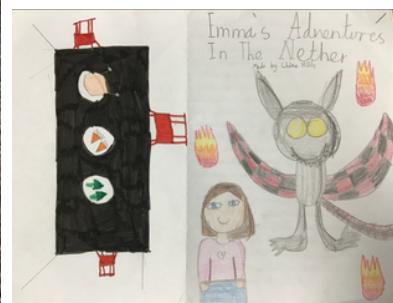
## Bronze Awards - 100 Dojo Points



## Silver Awards - 200 Dojo Points



# Our learning this week...



# Spring Term Events

Date	Time	Year Group	Event	Location
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
Friday 13 <sup>th</sup> February		All	Friends of HRPS Non-Uniform day - wear red for Valentine's Day	
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	
Monday 23 <sup>rd</sup> February		Girlguiding members at 4 <sup>th</sup> Houghton Regis Brownies	Children can wear their Girlguiding uniform to school in celebration of World Thinking Day.	 
Tuesday 24 <sup>th</sup> February		Year 3	WOW day - children are invited to come to school dressed as a Roman soldier or a Roman lady.	
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 - staff and children are invited to come to school dressed as a book character.	
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
Monday 23 <sup>rd</sup> March	3:45-6:15pm	All	Parent Consultation Evening - appointments times will be made available on ClassDojo	Hall/Classrooms
Thursday 26 <sup>th</sup> March	4:00-7:00pm	All	Parent Consultation Evening - appointments times will be made available on ClassDojo	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, the 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)



Imagination Dance  
Community Interest Company

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

**EVERYONE  
WANTS TO  
BE ACTIVE**



**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**



**SNAP PARENT CARER FORUM**  
CENTRAL BEDFORDSHIRE



**PINS**  
Partnerships for Inclusion of  
Neurodiversity in Schools

**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!**



**Bedfordshire, Luton  
and Milton Keynes**  
Integrated Care Board



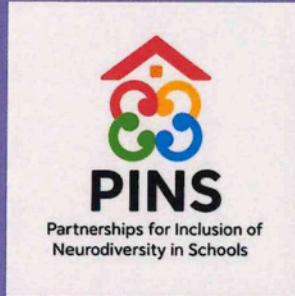
**Cambridgeshire  
Community Services**  
NHS Trust

POSITIVELY  
INFLUENCING  
CHANGE



**SNAP PARENT CARER FORUM**  
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL



*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



**Please note...**

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

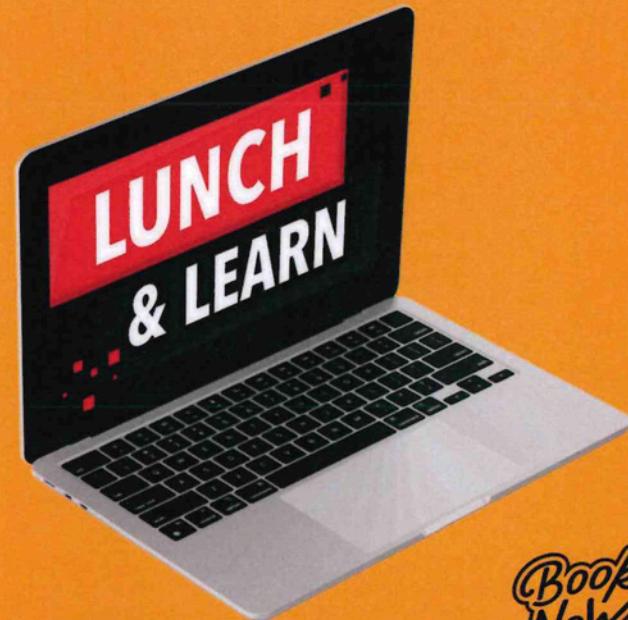
[www.snappcf.org.uk](http://www.snappcf.org.uk)

We are excited to announce our...



**Online training:**

**Tips and Tools to Manage Sensory Differences**  
**25/02/2026**  
**12:00 pm - 1:30pm**



**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/>**

**CLICK HERE**



POSITIVELY  
INFLUENCING  
CHANGE



**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](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**



**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/>

**CLICK HERE**

POSITIVELY  
INFLUENCING  
CHANGE



**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:*

- 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.snappcf.org.uk](http://www.snappcf.org.uk)

We are excited to announce our...

**Online training:**



**Understanding  
Challenging  
Behaviours**  
**Thursday**  
**19/03/26**  
**12:00 pm - 1:30pm**



**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**



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.



#WakeUp  
Wednesday

The  
National  
College®