



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 31

Friday 16th May
2025

Year 1 Walk

This week Year 1 went on a local walk. During our local fieldwork walk, we used a fieldwork wheel to support questions linked to our observations. We also used a map and its key to help us navigate the route. Well done, Year 1!



Stars of the Week

Reception

Giraffes

Harry & Freya B

Zebras

Dhruvan &
Victoria

Year One

Hedgehogs

Aarna

Rabbits:

Charlotte W

Year Two

Penguins

Emilia

Seals

Katalia

Year Three

Crocodiles

Jasmeet

Turtles

Chizaram

Year Four

Bears

Harper

Eagles

Alex

Year Five

Pandas

Leo &

Florence

Tigers

Ellie

Year Six

Sloths

Lara

Toucans

Alfie & Kyle

Girls Football



On Tuesday, the Girls football team won a cup at Harris School. The first team we played against was Paddox Primary school and we won 7-0. In the second game (which was tough because we drew on points) we won 6-1 against St. Gabriel's. After we played Bilton Juniors,

we won 4-0 with a great game. When we got the cup we got told we were unbeaten and only conceded 3 goals in every game we played. Also, we scored 23 goals. We are very happy.

Romillie and Erin. H. Well played Rugby Free Primary!!



Safe & Active Schools

It is so lovely to see so many of you travelling actively to school and so many children wearing helmets when they are travelling on scooters and bicycles. Please could you check that scooters and bicycles have children's names on to avoid any mix-ups. Have a safe and active weekend everyone!



Year 4 MHST

Year 4 had a visit from the Mental Health in Schools Team this week for a fantastic workshop exploring our big feelings. We did a range of



activities and explored a number of feelings and how we can identify and find support if we need it.



Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter

Friday 16th May
2025

Year 6 SATs



A huge well done to our Year 6 children who have sat their SATs tests this week. They have shown resilience and endeavour throughout the week and they have worked incredibly hard. They had a fantastic morning at the local park as a post-SATs reward.

We are super proud of you Year 6! Wishing you all a lovely, restful weekend. You deserve it!



Nut free at RFPS

This is a polite reminder that RFPS is a 'nut free' school. We have pupils and staff who have severe nut allergies. Please can you ensure that your child does not bring any snacks or lunchboxes containing nuts into school. Thank you for your cooperation.



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.



Friends of Rugby Free Primary School (PTA)

Coffee morning - 23rd May 9-10am - enter via the hall entrance

We invite all parents/carers, grandparents, aunts and uncles, and all new September starters to join us for hot drinks, squash, cake, biscuits. Free from options will be available. There will also be some toys for younger children too. We will also have some pre-loved uniform available to purchase - items are from 50p - £5. We look forward to seeing you there.

Quiz Night - adult only event - Friday 13th June 6:30pm - Enter via the hall entrance



13TH JUNE 2025 – 6:30PM

Join us with family, friends or neighbours

Tickets £10 per person

(entry and chippy tea, vegan and gluten free light bite options)

Teams of up to 6, multiple rounds. Raffle on the night. Please see your newsletters for ticket information and placing food orders.

Enter at the school hall. Eyes down 7pm. You can bring your own bottle. **ADULTS ONLY.**

Raffle, hot drinks, squash and some light refreshments will be available for a small fee. (cash or card)

A wonderful evening of fun and entertainment, so bring family, friends and neighbours along and enjoy a chippy supper, bring your own bottle. Eyes down at 7pm. Tickets are **£10.00 per person** with teams of up to 6 people. Spaces are limited so please book your tickets to avoid disappointment. The cost of tickets includes entrance and your supper, which is a choice of fish & chips, sausage & chips, a gluten free light bite box and a vegan light bite box. Food options will need to be placed upon ticket purchase. During the evening there will be a raffle (CASH ONLY) and there will be hot/cold drinks and some light refreshments available for a small fee please bring cash/card. We will also provide accompaniments for the chippy supper. If you book your team as less than 6 people and then someone wishes to join you, we do have an add on option on the link - please note that it will still be only 6 people per team for health and safety. Follow this link to book your tickets - <https://buytickets.at/friendsofrugbyfreeprimaryschool/1702119>

Upcoming events-

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

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](#)



We invite all parents, carers, family members and friends along with all new September 2025 starters to our

COFFEE MORNING

23RD MAY – 9-10AM

Join us for a chat and an opportunity to meet other parents/carers and children

You will be able to purchase pre-loved uniform - cash/card payment

Please enter via the hall entrance - Central Park Drive



Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School



Together we learn, together we shine!



[Newsletter](#)

**Friday 16th May
2025**

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

26th May – 30th May – Half term

2nd Jun – 13th Jun – Y4 Multiplication tables check week

w/c 9th Jun – Y1 Phonics screening week

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

13th Jun – Friends of RFPS Quiz night (see above)

17th Jun – KS1 Sports day 9am – 10:30am

19th Jun – Y4 Hunstanton trip

23rd Jun – Reception Sports day 9am -10:30am

23rd Jun – Y3 Bosworth trip

23rd Jun – Y1 Football Festival

24th Jun – Y2 Football Festival

25th Jun – Y6 Drayton Manor

26th Jun – Y5 Brandon Marsh trip

4th Jul – Rec Transport Museum trip

Game On Holiday Camp

Game On are operating a Holiday Camp over May half term at RFPS. The dates are: Tuesday 27th May to Friday 30th

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.



Allsorts Magazine

Here is the link to the May/July (half-term) digital version of Allsorts magazine

https://bit.ly/ALLSORTS_MAYJULY - you can tap straight to advertisers' websites too when viewing the mag on your phone (please mention allsorts). There are lots of attractions to visit, services and articles to help your family. You can view this issue at www.allsortsmag.com too or on the allsorts Facebook page soon. Take care - Michelle Love (Editor).

Questionnaire: Parenting workshops and Programmes

Being a parent is one of the most demanding jobs you will ever have, but you are not alone. Did you know that there is a wealth of support for parents and carers in Warwickshire?

Parents and carers can access advice in a variety of ways, from online guides to read through, online 2-hour workshops on a range of topics in the evenings and face-to-face workshops and programmes which take place around the county.

Parent Coaches are linking up both Rugby Free Primary and Rugby Free Secondary to provide workshops and programmes around Parenting and Family and Relationships.

Please can you answer this quick questionnaire to find out what support you feel is needed and what you would like to be offered at our school. We aim for sessions to start in September 2025.

Please click this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=BqqwiCdZu0uok4nMjxOsgo-U59aRf9FBr0WVoS5p7F-RUNFBETk5GNIjMWkiKTUZPVFQ5WVjXUDQ0Ri4u>

Thank you



Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter

Friday 16th May
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.

DROP-IN SESSIONS

in the Family Room, opposite main reception

Monday 8.30-9.30am

Tuesday 2:30-3:30pm

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 - 01788 222088

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



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.

Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter

Friday 16th May
2025

MHST Mental Health in Schools Team Tips For Wellness

Caring

Caring is about looking after the needs of yourself and others. There are lots of ways you can show others that you care, showing kindness, compassion, love, support and being thoughtful. It is equally important to take time to care for ourselves, sometimes termed 'self-care'. This can help us to increase our resilience and sense of self-worth. Allowing yourself time to engage in activities you enjoy and make you feel good, along with recognising unkind thoughts and trying to replace these with kinder thoughts can be part of caring for yourself.

Caring for others can help us feel connected, purposeful, and close to those we care for. These things are positive for our mental wellbeing. Can you think of a way you've shown care for someone this week?

Everyday millions of people in the UK give additional care to people they know through helping with everyday living tasks. **Young Carers** may also be responsible for looking after younger brothers and sisters and doing household chores. If you are, or you support a Young Carer, you can find local carers support by following the QR code.



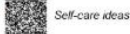
Warwickshire Young Carers Project



Coventry Young Carers Support

Our tips for being caring:

1. **Caring Chain** - write down an act of caring they can do for another person or for themselves on a strip of paper. Create a paper chain with each of these strips, by folding and linking them together. This can then be displayed in the classroom and pupils can be encouraged to give a new act of caring a go each week.
2. Try to **identify 3 ways** you have been caring towards yourself and 3 ways you have been caring towards others. Then, set a goal for another caring act you can carry out over the following week.
3. Take time to **practise self-care!** Follow the QR code for some ideas of how you could be kinder to yourself.



Self-care ideas

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.

MHST Mental Health in Schools Team Tips For Wellness

Supporting your Child at School

Young people can feel anxious about school for lots of different reasons. They might be worried about making friends or fitting in, find schoolwork or lessons confusing, feel pressured to learn in a certain way or find their relationships with teachers difficult. Sometimes, going through difficult experiences outside of school – such as a death or an illness in the family can also make it harder for a child to feel settled at school.

For some young people, the school environment can feel really difficult, and trying to fit into it can create a huge amount of stress. This might be the case if they are struggling with their mental health or have a neurodiverse condition such as autism or ADHD. This can make the school environment anxiety-provoking and exhausting, especially if their condition or need is undiagnosed or they are not currently accessing the support strategies they need.

Our Top Tips For Supporting your Child at School:

Create a morning routine or timetable. A routine can create a sense of security and reduce stress for your child and for you too. Try to prepare things like packing bags and laying out clothes the night before.

Think together about how your child can manage their anxiety. Younger children might like to use a **worry box** at home to help contain their anxieties. Teenagers might like to fill a box with things that help them feel calm using our guide to making a self-soothe box. Scan the QR codes below to find instructions:

Worry Box:



Self-Soothe Box:



Encourage them to do things that help them relax. Having time to unwind after school can be important. This could be spending time with friends and family, listening to music, going for a walk or run, playing sport, baking, drawing or watching a favourite film.

Recognise small achievements. Notice small successes such as getting out of bed at the right time or handing work in at school – and tell your child how proud you are of them.

Try to take the pressure off. On some days your child may not be able to manage schoolwork or homework. Remember their mood will go up and down and you can always try again the next day.

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.



Reduce, Reuse, Recycle Family Fun Day

- Rugby Eco Hub
- Wednesday 28th May
- Drop in between 10am-1pm

Join us for a morning of activities for all ages!
Find out more about how you can reuse items you might throw away, what happens in a compost bin and take home a newspaper pot!



CONTACT US
rugby@gardenorganic.org.uk
02476 303517

Working in Partnership



Open Talks for Year 5

Saturday 12th July 2025



Book
Today!

You are invited to come and see all that Rugby Free Secondary School has to offer and listen to a talk from our Headteacher, Mr Green.

Doors Open: 9:45am
Talk 1: 10:00am
Talk 2: 10:45am
Doors Close: 11:30am



<https://www.ticketsource.co.uk/rugby-free-secondary-school/e-1kbpex>



KINDNESS



COLLABORATION



CURIOSITY



RESPECT



RESILIENCE



ENDEAVOUR

Resilience Collaboration Curiosity Respect Kindness Endeavour