



# Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 1

Friday 5<sup>th</sup> September  
2025

## Welcome back

Welcome back to a brand new academic year! We hope your child has settled in well to school life and are enjoying their new teacher and year group. The school has felt very calm and purposeful, and it has been lovely seeing all of the children back, full of energy and excitement for the year ahead.

We have had lots of building improvements happen over the summer holiday and Mr McPherson has been very busy making sure the school site is safe, clean and ready for a new year. We have new carpets and fresh painting upstairs and some new furniture around the school to better utilise spaces.

I think this year is going to be an excellent one and is our 11<sup>th</sup> year of existence as a school!

If you have any concerns or suggestions, please don't hesitate in sharing them with me via the office email address and I will get back to you ASAP.

Rebecca Butters  
Headteacher



## RFPS's 10<sup>th</sup> Party

On Tuesday 2<sup>nd</sup> September, RFPS hosted its 10<sup>th</sup> Birthday Party as we opened in September 2015! There was an absolutely amazing atmosphere and it was so wonderful to celebrate 10 years of existence as a school. We had over 700 people attend, from brand new Reception pupils to our original 2015 starters (who are now going into Year 10!) and everyone else in between. We had so many different stalls and activities such as: Magic shows, balloon modelling, ice cream station, biscuit decorating, badge making, friendship bracer making, tattoo station, face paint and face glitter, lots of games and lots of fun! The staff team did the most phenomenal job in entertaining everyone and creating a memorable event. Our favourite part was hearing everyone reminisce and say what they loved most about the school now and in the past. It certainly was an emotional day and one lots of us won't ever forget. We hope that everyone who attended thoroughly enjoyed themselves. **Here's to the next 10 years Rugby Free Primary!**



**No stars  
of the  
week this  
week  
because  
all of our  
children  
have all  
blown us  
away with  
their start  
of school  
attitudes!**



**Resilience Collaboration Curiosity Respect Kindness Endeavour**



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## Staffing changes

- We welcome two new and fantastic teachers to our team this year – Miss Turner in Year 5 and Miss Oxborough in Year 6. They have settled in so well it feels that they have always been here! We also welcome back Mrs Morgan from maternity leave.
- We would like to say a huge congratulations to Mrs Allen who had a beautiful little girl in July. We can't wait to meet her!
- We would also like to say a massive congratulations to Mrs Collis (formerly Miss Bishop) and Mrs Stuart (formerly Mrs Stuart) for getting married over the summer to their lucky husbands.
- We also have a few members of staff change their names. Mrs Cole is now Miss Nelson, Mrs Costello is now Miss McPheators (Miss Mac) and Mrs Matharoo is now Miss Bhogal.



## Thank you

We would like to say a HUGE thank you to the wonderful "Sweet Inflates" for

the amazing balloon arch they provided for our 10<sup>th</sup> Birthday

celebrations. What a super entrance feature and photo backdrop it created! We really were blown away by your design and so many people commented on it! THANK YOU!



## GROW App

Please can we ask all parents to register for the GROW app via the invitation link, this also applies for those in receipt of free school meals.

Please can all parents order their meals before the school day starts otherwise the children will have a very limited menu to choose from.

## Non prescribed medication

Please do not send your child into school with any items such as lip balm, hand cream or any other lotions. This is because lots of these creams and balms have ingredients in which other pupils can be allergic to e.g. nut butter

If your child has prescribed items, please bring them into the school office and fill in the relevant paperwork which is now via an online tracker.

If there is something that isn't prescribed and you believe your child really needs it at school. Please discuss this with Miss Finch, our medical lead.

## Friends of Rugby Free Primary School (PTA)

We hope everyone has had a wonderful break and are looking forward to our upcoming events this year.

### Macmillan Coffee Morning - 26th September 2025, 9-10am

We invite you to join us for hot drinks, cake and more, all donations for this will go to raise money for this wonderful charity. Bring friends, family and neighbours, we will also have pre-loved uniform available - any money raised from uniform will go back to our school. Decaf, free from items and toys for younger children will also be available. If cakes are homemade please ensure a full ingredient list is provided and NO nuts are contained in any products. Please bring these to school on the Thursday or Friday morning.

Thank you in advance and we look forward to seeing you all there.  
Friends of Rugby Free Primary School



Friends of RFPS invite you to their  
**Macmillan Coffee morning**

Friday 26<sup>th</sup> September 2025  
9-10am

Please enter via the  
hall entrance

Bring family, friends  
and neighbours

All donations for  
drinks/cakes will go to this  
amazing charity.  
Free from, decaf and toys  
for young children will be  
available.



Pre-loved uniform will be  
available 50p-£5.  
Card/cash payments.  
Money raised from  
uniform sales will go  
towards fundraising for  
our school

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

**26<sup>th</sup> Sept** – Macmillan Coffee morning hosted by Friends of RFPS

**26<sup>th</sup> Sept** – International Day of Languages

**29<sup>th</sup> Sept – 3<sup>rd</sup> Oct** – Y6 Residential – Willersley Castle

**7<sup>th</sup> Oct** – Y2 trip to Twycross Zoo

**20<sup>th</sup> Oct** – Y1 trip to St Johns Museum

**22<sup>nd</sup> Oct** – Y4 Coombe Abbey

**23<sup>rd</sup> Oct** – School photos – individual & sibling

**24<sup>th</sup> Oct** – **Staff training day (school closed to pupils)**

**27<sup>th</sup> Oct – 31<sup>st</sup> Oct** – **Half term**

**6<sup>th</sup> Nov** – Y3 Compton Verney

**13<sup>th</sup> Nov** – Y5 London

**14<sup>th</sup> Nov** – **Staff training day (school closed to pupils)**

## 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 Family Connect** 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**.



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

## Being Brave

We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

### Our Tips for Being Brave:

1. **Set yourself a goal to try something new.** Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
2. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
3. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; 'I try my best'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
4. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
5. **Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?



Follow the QR code for activities to support the theme 'being brave'!

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.

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