



# Rugby Free

Primary School



*Together we learn, together we shine!*



Newsletter 29

Friday 2<sup>nd</sup> May  
2025

## VE80 Celebration

On May 8th, we will be having a number of activities at school to commemorate VE80 - the 80 year anniversary mark of VE Day. On this day, we invite all children to come in non-uniform but wearing red, white and blue colours. We will be offering a picnic lunch hosted by Dolce who will be offering two different versions: a vegetarian or a non-vegetarian option. You can see school grid for more details on this, **orders will need to be placed via School Grid by Friday 2<sup>nd</sup> May**. This will then be enjoyed with staff and children all together surrounded by decorations. Each class will participate in some activities on the day to commemorate VE Day at their age appropriate level to reflect upon what the meaning is for.



## Assembly

Ruben in Year 6 blew everyone away with his wonderful piano playing in today's assembly. The Toucan's couldn't stop raving about how well he did. Well done, Ruben!



## Year 4 Inspire Workshop

Year 4 had a fantastic Inspire workshop this week with lots of engagement from parents and children. We would like to thank the parents for coming and helping us to make it such a big success. We have had some fantastic artwork created and it was lovely to be able to see the children sharing their learning with their parents.



## Year 5 & 6 Gifted and Talented in PE event



On Monday 28th April, 13 children from Years 5 & 6 did a series of fun activities including trampolining, yoga, pickle ball and Quidditch.



It was extremely fun for us to experience new sports that we haven't come across before. My personal favourites were trampolining and Quidditch.



It's easy to say that this was one of my favourite sporting events from this year and I think everyone who went would agree with me - it was really fun! Mia - Year 6 Sloths



## Rabbit Class Silent Disco

During our 'Wonderlicious Day', Reuben won a golden ticket in his chocolate bar, which was a class 'Silent Disco'. What a lovely treat! We thoroughly enjoyed ourselves dancing to our favourite songs and playing some disco games through our headphones. Thank you Reuben and Friends of Rugby Free Primary School for a wonderful time!



## Stars of the Week

### Reception

#### Giraffes

Shay &  
Freddie  
**Zebras**  
Kaiser &  
Arya

### Year One

#### Hedgehogs

Layla

#### Rabbits:

Charlotte R

### Year Two

#### Penguins

Imogen  
**Seals**  
Jaxon

### Year Three

#### Crocodiles

Anvay  
**Turtles**  
Jacob

### Year Four

#### Bears

Archer  
**Eagles**  
Freddie

### Year Five

#### Pandas

Aurelia &  
Jacob M  
**Tigers**  
Oliver

### Year Six

#### Sloths

Chloe  
**Toucans**  
Poppy &  
Jaime

**Resilience Collaboration Curiosity Respect Kindness Endeavour**



# Rugby Free

Primary School



*Together we learn, together we shine!*



**Newsletter 29**

**Friday 2<sup>nd</sup> May  
2025**

## **Relationship and Sex Education at RFPS**

Rugby Free Primary, we understand the importance of quality Relationship and Sex education within our PSHE lessons. As a result of this, we follow a scheme of work called 'Jigsaw' which ensures the school's legal obligations on Relationships and Sex Education are met at a level that is appropriate to your child.



**Rugby Free**  
Primary School

We believe that accurate information at the right age and stage of development, coming from school and home, encourages our children to become confident individuals that can make informed decisions about how their bodies change and relationships in later life. These lessons will take place in the final Summer term (**Monday 2nd June – Friday 18th July**). A breakdown of each year group's lessons has already been emailed to all parents.

In preparation for these lessons, Miss Butters, Miss Finch and Mrs Swain will be holding a parent's meeting on **Tuesday 13th May in the school hall at 5.30pm**. The meeting will show parents the animations that are used within lessons and other resources from our PSHE scheme. Please note, these are the same resources as the previous 2 years. All parents are welcome to join us, we kindly ask that children do not attend this meeting. There will be a chance to catch us at the end if you have any questions. Thank you for your continued support.

## **Safe & Active Schools**

A huge thank you to everyone who took part in Walk and Wheel Wednesdays before the half term. It was great to see how the number of those walking, wheeling and using park and stride increased over the weeks. Thank you so much!

A huge well done to Year 5 who had the most walkers and achieved extra break and some 'Be Bright, Be Seen' goodies as a prize.

Stay safe and active everyone!



## **Friends of Rugby Free Primary School (PTA)**

We hope you all enjoyed your break, and we look forward to bringing you some more wonderful events over the coming term. Please see below for dates, our next event is only a few weeks away!!

### **FAMILY BINGO - Friday 16th May, 5:30pm - Booking available NOW**

Join us for an evening of family fun, following last year's success we are again doing our family bingo night. Tickets are **£5 per family** (up to 8 people) and you can bring your own picnic tea (NO NUTS). You are welcome to bring high chairs if necessary too. Hot and cold drinks will be available to purchase on the night (cash/card). There will be 4 rounds and a picture round with prizes up for grabs. As always all money raised will go towards our fundraising efforts for enriching our children's learning. Please follow this link to book your tickets **NOW** - tickets are limited due to space. <https://www.tickettailor.com/events/friendsofrugbyfreeprimaryschool/1686169>



### **Upcoming events-**

**Quiz night - June 13th, chippy tea (adult only)**

**Playground sales - 4th/11th July** uniform and ice lollies, weather dependent

**Coffee morning for new starters but everyone welcome – date TBC**

**Break the rules day - 14th July**

Have a wonderful weekend. As always keep up to date with our upcoming events by following us on Facebook or Instagram [friendsrfps](#)

**Resilience Collaboration Curiosity Respect Kindness Endeavour**



# Rugby Free

Primary School



*Together we learn, together we shine!*



**Newsletter 29**

**Friday 2<sup>nd</sup> May  
2025**

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

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

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

**8<sup>th</sup> May – VE80 – non-uniform (Red, White & Blue)**

**w/c 12<sup>th</sup> May – Y6 SATS week**

**16<sup>th</sup> May – FRFPS Family Bingo (see above)**

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

**2<sup>nd</sup> Jun – 13<sup>th</sup> Jun – Y4 Multiplication tables check week**

**w/c 9<sup>th</sup> Jun – Y1 Phonics screening week**

**12<sup>th</sup> Jun – KS2 Sports Day at the Diamond Jubilee athletics track – parents welcome in the afternoon (more details to follow)**

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

**23<sup>rd</sup> Jun – Y3 Bosworth trip**

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

## Game On Holiday Camp

Game On are operating a Holiday Camp over May half term at RFPS. The dates are: Tuesday 27<sup>th</sup> May to Friday 30<sup>th</sup> May. To book your dates, please liaise with Mr Sheehan directly - his contact details are on the booking form which was sent out with the newsletter email on 02/05/2025.



## 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](mailto: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







# Rugby Free

Primary School



*Together we learn, together we shine!*



Newsletter 29

Friday 2<sup>nd</sup> May  
2025

## Safeguarding

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**.

## 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 Screen**  
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.

## Inclusion Team

### The Inclusion Team



**Miss Finch**  
Inclusion Lead



**Miss Calcutt**  
SENDCo



**Miss Lydiatt**  
Assistant SENDCo



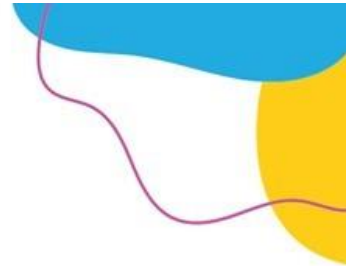
**Mrs Pollitt**  
Children and Family  
Support Worker

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.



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





## Being mindful

Being mindful is all about **taking notice** of what's around us, as well as our thoughts and how we are feeling. Mindfulness is a way to **focus on the present** moment and what is happening now, rather than thinking about the past and worrying about the future.

Learning how to be mindful can give us the tools we need to cope with stress, build confidence, and get through challenging times. The more we practise mindfulness, the more resilient we will be!

### Our tips for being mindful:

1. **Tune into your senses (classroom activity)** – Teacher should choose a child (child A) to stand outside the classroom, they are the 'listener'. Choose another child (child B) in the class to be the 'speaker'. When child A comes back into the room, they should face the wall, then child B should say a pre-agreed sentence in an unusual or funny voice. Child A needs to pay attention, take notice and listen carefully, to guess who the speaker was! Children can take turns as the role of speaker/listener.
2. **Create a glitter jar** – use an old jar or bottle and add a variety of materials, such as glitter, water, different coloured beads, food colouring, oil, and rice. Shake the glitter jar and notice how the materials move. Do they all move together? Do any of the materials separate from each other? What sound does it make? You could make one with a friend and then swap jars!
3. **Cloud watching** – this activity is great for mindfulness and relaxation. Have a go by scanning the QR code: 
4. **Mindfulness video** – as a class, watch this mindfulness video from Children in Need, which includes 3 exercises to help you practise mindfulness: mindful looking, mindful listening, and mindful breathing. 

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.