



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 26

**Friday 28th March
2025**

House Coin Competition

This week our house groups participated in a coin competition, the house that made the longest line of coins had the chance to win a prize.

1st place is **Jemison**, their line was 13.8 meters, they have won 500 house points.

2nd place is **Luther King**, their line was 10.8 meters, they have won 250 house points.

3rd place is **Shackleton**, their line was 7.8 meters, they have won 100 house points.

Thank you to Friends of RFPS for organising this, the children had a lot of fun!



Year 2 – Healthy Eating

This week Year 2 have made their own pasta salad. In preparation for this the children have learnt about healthy eating and why this is important, understood where different food groups come from and selected from a range of fruit and vegetables according to their characteristics to create their salad. It is safe to say that the children absolutely loved eating their final product.



Stars of the Week

Reception

Giraffes
Cora
Zebras
Julia S

Year One

Hedgehogs
Thierry
Rabbits:
Bianca

Year Two

Penguins
Freya
Seals
Nimrit

Year Three

Crocodiles
Holly
Turtles
Emily & Leo

Year Four

Bears
Emilie
Eagles
Tessa D

Year Five

Pandas
Nico
Tigers
All Children

Year Six

Sloths
Eliza
Toucans
William

Eid Mubarak

Eid Mubarak to our families who are celebrating. We send the you warmest wishes on this special day and hope you have a wonderful time together!



Year 1 PHSE

Following our PSHE lesson surrounding road safety, Year 1 practised using the steps "stop, look, listen and think" before crossing a local road. Well done Year 1 for staying safe!



RE in Year 4

Year 4 enjoyed learning all about Ramadan and we were so lucky to have a parent come to join us to support them with this. She told us all about how Muslims find the date of Ramadan by looking at the moon and she showed us a lunar chart that her and her family uses. Her real focus was on good deeds, and she showed us an Eid calendar which has a good deed for every day of Ramadan. Each child got to pick a good deed to complete the next day. Examples were: tidy your room without being asked, pay someone a compliment etc. She also brought in a lovely scrapbook of her family's celebrations and the children loved looking at the photos and traditions. She very kindly brought in some sweet treats too!





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Year 5 Bikeability

Some more of our Year 5 children had the opportunity to take part in the Bikeability (Cycling Proficiency) course this week. They have had lots of fun while learning how to ride their bikes safely on public roads and bike lanes. We think this is a key skill and children will benefit greatly from this as they move on to secondary school and independent travel.



Safe & Active Schools – Walk & Wheel Wednesdays

Thank you for helping us kickstart our Walk and Wheel Wednesdays initiative this week. With more children cycling and scooting to school, we'd like to remind the children of helmet safety.

This video was produced by Warwickshire Road Safety.



[Warwickshire Road Safety film - "Bike helmets" by PCSO Carly Davis and PC 1942](#)

Achievements



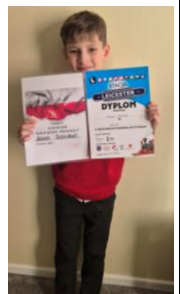
Finnley has been raising money for Myton Hospice by singing for family and friends. Myton Hospice is a charity very close to our hearts as they were a great support during Finnley's grandads final days. He has raised £82.45 and donated lots of toys for their next fundraising event. Well done Finnley!

Aaron is bilingual child. Since Aaron was a baby, he has been learning both languages and he is really amazing at it! You can see he has a gift. Aaron attends Polish school at the weekend.

This year Aaron decided to participate in a regional and local poem competition which was in Polish. The subject was 'patriotic' and second was a choice of his own. It was the first time Aaron has participated competition as such. It's a pleasure to say that Aaron won 1st place in 'patriotic' and in the choice of your own, he got exceptional. Aaron has shown determination and resilience. Well done Aaron!



On the 15th March Jackson in Year 3, who plays for an U8's football team, was a Flag Waver at the start of Northampton Town v Birmingham league game. During half time, teams took part in a Penalty shootout with Jackson saving a penalty. When the goal keepers took their penalties, Jackson saved the penalty from the opposition goalkeeper. When it was Jackson's turn he scored a great goal. Well done Jackson.



Resilience Collaboration Curiosity Respect Kindness Endeavour



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Summer Term Clubs

Bookings for summer term clubs will go **live on MCAS at 6pm on Sunday 30th March**. Please take a look at the club options below in advance with your child to see what options are available. As per our Clubs Policy clubs must be booked a whole term, they must also be paid for in advance via MCAS, Childcare Vouchers, or the government childcare scheme. If you have previously had agreement to pay monthly, then this will still stand. However, if you pay monthly, all clubs must be fully paid for by 1st July.

Any changed once clubs are booked for the summer term must be done so via e-mail by 11th April. After this date the club staff will have been allocated and you are required to make the payment.

If you have any outstanding payments for Spring term clubs then you will be unable to book for the summer term until these are cleared.

Summer Term 2024/2025 After School Clubs					
	Monday	Tuesday	Wednesday	Thursday	Friday
EYFS and KS1	Football	Dodgeball	Gymnastics	Dance	Football
	Disney club	Safari crafts	Striking and fielding	Junk <u>modelling</u>	Around the world
	Construction Club	Athletics	Mask/puppet <u>making</u>	<u>Multisports</u>	
KS2	<u>Multisports</u>	Double football	Athletics	Double Football	Dodgeball
	Pokémon Classroom		Around the world crafts and facts		Comic and Chess club
	Table Tennis and Archery	Cross Stitch	Creative Textiles	Drawing club	
			Cooking club		
EYFS - Y6	Choice Club	Choice Club	Choice Club	Choice Club	Choice Club



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Friends of Rugby Free Primary School (PTA)

We hope everyone enjoyed the coin competition on Wednesday, the counting of the many coins is on going but we will keep you updated as to how much has been raised towards our fundraising pot.

Upcoming Events-

Wonderlicious - 'Wonka' Inspired day- 11th April - (Letters were sent out with newsletter 24) - SALES END FRIDAY 4TH APRIL. Celebrating the end of term we are

providing a chance to buy a 'Wonderlicious' chocolate bar (this will be a Cadbury dairy milk bar or a Nomo free from bar) the wonder of what you might find inside to possibly find a golden ticket!!! **Bars will be £2.50 each and a limit of up to 2 per child.** Bars are available NOW to pre-order allowing you to request a suitable bar, numbers will be needed to ensure we have enough bars, therefore they will not be for sale on the day. Bars will then



Will you find a Golden Ticket?

See your newsletters for more details

£2.50
Per bar
Limit of 2 per person

Golden tickets will be hidden in some chocolate bars

Cadbury world voucher
Extra break time
Hot chocolate with your Head teacher
Plus much more

Come as a Wonka character/sweet or bright colours

be collected on the day from our 'Decorated chocolate shop'. Many prizes to be found from a family voucher for Cadbury world, hampers, winning extra break time, hot chocolate with Miss Butters, penalty shoot out and much more!! Come to school in non-uniform, or as a 'wonka' character/sweet/bright colours. Please follow this link to order your

bars: <https://www.tickettailor.com/events/friendsofrugbyfreeprimaryschool/1625620>

Please note that if more than two bars are purchased for one child, we will be refunding the extra purchase cost, it is also one transaction per child. We look forward to seeing you.

Family Bingo - 16th May. Fun for all the family with prizes to be won! , bring your own tea supper. Hot drinks and squash will be available.

Our AGM will be on Wednesday 9th April, 7:30pm @ Brewers Fayre. We look forward to seeing many of you there as we discuss the past year, upcoming events and elect/re-elect committee members As always follow us on Facebook/Instagram **Friendsrfps** to keep up to date with all upcoming events. Pre-loved uniform request forms are always available in the school office.



AGM

Annual General Meeting

Everyone Welcome

9th April - 7:30pm

Brewers Fayre Conservatory



Diary Dates (please check every week as they are subject to change!)

1st Apr – Mental Health in Schools parent drop-in – 9-10.30am

2nd Apr – Y5 Birmingham Museum trip

2nd Apr – Y4 Play performance for parents – 9.30am

3rd Apr – Y2 Warwick Castle trip

3rd Apr – Y4 Play performance for parents – **1.30pm**

4th Apr – Reception Farm trip

8th Apr – Y6 Beaumanor Hall trip

10th Apr – Y3 Hunstanton trip

14th Apr – 25th Apr – Easter Holidays

29th Apr – Mental Health in Schools parent drop-in – 2pm-3pm

1st May – Y4 Inspire Workshop – 9am-10am

5th May – Early May Bank Holiday (school closed)

6th May – Y1 Ryton Pools trip

26th May – 30th May – Half term

19th Jun – Y4 Hunstanton trip

26th Jun – Y5 Brandon Marsh trip

Allsorts Magazine

Here is the March/May (Easter) digital version of Allsorts magazine https://bit.ly/ALLSORTS_MARMAY

you can tap straight to advertisers' websites too when viewing the mag on your phone (please mention allsorts). You can view this issue at www.allsortsmag.com too or on the allsorts Facebook page. Stay safe and take care - Michelle Love (Editor).



Game On Holiday Camp

Game On are operating a Holiday Camp over February half term at RFPS. The dates are: Monday 14th April to Friday 25th April. To book your dates, please liaise with Mr Sheehan directly - his contact details are on the booking form which was sent out via MCAS on 28/02/2025.



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Foodbank

Today many people across the UK will struggle to feed themselves and their families. Illness, redundancy, benefit delay, domestic violence, debt, family breakdown and paying for the additional costs of heating during winter are just some of the reasons why people go hungry. Please do not feel embarrassed by this, the process is confidential. Please contact Mrs Pollitt at school who can issue foodbank vouchers.

Contact via email Kelly.Pollitt@rugbyfreeprimary.co.uk to arrange a call or phone school and ask to speak to Mrs Pollitt.



RFPS Family & Children Support Worker



How can a Family Support Worker help me?

- Early Support.
- Sign posting to parent workshops and courses
- Sign posting and completing referrals for other services and organisations such as, Family Information Service, RISE, Young Carers, CASS, Connect For Health, Change Makers, Guys Gift.
- Financial or housing difficulties
- Managing difficult behaviours and promoting positive behaviours
- Mental Health and Wellbeing Support
- Special Educational Needs support

- Family Relationships Support
- Food Bank Vouchers/ benefit entitlements.

What is Early Support?

Early Support, previously known as Early Help uses a multi-agency approach to implement support strategies for your family at the right time. All children, young people and families in Warwickshire are entitled to receive Early Support. This means offering information, advice, guidance, and support to families as soon as a concern emerges or seems likely to emerge.

If you would like more information or want to arrange a meeting please attend a drop-in session, call or email.

I look forward to meeting you and being able to provide support for you and your family.

Kelly Pollitt - Kelly.pollitt@rugbyfreeprimary.co.uk - 01788 222088

Monday — Friday 8:30am — 3:30pm — Term Time Only

DROP-IN SESSIONS in the
Family Room, opposite main
reception

Monday 8.30-9.30am

Tuesday 3-4pm

Pop in for a cuppa and a chat,
looking forward to seeing you.





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Safeguarding

SAFEGUARDING

Safeguarding our children is everyone's responsibility

If worried about any child being a victim of neglect, abuse or cruelty whilst at RFPS, you must tell Miss Butters or, in her absence, one of her safeguarding team.



Miss Finch
Designated
Safeguarding Lead



Mrs Pollitt
Deputy Designated
Safeguarding Lead



Mrs Colledge
Deputy Designated
Safeguarding Lead



Mrs Sreen
Deputy Designated
Safeguarding Lead



Miss Butters
Deputy Designated
Safeguarding Lead



Miss Calcutt
Deputy Designated
Safeguarding Lead

Jennifer Beattie

Trustee for Child Protection & Safeguarding

If you consider a child is in immediate danger phone the Police on 999 or phone children's services on 01926 414144 or out of hours on 01926 886922.

If you are concerned that a child appears unhappy or is being abused act now using the contact numbers provided below or alternatively come in to school and ask to speak to a DSL.

Contact the **Warwickshire's Children and Families Front Door** on **01926 414144**. Lines are open Monday to Thursday 8am-5.30pm, Friday 8.30am- 5.00pm.

If you need to get in touch out of usual office hours, please contact the **Emergency Duty Team** immediately on **01926 886922**. If you think that a child is at immediate risk, contact the police immediately by dialling **999**.

Inclusion Team

The Inclusion Team



Miss Finch
Inclusion Lead



Miss Calcutt
SENDCo



Miss Lydiatt
Assistant SENDCo



Mrs Pollitt
Children and Family
Support Worker



The inclusion team work across the school to support all of our children and families with a variety of things.

If you need any support from school, or want to know more about what we do, please just send an email FAO our inclusion team and we will reach out to contact you.

Connect for Health

Please use the link below to access the Connect for Health newsletter.



This month Connect for Health is focusing on oral health, sleep and lifelong learning.

[Connect for Health Monthly Newsletter – March 2025](#)



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Mental Health in Schools Team
Tips For Wellness

Tips for helping your child with sleep

Quality sleep is essential for children's growth, development, concentration, memory and problem-solving abilities, immune system, emotion regulation, behaviour and mood! Poor sleep habits at a young age can lead to longer term sleep problems. The recommended hours of sleep for children and young people are:

Primary age
children
9-11 hours

Adolescents
8-10 hours

Our top tips:

1. Keep a **sleep diary** – you may be able to identify patterns of poor sleep and factors that may be having an impact on your child's sleep quality. Do you notice they find it harder to get to sleep after doing an activity in the evening? Or do you notice their sleep is affected by what they have eaten that day? Try making changes to your child's normal routine and record any changes in the sleep diary.
2. Explore **environmental reasons** for sleep difficulties – is your child being over-stimulated at night? Are there any noises keeping them awake? Is their bedroom dark enough? Is their mattress comfy? Is the temperature of their bedroom cool?
3. Use **visual cues** – visual timetables or picture cards explaining your child's bedtime routine can help reduce anxiety, so children feel calmer and the evening is more relaxed for both you and your child.
4. Maintain a **regular routine** – keeping your child's bedtime the same, as well as the time they wake up in the morning, is important when improving your child's sleep quality.

Sleep guide for parents
(includes sleep diary template)



Top tips for improving
your child's sleep:



Sleep guide for
parents:



In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.

The Frog and Princess discount code for families of the school can receive 15% off their booking for this show – **SCHOOL15**

Box Tale Soup present

The Frog and the Princess and other stories

The Frog and the Princess
Sunday 6 April, 14:30

Find out more and book now at
www.macreadytheatre.co.uk

MACREADY THEATRE

Five Star Theatre presents

ROALD DAHL'S CHARLIE AND THE CHOCOLATE FACTORY THE MUSICAL

BOOK: DAVID GREIG MUSIC: MARC SHAIMAN LYRICS: SCOTT WITTMAN & MARC SHAIMAN
BASED ON THE NOVEL BY ROALD DAHL
SONGS FROM THE FILM BY LESLIE BRICUSSE & ANTHONY NEWLEY

3-5 APRIL 2025
THE BENN HALL, RUGBY

01788 533719
BENNHALL.CO.UK

FIVE STAR THEATRE

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