



Compassion

Equality

Determination Responsibility Integrity

Consideration



REGENTS PARK NEWSLETTER

Friday 21st November 2025

"Believe In Yourself, Anything Is Possible"

Headteacher's message

Dear families,

It has been another wonderful week at Regents Park, filled with excellent learning, exciting curriculum experiences and lots to celebrate across the school. We have been very lucky to have Youth Pathway and England's Eesa Amjid in school (thanks to Sports England) to promote inclusive sports to Year 6 children. Thank you also for your continued support in helping our children thrive.

A reminder that our **Parents and Carers Coffee Morning with the Headteacher** will take place on:

 **Wednesday 3rd December 2026** ⌚ **Time: 9:00 - 10:00am**

📍 **Location: FLS** (please come through the Main Entrance)

This will be an informal opportunity to meet other parents, share ideas, ask questions and enjoy a warm drink and light refreshments. I look forward to seeing many of you there.

In this week's newsletter, you'll find updates from across the school - from EYFS story adventures, to exciting sports events, creative curriculum highlights, safeguarding reminders, SEND support information, attendance champions, and our Year 4 pupils shining at the KES Maths Challenge.

Our children continue to show ambition, integrity and kindness every day.

Thank you for your partnership. I hope you enjoy reading this week's updates.

Warmest wishes,
Mrs Zamir





Regents Park Community Primary School

December 2025

Dates For Your Diary!

Wednesday 3rd December: Parents/Carers Coffee Morning with the Headteacher (9-10am)

Wednesday 10th December

• **EYFS closed for the day** due to paediatric training (A letter was sent home this week for parents).

Date TBC: Christmas Jumper Day (Save the Children fundraiser) & **Christmas Meal**

Monday 15th December

• **Children's Book Project** – book gift per child!

Tuesday 16th December (morning)

• **EYFS Nativity to parents** (Y3 attendance TBC)

Wednesday 17th December

• **AM:** Father Christmas visit – gifts for children

• **PM: Christmas Fair** – school finishes early

• **12:00pm:** Nursery home time

• **12:10pm:** Reception – Year 6 Hometime

• **1.30pm – 3.30pm** Christmas Fair. Parents/carers and children welcome!

Thursday 18th December

• **9:00–9:30am:** Year 4 Guitars & Electives Concert (Y4 parents, Y5 Electives parents; Y3 & Y5 watching)

• **Afternoon:** Christmas parties in school (no sharing of food due to allergies)

Friday 19th December – Last Day of Term

• **09:00–09:30am:** EYFS & Lower School Gold Achievers Assembly

• **11:30–12:00pm:** Upper School Gold Achievers Assembly

• **12:00pm:** Nursery home time

• **12:15pm:** Children leave for the holidays

Tuesday 6th January 2026: School open for pupils



Keep your child safe: TikTok (for 13 years+)

What Parents & Educators Need to Know about TIKTOK

AGE RESTRICTION 13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's following feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

CONTACT WITH STRANGERS

Between 1.8 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a false date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

#WakeUpWednesday
The National College

See full reference list on our website

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

Our Safeguarding Team

We have **trusted adults** in school, including Mrs Khan and all members of the Senior Leadership Team: Miss Khan, Mrs Vara, Mrs Turner, Miss Paddem and Mrs Zamir. Children can speak to any adult or any **trusted adult** if they ever need help or feel unsafe.





British Values at Regents Park

British Values

British Values

Democracy

A state of society characterised by equality of rights and privileges. Democracy can also refer to our nation's electoral systems.

Individual Liberty

The free exercise of rights, generally seen as outside government control.

Rule of Law

All people and institutions are subject to and accountable to law that is fairly applied and enforced.

Mutual Respect

The proper regard for an individual's dignity, which is reciprocated.

Tolerance of Those with Different Faiths and Beliefs

A fair, objective, and permissive attitude to those whose faith and beliefs may differ from one's own.



This week in EYFS

Nursery

This week in Nursery, we have been reading *We're Going on a Bear Hunt* by Michael Rosen. The children are able to retell the story so confidently that they have created their own story maps. Ask your child to tell you the story at home over the weekend. In maths we have been naming 2D shapes, looking for them in the classrooms and using 2D shapes to create pictures.



Reception

This week in Reception, we have read the book, *The Squirrels Who Squabbled* and the children have enjoyed creating their own books. We have been practising the skills of cutting, folding paper and joining different materials.





This week in Lower School

Year 1

This week in Year 1 the children have been busy across all areas of the curriculum. In Maths, they explored 2D and 3D shapes, identifying and describing their properties. In English, we have started our new story *Pattan's Pumpkin* by Chitra Soundar, using it to develop prediction, comprehension and early writing skills. In History, the children learned about Neil Armstrong and why he is remembered as a significant figure from the past. In Science, we continue to work on our topic of materials and their properties, investigating different materials and what objects are made from. In Computing, the children enjoyed experimenting with picture editing using JIT, practising their digital skills in a creative way.



Year 2

This week This week in Year 2, we have been busy building our skills across the curriculum! The children have been completing their independent writing, focusing on writing the middle of a story. They have been working hard to include expanded noun phrases, subordinating conjunctions, past tense verbs, and cohesive writing to make their stories engaging and detailed. In maths, we have been learning how to apply our skills to real-life problem-solving questions. The children have practiced using multiplication, division, addition, and subtraction to work out a range of challenges and explain their thinking. RE In Religious Education, we have been learning about Islam. This week, our focus has been on the importance of charitable giving and the concept of Zakat. The children have explored why helping others is an important part of the Islamic faith



Year 3

In Year 3 this week, the children have been exploring a new text, *The Winter's Child*, engaging in thoughtful discussions that are helping to develop their oracy skills. In mathematics, they are consolidating their understanding of the 3 and 4 times tables, focusing on both multiplication and division. During our topic lessons, the pupils enjoyed creating their own models of Stonehenge using playdough, applying their knowledge in a hands-on and imaginative way. In Spanish, they have been practising the use of correct determiners before nouns, further strengthening their writing and language skills.



This week in Upper School

Year 4

This week in Reading, we've been reading *The Girl Who Stole an Elephant* and developing our inference skills by exploring characters' thoughts and feelings. In DT, we enjoyed tasting ingredients to help us plan our own pizzas, and in Geography they learned about the water cycle. We really enjoyed our first swimming lesson this week and are looking forward to building on these skills in the weeks ahead.



Year 5

This week in Year 5, we have been busy with lots of exciting learning. In maths, we began our new unit on fractions, including equivalent fractions, unit and non-unit fractions, and converting between mixed numbers and improper fractions. In English and Reading, we started our new class book, *Holes*, which has already sparked lots of interest and discussion. We have also been practising how to use subordinating conjunctions to add detail and depth to our writing. A highlight of the week was our fascinating RE trip to the Buddhist temple, where the children learned about Buddhist beliefs, daily practices and the importance of peace and mindfulness.

Year 6

This week in Year 6, we have learnt about the effects of World War Two on children. In computing, we have enjoyed learning about our digital footprints and have made PowerPoint presentations sharing what we have learnt. We have continued learning about light in science and now understand the relationship between the distance of the light source and the length of a shadow.





Sports & This Week in PE

A group of Year 4 children took part in a School Games Athletics event. This was a practice event ahead of the main competition taking place in the spring term. The children participated in throwing, jumping and relay activities and thoroughly enjoyed the experience. **Well done to all involved!**



Youth Pathway delivered an **Inclusive Sports Workshop** to class 6M. The children used blindfolds to explore football skills such as passing, dribbling and shooting, allowing them to experience sport from a different perspective. They also took part in a Q&A session with **Esa**, who plays professionally for the **England Blind Football Team**



A reminder: Children should come to school in their full PE kit on their PE day.

Upcoming dates:

01.12.25 - Year 4 School Games Multi skills Event



Safeguarding news

We would like to remind parents and carers that if you have a safeguarding concerns, then you can raise it with school by emailing safeguarding@rgntpark.bham.sch.uk and we will aim to respond to you within 3 working days.

Alternatively if you are concerned about a child then you can contact CASS on 01213031888 or the police on 999.

SEND support

We know how challenging it can be for parents of our SEND children. To support you, Mrs Turner can meet with you to discuss concerns.

Please arrange an appointment via the School Office. If you prefer to email, please use the enquiry email and she will reply within 3 working days.

Upcoming events



- Y4 to go swimming in November and December. for 9 weeks. The last session will be on 16th February 2026
- Next month and after:
- Wednesday 3rd December (9-10am): Coffee Morning for Parents/Carers with the Headteacher
- Wednesday 10th December - Nursery and Reception only - no school for EYFS staff training.
- Thursday 11th December -
- Wednesday 17th December - Christmas Fair (afternoon)
- Thursday 18th December - Y4 and electives Guitar performance 9-9.30am
- Friday 19th December - Last day of term
- Monday 5th January 2026 - Teacher Training Day
- Tuesday 6th January 2026 - First day back for pupils



Stars of the Week

Reception to Year 3:



Years 4 to 6:



Well done to our Year 4 KES Maths Team!
 A huge well done to our Year 4 KES Maths Team, who took part in the KES Maths Challenge this week. The children represented the school brilliantly, showing excellent teamwork, problem-solving and resilience throughout the event. We are very proud of them!





Attendance and Safeguarding

Attendance Champions

Early Years
RMH 94.6%



Lower School
2MH 98.3%

Upper School
6M 100%



Penalty Notices

We would like to remind families that **leave for holidays during term time will not be authorised**. Regular attendance is vital for children's learning and progress, and missing school has a significant impact on achievement and wellbeing. This term, there have already been **21 penalty notice referrals made** and it is **Birmingham City Council** that **will issue fines to parents for unauthorised absences**.



To find out more:

<https://www.birmingham.gov.uk/downloads/file/29495/bcc-education-penalty-notice-code-of-conduct-september-2024>

<https://www.birmingham.gov.uk/downloads/file/29494/bcc-education-prosecution-policy-2024>

Safeguarding reminder: As the evenings grow darker earlier, please remind children to stay visible and walk home with an adult or trusted friend. We encourage families to plan safe, well-lit routes and ensure children know what to do if they ever feel unsafe.



Working in partnership with our families, so every child thrives in school.



Stay and Play



Come and Join Little Owls Stay and Play



At Regents Park
Community Primary School



Every Wednesday in our
Nursery



Time- 1:15-2:45pm



We would love to see you there!



[twinkl.co.uk](https://www.twinkl.co.uk)



Christmas Faire

We will be hosting a fair for our children and school parents and carers! More details to follow!





Active Travel

A reminder that **Walk to School** will continue this year. Children need to walk to school on three days each week - Tuesday, Wednesday and Thursday - in order to earn a badge at the end of the month.



Please support us by encouraging your child to walk, cycle, scoot, or park and stride (parking at least 10 minutes away from school and walking the rest of the journey). Thank you for your continued support.





Healthy Snacks and Lunchboxes Guidance

Please follow this guidance sent home earlier this week. **We do not allow chocolates containing nuts, including hazelnut spread sandwiches!**

Regents Park Community Primary School's Healthy Snacks & Lunchboxes Guidance

WHAT TO INCLUDE IN A HEALTHY LUNCHBOX

- ✓ 1 fruit + 1 vegetable
- ✓ Protein (meat, fish, egg, lentils, beans, hummus)
- ✓ Starchy food (bread, wrap, pasta, rice, potatoes, chapatti, roti)
- ✓ Dairy or alternative (cheese, yoghurt, soya yoghurt)
- ✓ Water is strongly encouraged



HEALTHY SNACKS ALLOWED

- ✓ Fresh fruit
- ✓ Fresh vegetables
- ✓ Breadsticks / rice cakes / oatcakes
- ✓ Dairy-free yoghurt tubes (kept cool)

NOT ALLOWED IN SCHOOL

- ✗ Fizzy drinks, sugary drinks, energy drinks
- ✗ Sweets, chocolate bars, chocolate biscuits
- ✗ Crisps (except one small packet in lunchbox occasionally)
- ✗ Pastries, cakes for snacks
- ✗ Chocolate spread or jam sandwiches

ABSOLUTELY NO NUTS OR PEANUT PRODUCTS

This includes:

- In lunchboxes
- In snacks
- In birthday treats

This protects children with severe allergies.

BIRTHDAY CELEBRATIONS

Please do not send cakes, sweets or edible items.

Suggested alternatives:

- Stickers
- Pencils
- Donate a class book

Thank you for supporting a healthy, safe school environment.

THIS SCHOOL IS NOT FREE





Wednesday 3rd December 2026

Coffee Morning with Headteacher

Mrs Zamir

Location: FLS

Please come via the Main Entrance | 9:00 – 10:00am

The event is an informal opportunity to meet other parents, carers, share thoughts and ideas about school life, ask questions, discuss upcoming events, and enjoy refreshments.

All parents and carers are warmly invited to attend.



Support and advice for parents of children with Autism

Communication and Autism Team

Parent Carer Advice Sessions

We would like to invite you to a 25 minute one-to-one advice session with a member of the Communication and Autism Team

For parent carers of children / young people on our CAT caseload, with a diagnosis of autism or who are on the neurodevelopmental pathway for assessment.

Date: Thursday 4th December 2025

Book via the following link:

Via Microsoft Teams - a link be sent to you prior to the session.



[CAT Parent Carer Online Advice Sessions December 4th 2025 - Local Offer Birmingham](#) [CAT Parent Carer Online Advice Sessions December 4th 2025 - Local Offer Birmingham](#)

SCHOOL NURSE VIRTUAL DROP-IN CLINIC

Every
Tuesday
and
Thursday
from
4:30-5:30pm

Your School Nurse is here to help you feel healthy, happy and safe during your school years and to get the best from your education.

Join the link and talk to a School Nurse. We provide a confidential and friendly service.

<https://nhs.vc/BCHC/C-F/Schl-Nurse/Drop-In>



*Best Care
Healthy Communities*



attend**anywhere**

