

# Where everyone matters and every day counts



**Houghton Regis Primary School Newsletter**  
**Friday 7th February 2025**

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

Dear Parents, Carers and Children,

We have had a great week in school with lots of parents visiting for assemblies and phonics workshops. We value the support we receive from our families so a big thank you from us all for taking time out of your busy schedules to support our events. We also value your feedback and ask that you send any comments or suggestions that you may have to us via our school office email or your class email addresses.

Thank you for all your support with Children's Mental Health Week. We delivered some key messages with children through assemblies and various activities, which we hope they will share with you over the weekend. We received a total amount of £214 from your contributions today, which will be donated to our chosen children's charity Place2Be.

Our themed wow days were very well organised and enjoyed by children in various year groups. I had the pleasure of joining in with many activities and it was a wonderful opportunity for the children to share their enthusiasm and knowledge of varying topics. The children in year 2 were very compassionate and caring as they staged a hospital scene where nurses were treating injured soldiers. Children in year 4 were keen to share their creative skills with the first stage of their DT luminescent sea creature night light project using paper mache. They were also mastering their skills using clay for the creation of food chains. A huge thank you to the children in Early Years for teaching me some great dance moves! It is always a joy watching children enjoy their learning across the curriculum. Thank you to all adults involved for making these days a huge success.

Well done to our year 5 children and staff for sharing such wonderful and informative assemblies this week. I was pleased to watch them perform with great confidence and share their excellent work and knowledge on their topic of Ancient Greece. We were certainly left with a very catchy song in our heads!

Congratulations to Mrs A Pylik-Fornal and her family for the safe arrival of baby Zofia—mum and baby are both well.

Next week, we will be holding our cultural week, where you will have the opportunity to join your child in their class for an activity related to a specific country. You can sign up for these open afternoons that are being held across the week from 2:30-3:00pm. Please speak to your child's class teacher about this. If you would be willing to come into classes to share information about your culture, please speak to your child's class teacher or email them via the class email.

To celebrate the range of cultures within our school community, on Monday, we are asking for staff and children to come to school dressed in traditional clothing or colours of the countries that they will be researching in class (see list). The school kitchen will also be providing themed meals and puddings throughout the week.

We look forward to welcoming you to our year 4 assemblies next week:

-Amber's class assembly: Tuesday 11th February at 2:45pm

-Emerald's class assembly: Thursday 13th February at 2:45pm.

Safer Internet Day is on Tuesday 11th February. This is a regular topic that is taught in many areas of our curriculum, particularly in PSHE. Miss Alexis delivered an assembly about keeping safe online and children took part in follow up activities on different themes. A focus for years 5 and 6 has been based around how to use their phones safely. There is further information at the end of this newsletter about resources that can be accessed to educate children to stay safe online.

After half-term, we will be replacing our 'Star Awards' with a 'Headteacher's Award'. One child per class will be chosen by their class teachers to receive a Headteacher's Award and sticker in our celebration assembly on Friday. They will also have the opportunity to showcase their work/learning to the rest of the school. In addition to this, I am pleased to share that children who receive a Headteacher's Award will have the opportunity to have lunch with me—an incentive that I am sure will encourage all children to achieve their very best!

A polite reminder to all parents/carers that if you travel by car, please be mindful of parking when

Wishing you all a lovely weekend. I look forward to seeing you next week.

**Mrs R Parmar**

## VALUE OF THE MONTH FOR FEBRUARY:

### Kindness

the quality of being friendly, generous, and considerate.



### 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).

### Key Stage 2 SATs Meeting for Year 6 parents

Tuesday 4th March at 8:15am  
Tuesday 4th March at 4:45pm

You only need to attend one of these sessions.

We will share information about the upcoming statutory SATs tests. You will also have the opportunity to ask us any questions.

### School Dinners

The cost of school dinners is  
£2.20 for Nursery and  
£2.40 for Reception-Year 6 children. This can be paid via SchoolGrid.

### Studybugs QR Code



### Attendance Winners

**EYFS/KS1: Charlotte with 98.5%**

**KS2: Elizabeth with 98.2%**

**Whole School Attendance: 94.7%**

### Housepoint Winners

**EYFS/KS1:**  
**Buckingham— 38 points**  
**KS2:**  
**Balmoral—93 points**

**Overall Winning House:**  
**Buckingham—110 points**

#### Early Years & Key Stage One

Class	Country
Nursery	China
Platinum	France
Gold	Ireland
Orange	Japan
Green	Poland
Purple	Turkey
Charlotte	Italy

#### Key Stage Two

Class	Country
Blue	Canada
Yellow	South Africa
Amber	Thailand
Emerald	Spain
Sapphire	Nigeria
Elizabeth	Romania
William	Australia
Charles	Mexico

## EARLY YEARS

### Nursery

This week, we read a new traditional tale of Goldilocks and The Three Bears. The children have been captivated by this story and have enjoyed the learning experiences on offer to support their learning. One of the many activities on offer this week has been to encourage the children to create their own bear faces using loose parts. Loose parts play is all about providing children with the environment and resources that encourages them to discover new things, experiment and develop their curiosity.



### Reception

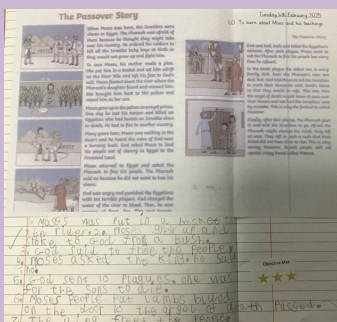
This week we have been inspired by the story The Three Little Pigs. We have loved drawing story maps, learning about different materials and their reasons why we use them. In maths, we have used the part/whole model to find the missing number we need to make 10. All the children had a great time at the Enchanted Kingdom Ball to celebrate the learning from this term.



## KEY STAGE 1

### Year 1

Year 1 decided to go back in time to learn all about Passover. They listened to the story of Moses and understood what he did for the people. The children used their knowledge of sounds to read extracts from the story and write sentences to demonstrate their understanding.

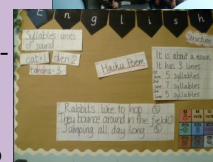


### Year 2

It has been a busy week for us! We have been busy learning about Haiku poems. We looked at the structure of these before planning and writing our own. These were very effective!



We also travelled back in time to 1855 when Florence Nightingale visited the Crimean hospitals. The children enjoyed dressing up as nurses, doctors or soldiers and engaged in role play based on how hospitals would have operated back in the 1800s. We learnt how to bandage up wounds, clean the floors and even made lanterns to check on the soldiers in the night.

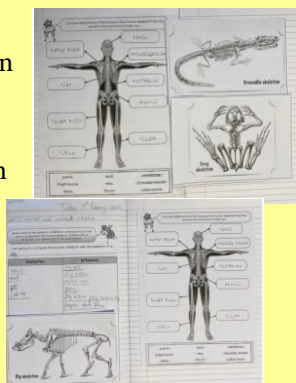


## LOWER KEY STAGE 2

### Year 3

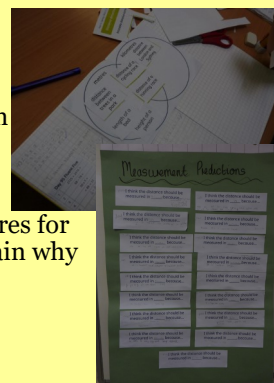
In science this week, we have been looking at the function of the human skeleton and recognising some key bones in the human body.

Using this information, the children identified and compared human skeletons with various vertebrate and invertebrate skeletons.



### Year 4

Children have enjoyed carrying out practical maths lessons and using stem sentences to explain what they have learnt about converting between units of measure.



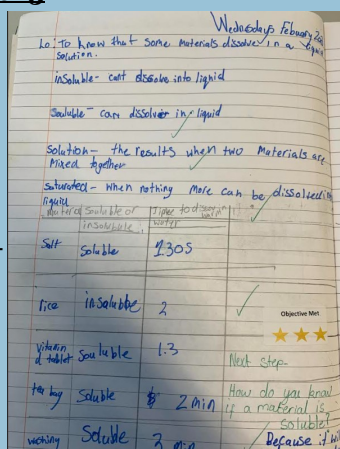
The children decided whether it was best to measure in metres or kilometres for different tasks and were able to explain why this was.

## UPPER KEY STAGE 2

### Year 5

This week, we performed our assembly, which showcased what we have been learning in history. In science, we have been studying soluble and insoluble materials.

We investigated whether a material is soluble or insoluble when mixed with water.




### Year 6

This week, we started our new maths unit which is algebra. We have been using function machines and working out the rules which involved using letters. In English, we wrote our own newspaper reports based on our book Secrets of a Sun King by Emma Carroll. In history, we looked at the different gods of Ancient Egypt. We finished our week by having a wow day linked to our topic of Ancient Egypt, where we used clay to create the heads of Egyptian gods on our canopic jars.



## STAR AWARDS

			
<b>Danny DETERMINATION</b> says, "DON'T GIVE UP."	<b>Colin CURIOSITY</b> says, "THINK FOR YOUR-SELF."	<b>Chloe COMMUNICATION</b> says, "RESPECT OTHERS."	<b>Izzy INDEPENDENCE</b> says, "DO YOUR BEST."
Finley A	Jaxon A	Elyanna N	Morgan O
Isla DS	Jayden D	Reggie H-W	Klaudia K
George F	Sarah B	Daniella A	Lily H
Mia D	Cory B	Alisia C	Jeremie B
Aalayah A	Safa A		Ariane M
Alexander S	Zainab P		Alfie S
Oliver G			Kyle B
Jude M			Isaac R
Alexandra E			
Thomas P			
Shae E			

## Contact Information

### Office:

office@houghtonregisprimary.co.uk

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silver@houghtonregisprimary.co.uk

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purple@houghtonregisprimary.co.uk

### SENDCo:

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

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william@houghtonregisprimary.co.uk

charles@houghtonregisprimary.co.uk

## Upcoming Events:

Day	Date	Time	Year Group	Event
Monday- Friday	10-14 February		All children	Cultural Week. On Monday, children can come to school dressed in traditional clothing or colours of the countries researched in class.
Monday- Friday	10-14 February	2:30-3:00pm	All children	Cultural week open afternoons—refer to individual class sign up sheets.
Tuesday	11 February	2:45-3:10pm	Year 4 - Amber Class	Class Assembly - parents invited
Thursday	13 February	2:45-3:10pm	Year 4 - Emerald Class	Class Assembly - parents invited
Monday-Friday	17-21 February		All children	Half-Term
Monday	24 February		All children	Return to school
Thursday	27 February	2:45-3:10pm	Year 3 - Yellow Class	Class Assembly - parents invited
Monday	3 March		Year 6	National Offer Day - Secondary School
Tuesday	4 March	8:15-8:45am	Year 6	Key Stage 2 SATs Information Meeting for parents
Tuesday	4 March	2:45-3:10pm	Year 3 - Blue Class	Class Assembly - parents invited
Tuesday	4 March	4:45-5:15pm	Year 6	Key Stage 2 SATs Information Meeting for parents
Thursday	6 March	2:45-3:10pm	Year 2 - Purple Class	Class Assembly - parents invited
Thursday	6 March		All children	World Book Day
Tuesday	11 March	2:45-3:10pm	Year 2 - Charlotte Class	Class Assembly - parents invited
Thursday	13 March	2:45-3:10pm	Year 1 -Orange Class	Class Assembly - parents invited
Friday	14 March		Year 1	Trip to the library
Tuesday	18 March	2:45-3:10pm	Year 1 - Green Class	Class Assembly - parents invited
Thursday	20 March	2:45-3:10pm	Reception - Platinum Class	Class Assembly - parents invited
Tuesday	25 March	2:45-3:10pm	Reception - Gold Class	Class Assembly - parents invited
Monday	31 March	3:45-6:15pm	All children	Parent Consultation Evening
Tuesday	1 April	9:30-10:00am	Years 3 & 4	Easter Performance - parents invited
Wednesday	2 April	2:45-3:15pm	Years 3 & 4	Easter Performance - parents invited
Thursday	3 April	4:00-7:00pm	All children	Parent Consultation Evening
Friday	4 April		All children	Last day of term – school finishes at 2:00pm. There will be no clubs or after school clubs on this day.





**SNAP PARENT CARER FORUM**  
CENTRAL BEDFORDSHIRE

**Supporting  
Your Neurodiverse  
Child/Young Person**



## **SUPPORTING YOUR NEURODIVERSE CHILD/YOUNG PERSON DIGITAL BOOKLET**

**FREE**

**SCAN ME**



**DOWNLOAD NOW**



When you first realise that your child experiences the world in a different way, it can feel overwhelming. But once you begin to understand their way of thinking it can be rewarding and you can learn so much from your child/young person. This free digital booklet will support you on this journey.

Download your free digital booklet now by scanning the QR code or by visiting <https://www.snappcf.org.uk/supporting-your-neurodiverse-child/>

POSITIVELY  
INFLUENCING  
CHANGE




**SNAP PARENT CARER FORUM**  
CENTRAL BEDFORDSHIRE

BOOKING IS ESSENTIAL

Delivered by  
trained experts  
with lived  
experiences

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

- understand why some neurodivergent children/young people struggle to attend school
- highlight resources to identify what your child/young person is struggling with specifically
- suggest ways of working with school to put reasonable adjustments in place
- helping return to school after a period of absence
- know where to get more help

 Upcoming...

- Mediation Training 25/03/25
- Sensory Training 01/04/25
- Parent Carer Toolkit 11/06/25

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

We are excited to  
announce our...  
**online training:**



# Tips and Tools to Manage School Avoidance

**Thursday**

**13/02/25**

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



*Book  
Now!*

**BOOKING IS ESSENTIAL...**

**DATE**

**Thursday 13th of February  
2025**

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

Please book your place by  
emailing the course title,  
'School Avoidance' and your  
name to:

[admin@snapppcf.org.uk](mailto:admin@snapppcf.org.uk)





February 2025

# Newsletter

Thursday  
20th Feb  
19:00 - 20:00  
FREE



## FREE SESSION

### Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday  
3rd Feb  
10:00 - 11:30  
£24



### 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.

Tuesday  
11th Feb  
19:00 - 20:30  
£24



## 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  
18th Feb  
19:00 - 20:30  
£24



## Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday  
25th Feb  
19:00 - 20:30  
£24



## Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

[facefamilyadvice.co.uk](https://facefamilyadvice.co.uk)

[info@facefamilyadvice.co.uk](mailto:info@facefamilyadvice.co.uk)

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am



## SAFER INTERNET DAY - 2025

The annual Safer Internet Day is on Tuesday, February 11th. This year's theme is **'Too good to be true? Keeping yourself and others safe from scams online.'**

Internet Matters has created **Can you find the fake online?** an interactive game, that can be played at home to support recognition of fake information. You can select an age appropriate quiz (under 11s, 11-13s, 14+) to play as a family (parents/carers versus children) to learn and test your knowledge on what fake news, disinformation and misinformation is and how to stop it from spreading.

You can access the game here: <https://www.internetmatters.org/activities-to-do/interactive-tools/>

## GUIDES AND TOOLKITS

There are some excellent guides and toolkits being produced for parents/carers on a whole host of areas of online safety and digital safeguarding. These are being highlighted as particularly useful:

Second hand phones and devices - Learn how to make the most of older devices to help children learn responsibility and find guidance on steps to take to keep them safe.

<https://www.internetmatters.org/resources/guide-to-hand-me-down-devices/>

My Family's Digital Toolkit - A free personalised resource which gives age-specific advice, advice to deal with specific concerns, recommendations for digital tools to support children's interests and more.

<https://www.internetmatters.org/digital-family-toolkit/>

## WHAT IS 'DOOMSCROLLING'? ONLINE SAFETY GUIDANCE FOR PARENTS

Internet Matters have published a useful article for parents and carers focussing on doomscrolling. This term refers to the habit of continuously scrolling through negative news online, which can significantly impact both mental and physical health. The article provides valuable insights for parents on how to recognise if their child is doomscrolling and offers practical tips to help prevent this behaviour. Understanding and addressing doomscrolling is crucial in promoting a healthier online experience for our children. You can read the full guide here:

<https://www.internetmatters.org/hub/news-blogs/what-is-doomscrolling-parents-guide/>

## ROBLOX MAJOR SAFETY UPDATES

In November 2024 Roblox, the game used by 90 million people daily, announced some major updates which are available to users and parents. The rollout has already started and will be fully implemented by March 2025. These safety updates include:

- Limits to how children under 13 can communicate.
- Parental controls accessible from the parents phone rather from the child's device (remote management).

To see an explanation of all the new features visit the Roblox website here:

<https://corp.roblox.com/newsroom/2024/11/major-updates-to-our-safety-systems-and-parental-controls>

You can also see the full guide to Roblox parental controls on the Internet Matters website here:

<https://www.internetmatters.org/parental-controls/gaming-consoles/roblox-parental-controls/>