



REGENTS PARK NEWSLETTER

Friday 30th January 2026 – Issue 2

Headteacher's message

Dear Families,

It has been another fantastic fortnight at Regents Park, full of learning, collaboration and opportunities for our children to thrive.

I am also delighted to share some governance news. Congratulations to **Ms Mehvish Matloob**, who will be joining our Governing Board as Parent Governor from **15 February**, serving a four-year term. We warmly welcome her to the board. I would also like to thank **Mrs Naila Zaman**, who has served as a dedicated Parent Governor for the past four years. We have greatly valued her calm, supportive approach and her commitment to always putting children at the heart of decision-making.

A huge thank you to Year 5 and Mrs Khan for a wonderful assembly on the Greeks. The performance truly took us back in time and helped us appreciate the lasting impact Greek civilisation has on our world today. It was an excellent performance, full of confidence, creativity and hard work. Well done, Year 5!

Last week, I joined Mrs Hemraj, members of our dedicated School Council, and colleagues from **Living Streets** and the Council's **Safer Streets team** to walk around the local area and identify hazards and dangers on the surrounding roads. This work forms part of our ongoing partnership with the council to make our cul-de-sacs safer, particularly during drop-off and pick-up times. We remain committed to improving road safety around our school and will keep you updated as this work continues.

This morning, our Year 4 pupils were visited by the **West Midlands Fire Service**, who worked with the children to develop their understanding of fire safety. The session was engaging and informative, helping to reinforce important messages about keeping themselves and others safe. We are very grateful to the fire service for their time and support.

As the weather continues to change, we are seeing an increase in coughs, colds and other seasonal illnesses. Please continue to remind children at home about good hygiene, including regular handwashing and using tissues, to help reduce the spread of infection. A gentle reminder that children should attend school in their PE kits on their designated PE days. **Please remember that jewellery should not be worn in school, other than what is allowed under our school policy, to ensure children's safety.**

Parents' Evening will take place in just over a week's time. Arthur Street and Dixon Road will be open on both days. Please note that on **Tuesday**, Dixon Road will close earlier, as the playground will be used for match-day car parking from **5pm**.

Thank you, as always, for your continued support and partnership.

Mrs Zamir





Living Streets Walk Around School



Mrs Hemraj, Mrs Zamir and our school councilors joined Raji from Safer Routes and a member of Birmingham City Council Safer Streets Programme to have a walk around the local area. We identified many hazards and barriers which affect the quality of pupils' lives in the local community.

Our children and adult face when coming to school. We will be looking at ways to overcome these barriers, making our streets safer and pleasant to walk on.



This week in School

Nursery

This week in Nursery, the children have been telling their own stories during group time. We have acted these stories out together, bringing their ideas to life, before the children had a go at writing their stories down. We have really enjoyed listening to their imaginative ideas and seeing their confidence grow.



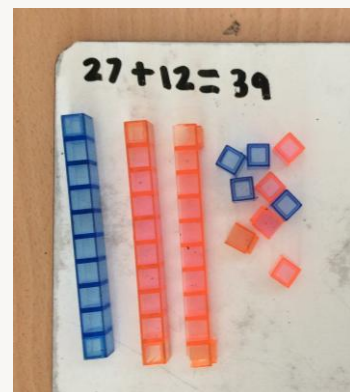
Reception

This week in Reception, we have been working hard to read and write simple sentences as part of our People Who Help Us topic. We have also been learning about the artist Wassily Kandinsky and exploring his style. We are looking forward to sharing some of our artwork with you very soon.



Year 2

This week in Year 2, we have been learning about conjunctions and how to use them to extend our sentences in writing. In maths, we have been practising adding two 2-digit numbers using a range of strategies.



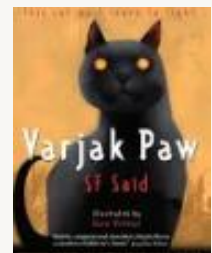


This week in School

Year 3: In Year 3, pupils have been applying the skills they have learned in English, including the use of direct speech, subordinate conjunctions, and adverbials of time, place, and manner. They used these to write a dilemma and resolution paragraph for their adventure stories. In maths, the children have been consolidating their understanding of estimation and developing confidence in making sensible approximations. In science, pupils designed their own balanced meal and accurately labelled the different food groups, demonstrating a clear understanding of healthy eating.



Year 4: This week in reading, Year 4 have continued studying Varjak Paw. The children have been focusing on summarising the text by identifying key information and discussing how the author builds tension and atmosphere. In writing, the class has been planning their own narratives inspired by the story. They have focused on using descriptive language to bring characters and settings to life, as well as organising ideas into clear, well-structured paragraphs.



Year 5: In Year 5, pupils have continued reading Who Let the Gods Out? and have enjoyed learning more about the characters and storyline. They have spent time planning diary entries by thinking carefully about the characters' thoughts and feelings, and are excited to begin writing them next week. In DT, the children designed their own sculptures inspired by Ancient Greece. They carefully planned their ideas and will begin making their sculptures next week using wire and Modroc.



Year 6: In Year 6, pupils have begun their exciting new topic on Pop Art. They have enjoyed learning about and replicating the work of Andy Warhol and Roy Lichtenstein. The children have also started rehearsing for their Shakespeare performance. In writing, they used the text Skellig to write formal letters, while in maths they worked hard to complete lessons on algebra.



Year 6 have also enjoyed PE this week, practising enthusiastically for the upcoming street dance competition.

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, you are able to arrange an appointment to meet with our school's SENCo, Mrs Turner, to discuss concerns.

Mrs Turner will be available during both parent evening sessions to meet parents of children with SEND.

Dates for your Diary!

Parents Evenings (Progress):

- Nursery: Wednesday 11th February 2026, between 1.30-5.45pm
- R-Y6: Tuesday 10th February and Wednesday 11th February 3.15-5.45pm
- Kindly note that on Tuesday 10th February, the gates to Dixon Road gates close at **5pm**. Entry is via Arthur Street after this time on Tuesday due to the football match parking on our school playground.

Class Assemblies:

- Class 3Qs - The Romans, on Wednesday 11th February 2026

Parents/Carers Coffee Afternoon with the SENCO & Headteacher:
Friday 13th February 2026 at 2pm until 3pm in the FLS.

Compass Mental Health Parents Workshop on Thursday 26th February

Swimming:

- Y4 continue to go swimming each Monday. Year 4s last session is on Monday 9th February 2026
- Y5 will go swimming from Monday 23rd February until Monday 11th May

Term Dates:

- Friday 13th February 2026 (3pm): Half term holiday begins
- Monday 23rd February 2026: Spring 2 term begins.

★ Stars of the Week: Integrity ★ Friday 23rd January 2026 Reception to Year 3:

★ Years 4 to 6:



Attendance Champions:

Average School Attendance This Week: 93.1%

Early Years
Nursery **93%**

Lower School
3Q 97.3%

Upper School
6G 99.3%



Stars of the Week: Integrity

Friday 30th January 2026

Reception to Year 3:

Years 4 to 6:



Attendance Champions:

Average School Attendance This Week (N-Y6): 95%

Early Years

RMH 94.2%

Lower School

1A 94.8%

Upper School

5W 97.9%



What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>

X @wake_up_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.10.2024



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!

OUR SCHOOL VALUES



WE AIM HIGH, WORK
HARD AND BELIEVE WE
CAN ACHIEVE ANYTHING



WE DO THE RIGHT
THING, EVEN WHEN NO
ONE IS WATCHING.



EVERYONE BELONGS
HERE. WE INCLUDE
OTHERS AND MAKE OUR
SCHOOL A COMMUNITY

TOGETHER, WE LEARN, GROW, AND THRIVE.