



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 38

**Friday 11th July
2025**

Join us for our 10th Birthday Party!

Can you believe we are going to be 10 years old? We opened our doors to our very first Reception pupils 10 years ago, in September 2015 and we think this is something special to celebrate!

**Please join us for a birthday celebration on
Tuesday 2nd September 3pm – 5pm @RFPS**

This is a completely free event for our current pupils, new Reception pupils, past pupils, staff and parents/carers.

There will be:

- A magic show
- A silent disco and a disco area
- Face painting, tattoos and face glitter
- Badge, birthday card and friendship bracelet making
- Lots of games!
- Ice cream station and decorate your own biscuit

AND LOTS MORE!

Please bring a picnic and enjoy a couple of hours of celebration!

Parents/carers must attend the event with their child, and they are responsible for them.



Stars of the Week

Reception

Giraffes
Louis &
Sapphire
Zebras
Freya & Isla

Year One

Hedgehogs
Talha
Rabbits:
Lucy

Year Two

Penguins
Arjan
Seals
Jasmin, Julia
& Benett

Year

Three
Crocodiles
Ellen &
Aaron
Turtles
Annabelle &
Veer

Year Four

Bears
Cassius &
Lowri
Eagles
Tessa S

Year Five

Pandas
Mishaal
& Luke
Tigers
Isaac

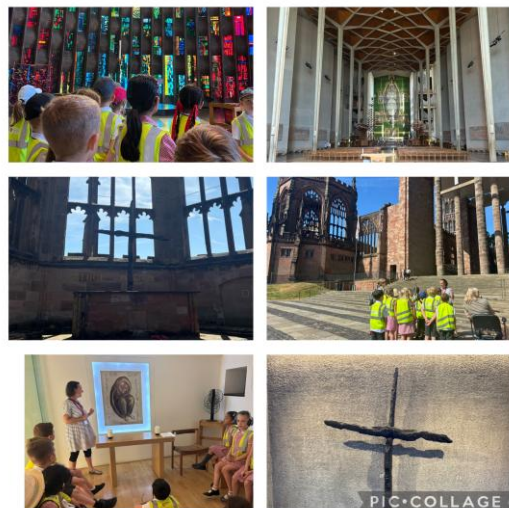
Year Six

Sloths
Archie
Toucans
Sienna & Isla
W-L

Year 2 – Coventry Cathedral



Yesterday, Y2 went on a trip to Coventry Cathedral to study the history of the building after it was bombed in WW2, as well as thinking about how to rebuild peace and reconciliation thereafter. The children were in awe of what they saw and were incredibly engaged with their learning. The group leader commented on how fun her day was because of our children, as they showed such wonderful behaviour. Well done Y2, you have made us incredibly proud!



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Year 6 Performance

Year 6 have been practising hard for their end of year production. We can't believe we'll be performing to the school in just a matter of days! We are looking



forward to welcoming the year 6 parents on Tuesday morning and Wednesday evening too. Hopefully see you there!

Year 6 Sports Leaders

Over the past couple of weeks, the Y6 sports leaders have been supporting the younger year groups PE lessons. They have demonstrated skills, supported small groups as well as organising equipment. They have been such wonderful role models to the rest of the school during their taught sessions. Well done to everyone involved!



The overall House Group winner for 2024/2025 is

NIGHTINGALE

Y5 Athletics Festival

On Wednesday, Year 5 took part in an athletics festival held at Harris Secondary School, alongside many other local schools. They had the most amazing day and absolutely blew us away with their amazing behaviour, team spirit, collaboration and kindness/respect towards each other and all of the other people involved. We were also incredibly impressed with the Sports Leaders from Harris, who did a wonderful job of running all of the events. Our children participated in a range of activities, including standing long jump, speed bounce, 200m race, 60m sprint, javelin and many more! If your child is in Year 5, please pass on a huge well done and thank you for showcasing all of our school values. We could not have been prouder of them.

Library Books

Please can all **Home Reader books, Phonics books and Library books** be returned to school on **Monday** next week so that our library and book areas are ready for September. Thank you for all of your support with reading this year.

Mrs Costello (Home reading lead)



Please send your child to school with carrier bags next week, this will allow the children to start bringing home their school items.
Thank you

Reception – Coventry Transport Museum



Last Friday, Reception children in Zebras and Giraffes went on a coach to Coventry Transport Museum to explore how transport has changed over time. We had a storytelling session where we learned about the role that Josiah Turner played in bringing the boneshaker bicycles to Coventry, and then got to see the real bicycles in the museum. We even got to climb up to sit at the top of a Penny Farthing, which was so very tall! In the museum we found Queen Mary's car, compared fire trucks from the past, and were very impressed with the cars that held the land speed records! A huge thank you to our wonderful parent volunteers who gave their time and energy to make the trip fantastic for the children.



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Safe & Active

We are so lucky to have all this sunshine. Just a reminder for all pupils to be mindful when crossing roads especially around parked ice cream vans etc. Also, with so

many children riding scooters and bikes, we would like to remind everyone to wear their helmets.



Love Rugby 5K

Mrs Morgan and Mrs Odwell took part in the Love Rugby 5k on Sunday 6th July. Despite the very wet weather they both made it round in 35 minutes, a time they were very pleased with. 😊 Well done Mrs Morgan & Mrs Odwell!



Friends of Rugby Free Primary School (PTA)

Thank you to everyone for supporting our playground sales last Friday, it was such a wonderful turn out. Thank you also for waiting in the queue in such warm weather, your support is really appreciated and all funds raised go back to enrich our children's learning. We will provide a full newsletter next week of all monies raised over the past academic year.



Break the rules day - ON MONDAY!!!! 14th July

Our last fundraiser of the 24/25 academic year!! Forms should now have arrived home (light yellow paper), there are a couple of new rules to break this year!! Your child can choose to break as many or as little rules as they wish, the fine for each rule broken is 50p. Please return your form with fines on the day to your class teacher or the office. We look forward to seeing you all. If you have not received a form, please pop your child's fine money in an envelope with their name and class on it with the rules they are breaking - see our social pages for the list. Thank you.

WANTED!!!! craft/stall holders for our Christmas Fayre. If you or someone you know would like a stall please email us at frrfps@gmail.com to register your interest and to receive more details.

We hope you have a wonderful weekend, as always please follow us on Facebook/Instagram searching **friendsrfps** to keep up to date on our upcoming events.

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

11th July – Y6 Movie night – 6pm-9pm

14th July – Break the Rules Day (Friends of RFPS event)

14th July – Big Sing – Year 2 – Year 6 - Parents invited to come and watch the children sing some assembly songs on the playground at the end of the day – 2.45pm – 3.05pm

14th July – Parents open evening (a chance for parents to have a look at their child's work over the year and talk to the teacher following their report) 3.30pm – 4.30pm

15th July – Y6 Play performance - parents and extended family welcome – 9.15am (no limit on tickets)

16th July – Y6 End of Year performance & graduation – 6.00pm (maximum 2 adults only per child please, this will be strictly enforced. Children attending will need to sit on adults' knees if there is no space)

17th July – Y4 Greek Day

18th July – Last day of Summer Term

21st July - Inset Day (school closed for children)

21st Jul – 29th Aug - Game On Holiday club

1st & 2nd Sep - Inset Days (school closed for children)

2nd Sep – 10th Birthday Festival for RFPS - 3pm – 5pm – Please see all of the information above!

3rd Sep – Children return to school for Autumn Term

Game On Holiday Camp



Game On is operating a Holiday Camp over the Summer holidays at RFPS.

The dates are:

WEEK 1: 21st JULY – 25th JULY

WEEK 2: 28th JULY – 1st AUGUST

WEEK 3: 4th AUGUST – 8th – AUGUST

WEEK 4: 11th - 15th AUGUST

WEEK 5: 18th – 22nd AUGUST

WEEK 6: 26th – 29th AUGUST – (Griffin Primary School)

To book your dates, please liaise with Mr Sheehan directly brandon@gameoncoaching.co.uk - the booking form was sent out with the newsletter on 13/06/2025.



All Sorts Magazine

Here is the link to the July/Sept (summer hols) digital version of Allsorts

magazine https://bit.ly/ALLSORTS_JULYSEPT

- you can **tap** straight to advertisers' websites too when viewing the mag on your phone (please mention allsorts).

There are lots of attraction to visit, services and articles to help your family.

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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.

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 2:30-3:30pm

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



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 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.

Inclusion Team

The Inclusion Team

| | |
|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
|  Miss Finch Inclusion Lead |  Miss Calcutt SENCo |
|  Miss Lydiatt Assistant SENCo |  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



Rest

It is important to work hard, stay motivated and set goals to achieve in life. It is also important to not overwork yourself and get enough rest to help manage your stress and unwind so you can stay motivated and prevent burnout in the long run.

Rest is vital for your mental health as it can improve your concentration, memory, critical thinking, planning for the future, problem-solving, mood, immune system, reduce stress, and helps your body's metabolism and physical recovery.

Rest can be difficult to define because it can look different for everyone. It can be anything physical or mentally stimulating that improves wellbeing such as going for a walk, singing, drawing, cycling, playing games, watching TV/streaming, exercising, playing sports, reading, dancing, listening or creating music, writing, crafting, relaxing or anything else you enjoy!

Our Top Tips for Rest:

After you have done something important like studying, chores or homework, reward yourself by doing something enjoyable that helps you recharge.

Set aside enough time each day for hygiene. This can be showering, brushing teeth, washing hair. These regular activities can help you to relax.

Create a healthy sleep routine by avoiding caffeine or sugary drinks near bedtime, ensure you are warm and comfortable in bed and limit screentime.

Engage in some mindfulness or restful activity, such as meditation, reading, listening to calming music, podcasts or bedtime stories.

Use the QR code to download the Calm App, which has lots of meditations, soundscapes and stories.



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.



Mental Health in Schools Team
Tips For Wellness



Transitions

Moving to a new school, changing classes, or starting secondary school are big moments in a child's life. Transitions can be challenging for young people due to the loss of familiarity. Children often imagine worst-case scenarios if they do not know what to expect, which can impact their mental health and wellbeing. Some children can put pressure on themselves to adapt quickly to new situations, even if they are truly feeling worried or stressed!

Your child may present with; anxiety or worry, withdrawal, sleep problems, clinginess or irritability. Keep an eye out for any changes in their mood or behaviour in the lead up to September!

Our top tips for a smooth transition:

1. **Talk it through** – let your child express their feelings. Be calm and reassuring.
2. **Build familiarity**– if your child is starting a new school, explore the route together and encourage your child to engage in transition days.
3. **Keep a routine** – Stick to regular sleep and mealtimes in the lead-up to school changes and throughout the summer holidays. You could even encourage your child to practice their morning routine, including packing their bag or getting dressed.
4. **Be positive** – Speak positively about the new school or teacher. Young people can often mirror other people's attitudes.
5. **Comfort object** – It is common for young people to feel worried leaving their parent or carer after a break from school. You could try letting your child carry a small reminder from home, like a photograph of their family, or a note from you in their pocket to help reduce anxiety.

Talking to a Primary
aged child



Webinar about the transition
to secondary school



Talking to a
teenager



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