



# Rugby Free

Primary School



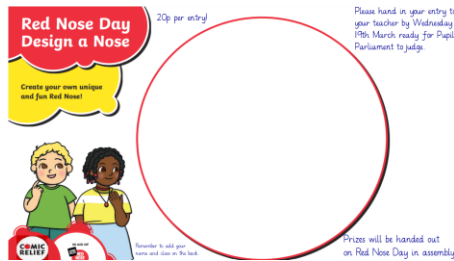
Together we learn, together we shine!



Newsletter 24

Friday 14<sup>th</sup> March  
2025

## Comic Relief 2025



On Friday 21<sup>st</sup> March, we will be raising money for Comic Relief by having a **non-uniform day**. Please wear an item of red clothing if you have it but any non-uniform will be absolutely fine. We ask for a voluntary donation of 50p per child.



Pupil Parliament will also be running a 'design your own red nose' competition. Please hand entries back by Wednesday 19<sup>th</sup> March and prizes for the most creative will be given in Friday's assembly. This will be 20p per entry and needs to be handed into your teacher with your design. You can collect entry sheets from your teacher.

Good luck! Pupil Parliament can't wait to see your amazing designs.

## 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 10<sup>th</sup> April** where it will enter an Easter hat competition.

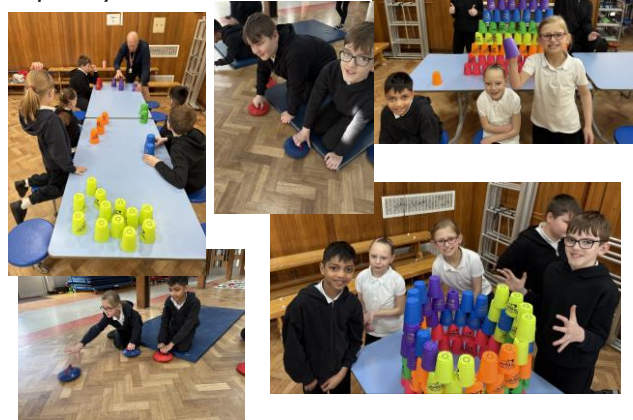
We very much look forward to seeing these and we hope you will have lots of fun making them!



## KS2 Change for Life event

On Friday morning, five children from Key Stage 2 took part in the Change 4 Life event at Paddox primary school. We got to take part in some new and exciting sports including New Age Curling, Boccia and Speed Stacking. We had the best time ever!

Report by Patrick in Year 5



## STEM Week



This week at RFPS we celebrated "STEM Week". First, each year group researched an inventor related to their experiment. The children then carried out open-ended experiments to spark their creativity as they worked together to design, prototype, explore STEM concepts and overcome challenges. After researching their chosen inventors, Reception explored X-Ray Technology, Year 1



made music with instrumental inventions, Year 2 constructed solid structures, Year 3 created prototypes of Arctic Engineering, Year 4 created parachutes to protect a water balloon, Year 5 used origami frogs to create jumps and agility and Year 6 built their own Higgins boats. What an exciting week!



## Stars of the Week

### Reception

**Giraffes:**

Ada

**Zebras:**

Ayva-Mae

### Year One

**Hedgehogs:**

Ellis

**Rabbits:**

Gian

### Year Two

**Penguins:**

Olina

**Seals:**

Lucie

### Year Three

**Crocodiles:**

Josh

**Turtles:**

Max

### Year Four

**Bears:**

Cassius

**Eagles:**

Penelope

### Year Five

**Pandas:**

Bella P

**Tigers:**

Ivy-Lin

### Year Six

**Sloths:**

Taylor

**Toucans:**

Sienna & Isaac

### Head

**Teacher**

**Awards**

**Zachary B**

Y2 - Kindness

& Respect

**Coen Y4 -**

Kindness &

Endeavour

**Miah-Bella**

Y5 -

Endeavour &

Resilience

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## STEM Week in Year 4

In year 4, we have done a fantastic STEM activity this week where we have created our own parachutes out of a variety of materials following research on James Floyd Smith. We have then tested these by attaching them to water balloons and throwing them out of a second floor window to see if we can stop our water balloons from bursting. Year 4 took to the challenge with gusto, exploring air resistance and gravity by problem solving with different materials.



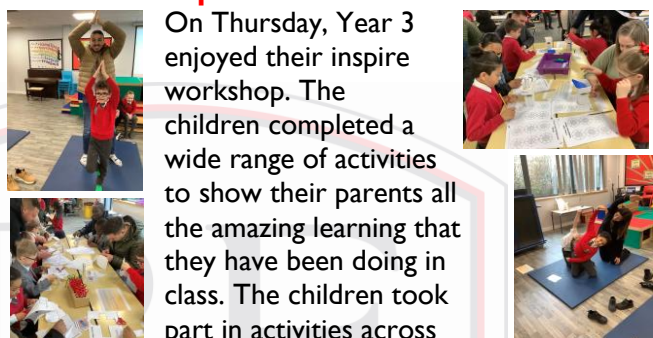
## Y5 Glider Challenge and Designing Sustainable Aircraft

Year 5 have had the wonderful opportunity to complete a glider challenge and design a sustainable aircraft of the future with a chance to win a day at the Royal International Air Tattoo. Across the day, we have journeyed through the engineering process of designing, creating, testing and improving. By designing, creating and testing three different gliders we have developed our understanding about how gliders and other aircraft take flight. A huge well done to all children who have shown all of our school values in particular collaboration and resilience.



## Y3 Workshop

On Thursday, Year 3 enjoyed their inspire workshop. The children completed a wide range of activities to show their parents all the amazing learning that they have been doing in class. The children took part in activities across various subjects, including English, DT, geography, maths, PE, computing, and PSHE. The children really threw themselves into the activities and made their teachers and parents very proud. Thank you to all the parents that attended and gave their feedback. We are so glad that everyone enjoyed themselves.



## Treasure Island

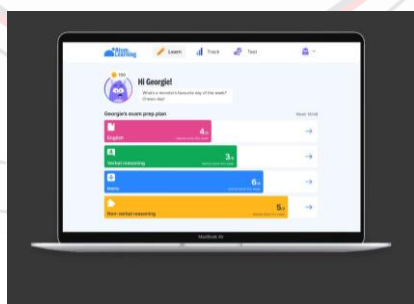
On Monday, we had the pleasure of watching a captivating performance of the classic tale *Treasure Island* as a school. It was absolutely fantastic, and both the children and staff thoroughly enjoyed it.



Additionally, Year 5 participated in an engaging, interactive workshop with the cast, which was a memorable experience for all involved.

## Free 11+ preparation and KS2 learning

We are working in partnership with [Atom Learning](https://atomlearning.com/), the leading online Key Stage 2 learning and 11+ preparation platform, to provide children in Years 3-6 who are eligible for Pupil Premium with free Atom Home accounts. Atom Home is normally £575.90 per year.



Atom Home provides Key Stage 2 learning resources, helping children build exam technique, subject mastery and academic confidence.

If your child is aged between 7 - 11 and has been eligible for free school meals at any point in the last six years (please check with the school office if you are not sure), please fill in the form by clicking the button below.

[<<Access free 11+ preparation and KS2 learning>>](https://atomlearning.com/11-plus)



For other families, there is a five-day free trial of Atom available: <https://atomlearning.com/11-plus>

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## Safe & Active Schools

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. Travelling actively builds towards a healthier lifestyle; it gives our bodies the wake up it needs to be ready to learn and focus; it helps minimise congestion around school and less cars mean less pollution for our school community.

We will be recording the number of children traveling actively and try to beat this total each week.

Happy walking and wheeling everyone!



## Coventry Blaze Ice Hockey – free tickets

We at Rugby Free have been given a wonderful opportunity surrounding Ice Hockey! Coventry Blaze team want to encourage children and young people to experience the excitement of live ice hockey and be inspired by the energy and team spirit of the game. Ice hockey is a sport that many don't realize is played professionally right here in the UK, with a team just down the road in Coventry! They have given us the opportunity to get free tickets (subject to a small booking fee) to experience the thrill of a live Coventry Blaze game.

Families can enjoy an action-packed night of Blaze hockey with thrilling goals, exciting plays, and a lively atmosphere! As a bonus, ticket holders can stay for a **free post-game skate**, with skate hire available for only £3 from the Box Office.



### Game Details:

**Coventry Blaze vs. Fife Flyers**

**Location:** Skydome Arena, Croft Rd, Coventry CV1 3AZ

**Date:** Sunday 23rd March

**Face-off:** 5.30pm (doors open 4.30pm)

### How Families Can Book Tickets:

- Scan the QR code on the attached leaflet

- Visit <https://blazecommunityfoundation.co.uk/product/blaze-schools-2425003/>

**FREE TICKETS\***  
\*All tickets subject to a £1.50 Booking Fee

for schools to experience

**Coventry Blaze**

**Ice Hockey**

Get ready to experience the thrill of the *fastest* team sport in the world!!

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**Location:** Skydome Arena, Croft Road, Coventry, CV1 3AZ

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Scan the QR Code or visit the link below to book your tickets

<https://blazecommunityfoundation.co.uk/product/blaze-schools-2425003/>

Tickets can be collected from the Ticket Collection Desk on the day of the game.

[office@coventryblaze.co.uk](mailto:office@coventryblaze.co.uk)





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## 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.

**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.

### 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](mailto:Kelly.pollitt@rugbyfreeprimary.co.uk) - 01788 222088

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



## Friends of Rugby Free Primary School (PTA)



**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**

### Upcoming Events-

**Houses coin competition - 26th March** - A fun competition for all children to be involved in. We invite all children to bring in as many 1p's and 2p's as they can to compete in making the longest trail of coins for their house, prizes will be up for grabs for the house that makes the longest trail, so please start collecting your copper coins ready for the day!

**Wonderlicious - 'Wonka' Inspired day- 11th 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. Bars will then 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 and much more!! Come to school in non-uniform, or as a 'wonka' character/sweet/bright colours. Please follow this link to order your chocolate 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.

**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.

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.



**Everyone Welcome**

**9th April - 7:30pm**

Brewers Fayre Conservatory



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

**19<sup>th</sup> Mar** – Reception Vision screening (details to follow)

**21<sup>st</sup> Mar** – Comic Relief non-uniform (see above)

**25<sup>th</sup> Mar** – Y2 Inspire Workshop – 9am-10am

**2<sup>nd</sup> Apr** – Y5 Birmingham Museum trip

**2<sup>nd</sup> Apr** – Y4 Play performance for parents – 9.30am

**3<sup>rd</sup> Apr** – Y2 Warwick Castle trip

**3<sup>rd</sup> Apr** – Y4 Play performance for parents – 2pm

**4<sup>th</sup> Apr** – Reception Farm trip

**10<sup>th</sup> Apr** – Y3 Hunstanton trip

**14<sup>th</sup> Apr – 25<sup>th</sup> Apr – Easter Holidays**

**1<sup>st</sup> May** – Y4 Inspire Workshop – 9am-10am

**5<sup>th</sup> May – Early May Bank Holiday (school closed)**

**6<sup>th</sup> May** – Y1 Ryton Pools trip

**26<sup>th</sup> May – 30<sup>th</sup> May – Half term**

**19<sup>th</sup> Jun** – Y4 Hunstanton trip

**26<sup>th</sup> Jun** – Y5 Brandon Marsh trip

## My Child At School – MCAS

Please could we ask all parents and careers to log into their MCAS account and check that all the information we hold for parents, careers and children are up to date.

Thank you.



## Game On Holiday Camp

Game On are operating a Holiday Camp over February half term at RFPS. The dates are: Monday 14<sup>th</sup> April to Friday 25<sup>th</sup> 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.



## 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.

 <b>Miss Finch</b> Designated Safeguarding Lead	 <b>Mrs Pollitt</b> Deputy Designated Safeguarding Lead
 <b>Mrs Colledge</b> Deputy Designated Safeguarding Lead	 <b>Mrs Sareen</b> Deputy Designated Safeguarding Lead
 <b>Miss Butters</b> Deputy Designated Safeguarding Lead	 <b>Miss Calcutt</b> 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**

 <b>Miss Finch</b> Inclusion Lead	 <b>Miss Calcutt</b> SENDCo
 <b>Miss Lydiatt</b> Assistant SENDCo	 <b>Mrs Pollitt</b> 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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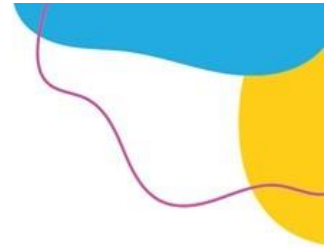


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**Mental Health in Schools Team  
Tips For Wellness**



## Self-Care

Self-care is all about the little things we do to help ourselves feel better or to keep ourselves feeling good. This is a great way to look after our mental health and wellbeing. Self-care involves 'checking in' with yourself and thinking "how do I feel today?" and understanding "what do I need today?" Self-care looks different for everybody. What works for one person may not work for someone else!

**Our tips for self-care:**

- **Taking** time-out when we are feeling overwhelmed.
- **Making** time for an activity which makes us feel good e.g., taking a bath, listening to music, going for a walk, or playing a game you enjoy.
- **Doing** the basic things to look after ourselves e.g., eating and sleeping well.
- Practise self-care by asking yourself the questions in the box below:

How do I feel today? What do I need today? Do I need physical or mental self-care? When can I add self-care into my day? Make time to do it! Repeating these Self-Care check-ins at least once each day can help improve our mental health.

Make time for a relaxation activity. Scan the QR codes below for more information around self-care. Why not try the mindfulness activities in the QR codes below too!

**Primary resources:**

**Secondary resources:**



Self-Care



Mindfulness



Self-Care



Mindfulness

*Watch the Mindfulness animation! The Mindfulness in Schools Project has lots of other great resources 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.