



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 25

**Friday 21st March
2025**

Comic Relief 2025

Today at school we celebrated Red Nose Day. Thank you for all of your generous donations to the charity Comic Relief. In assembly we talked about the charity and what it does for people around the world. We also had lots of fun with a JOKEATHON, we had the semi-finals in classes yesterday and the grand final in assembly today. The jokes were very funny and it was Scarlett in Year 2 who was crowned the overall winner and Mr May from Game On won the staff joke competition! **Scarlett's joke was "What is a pirate's favourite school? RrrrrrrrrFPS of course!"**. We thought this was excellent and she definitely got the loudest clap!



Stars of the Week

Reception

Giraffes
Brooke
Zebras
Mariah

Year One

Hedgehogs
Christina
Rabbits:
Hanna

Year Two

Penguins
Elijah
Seals
Julie

Year Three

Crocodiles
Stan
Turtles
Bella

Year Four

Bears
Arthur
Eagles
Colin

Year Five

Pandas
Erin W
Tigers
Patrick

Year Six

Sloths
Meera
Toucans
Nikola

Design a Red Nose Competition

Mrs Swain and our Pupil Parliament organised a Red Nose Day competition to design a red nose! Thank you to all the children who entered the 'Design a red nose' competition. We had so many amazing entries. Pupil Parliament had the tricky job of judging the competition and were wowed by all the effort the children had gone to. After a lot of deliberation, the winners are:

Aaliyah - Giraffes
Lucy - Rabbits
Penelope - Eagles
Julie - Toucans

Well done to everybody that took part and we hope you have enjoyed raising money for a wonderful charity. We will announce the total money raised in the newsletter next week.



Girls Football Team

On Tuesday, the girls had two football matches at Harris school. We had some tough competition, playing Bilton and Dunchurch school. All of us really enjoyed the experience. We won both matches. The first match was 4-1 and the second was 1-0. Well done to everyone involved!

Written by Ellena Y6.



Y2 Art Day

On Thursday, Year 2 were inspired by the work of Picasso during their Art day. They spent the entire day discovering fun facts about him, analysing his work and creating our own cubism piece inspired by him! The children got really stuck in and it was wonderful to see their creative minds take over. Well done everyone!



Resilience Collaboration Curiosity Respect Kindness Endeavour



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Tennis Enrichment

On Tuesday, all of Reception, Y1 and Y2 had access to Tennis enrichment, run by a local Rugby tennis club. The children got involved with lots of fun activities that help develop the essential skills needed to play the game. The children impressed the coaches so much that they all received a golden ticket, which meant that they could receive a free tennis lesson at the club! Well done to all of the children for taking part.



Year 1 Design & Technology

This term in D&T, Year 1 have been learning how to bake bread. Prior to today's lesson we have practised our rolling skills, mixing skills and kneading skills. We have also learnt the 7 steps to make bread: 1. Wash our hands, 2. Mix our ingredients, 3. Knead the dough, 4. Let it rise, 5. Roll the dough into balls, 6. Bake them in the oven, 7. Let them cool, 8. Eat them! Today we made our bread rolls and had lots of fun following the recipe! What a lovely day!



Boys Football Team

On Wednesday, the boys football team played Bilton juniors and won 4-2. The boys played greatly, showing good teamwork and communication between each other, especially when the other team started to catch up. We kept our heads up and did not let out a fuss.



Well done to everyone playing upfront, your shots were very accurate and powerful. Well done to our goalie as well for his amazing saves and well done to the defenders for trying their hardest. Keep up the hard work and will be the best in Warwickshire!

Written by Alfie Y6.

Easter Hat Competition

We are inviting the children to make an 'Easter hat' this year. Be as creative as you wish and utilise what you have in your home. This is an optional competition. If your child would like to be a part of this, they are encouraged to bring their Easter hat into school on **Thursday 10th April** where it will enter an Easter hat competition. We very much look forward to seeing these and we hope you will have lots of fun making them!



Y4 Reading Competition

Four students from Year 4 represented RFPS on Thursday with a reading competition where they presented a fantastic poster on Arthur and the Golden Rope. They worked well

on Arthur and the Golden Rope. They worked well together and delivered their work confidently and collaboratively. We are so proud of the work that has gone into this, and they brought back a trophy after coming first for their presentation. Well done!



Cross Country achievement

On Saturday, Mia and Sam represented Eastern Warwickshire in this year's Cross country county final! The course was extremely tough and included some really sharp inclines, but this did not stop these two superstars giving it their absolute everything. What we loved most was that they cheered each other on during their respective races, demonstrating all of the school's values even though it was the weekend! Mia has also qualified to compete at the national finals this coming Saturday. Mia and Sam, well done. We are so incredibly proud of you!



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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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Safe & Active Schools – Walk and Wheel Wednesdays

We are starting a new initiative to encourage active travel to school. From **26th March 2025**, we are launching Walk and Wheel Wednesdays! In order to participate, all you need to do is **walk, scoot or cycle** to school on Wednesdays (of course, every day is a great day to walk and wheel).

We will be recording the number of children traveling actively and try to beat this total each week. There is the chance of winning some extra break for the year group with the most participants.

Why active travel?

- It builds towards a healthier lifestyle.
- Reduces congestion around school.
- Less cars mean less pollution.

Benefits of walking or wheeling.

- Something as small as walking 20 minutes a day can help ward off heart disease.
- Being active can help us to maintain a healthy weight, especially when combined with a balanced diet. It makes us fitter because our heart and lungs can work more effectively.
- In addition, it can help our bones stay healthy and improve our balance.

FAQ's

Q - I live far from school, how can I take part?

A – Park and stride. This means that you park your car further away from school and walk or wheel the rest of the way.

Q – Where can I leave my cycle or scooter if I choose wheel?

A – We have a shelter for bikes and scooters right outside our school entrance for you to store your equipment.



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

24th-27th Mar – Y5 Bikeability

25th Mar – Y2 Inspire Workshop – 9am-10am

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

My Child At School – MCAS

Please could we ask all parents and carers to log into their MCAS account and check that all the information we hold for parents, carers and children are up to date. Please ensure that if you change your contact number, move home or there are any other circumstances which may impact your child, that the school is notified as a priority.

Thank you.



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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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](#)

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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2025

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 Sareen
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.



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Mental Health in Schools Team
Tips For Wellness

Positivity

"Every day may not be good, but there is something good in every day." - Alice Morse Earle.

Positivity means focusing on the good things in life, even when things get tough. It's about thinking and acting in a way that makes you feel happy and hopeful. Being positive can help you feel better, solve problems, and have a more joyful life.

Our tips for practising positivity:

- **Focus on the good** – Look for the positive in every situation. Every day, there is always something positive.
- **Use positive words** – Try saying things like "I can do this" or "I'll keep trying and I will get there".
- **Be kind to yourself** – Don't be too hard on yourself. Try to remind yourself that you are trying your best. Celebrate any small successes!
- **Practise gratitude** – Think about three things that you are thankful for each day. It could be something as simple as a sunny day or a friend saying something nice to you.
- **Spend time with positive people.**
- **Find something you enjoy** – Whether it is a hobby, sport, quality time with friends and family, or watching your favourite TV programme, doing something you love can bring you joy.
- **Try using positive affirmations** – Tell yourself one positive thing every day, like "I am enough" or "I am trying my best".
- **Help others** – Helping someone else, even in a small way, can make you feel good about yourself too.
- **Keep a positive journal** – Write down things that you are proud of or moments that made you smile.

Positivity makes a big difference!

When you practise positivity, you start seeing the world in a brighter way. You can face challenges with confidence and believe in yourself.

Positivity is also contagious — when you're positive, you inspire others to be positive too!

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.



Spring Holiday Activities

★ Sculpting the Museum ★

12 – 26 April 2025



Get ready to roll up your sleeves and
CREATE LEARN ENJOY DISCOVER
at our holiday sculpture workshops
Find out more at www.ragm.co.uk/holidayfun

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