



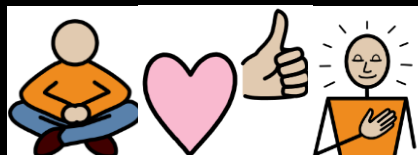
Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 2

Friday 12th September
2025



Ready, Respectful & Safe

Last year, we introduced our three school rules – Ready, Respectful and Safe. This year we have spent some time going through expectations with everyone and tightened up on classroom behaviours and expectations around the building. This is so everyone has a really positive experience at school and that our school is as calm and purposeful as possible. The children have been amazing at following our expectations. Well done, everyone!

Miss Butters

Rainbow Readers Update

We are excited to continue with our Rainbow Readers program this year! To keep things clear and consistent, here's how it will work for 2025–26:

- Each day that your child reads will count as one score. Reading can happen either at home or at school.
- If your child reads more than once in a day, it will still count as one score for that day.
- Scores will be collected weekly so that certificates can be awarded in a timely way.
- Certificates will now celebrate days of reading instead of just home reading.



Thank you for supporting your child's reading journey - we can't wait to celebrate their progress!

Lost Property

We already have lots of lost property, including the glasses in the photo.

If you are missing any items, please check our lost property which is located in the family room.



Please label all items and clothing in school so we can return lost property to the children.

Pupil Leadership applications

Children in Y1 – Y6 will have brought home a piece of paper on Friday which is a pupil leadership roles application form. Children who want to be in one of the pupil leadership groups, which helps shape and improve our school, can apply and return it to their teacher. They can apply for more than one role if they would like to! **Friday 18th September** is the deadline to receive the applications by. We really hope that lots of pupils will apply because having the children's voice on issues in school really is so important to us! It also gives them an experience of what skills and attributes you need to be a leader. Happy applying!



Mr May's charity achievement



Mr May and his friend participated in the Kenilworth Half Marathon on Sunday 7th September, this was to raise money for Prostate Cancer UK and men's health.

If you would like to donate towards the charity we have added the fundraising page below



<https://www.gofundme.com/f/morgan-and-jacobs-half-marathon-for-prostate-cancer-uk>

Stars of the Week

Reception

Giraffes

Hallie &
Charlie

Zebras

Jessica J &
Tyler

Year One

Hedgehogs

Tishe

Rabbits:

Jesse

Year Two

Penguins

Karam

Seals

Logan

Year Three

Crocodiles

Bradley

Turtles

Alexandra

Year Four

Bears

Dhyana

Eagles

Eloise

Year Five

Pandas

Cristian

Tigers

Wilf

Year Six

Sloths

Noah

Toucans

Remai

Resilience Collaboration Curiosity Respect Kindness Endeavour



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Safe and active schools

We are thrilled that we achieved the **platinum award** for safe and active schools.

We would like to continue this trend so we can achieve further awards and encourage our children to be safe and active.

If your child would like to be a junior road safety officer, they can apply via the pupil leadership form, we have sent the forms home with the KS2 children.



School Lunch

If your child has a food allergy, intolerance or lifestyle choice (such as vegetarian), please scan the QR code for a 'special diet request form'. Our suppliers will create a special menu for your child.



If you completed the form before September, please scan the QR code to complete the form.

If you have completed and received a special diet menu for your child, no further action is needed.

All lunch orders must be completed at home, orders can be made until 8:45 on the day.

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 you would like to donate any cakes/biscuits it would be greatly appreciated. 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.



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

26th Sept – Macmillan Coffee morning hosted by Friends of RFPS

26th Sept – International Day of Languages

29th Sept – 3rd Oct – Y6 Residential – Willersley Castle

7th Oct – Y2 trip to Twycross Zoo

20th Oct – Y1 trip to St Johns Museum

22nd Oct – Y4 Coombe Abbey

23rd Oct – School photos – individual & sibling

24th Oct – Staff training day (school closed to pupils)

27th Oct – 31st Oct – Half term

6th Nov – Y3 Compton Verney

13th Nov – Y5 London

14th 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 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**.



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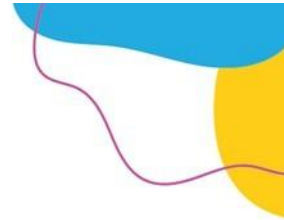


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Mind and Body

Just as we look after our physical health, it's important to look after our mental health. In fact, the two are closely connected!

Most of us will know what it's like to feel worried, stressed or low from time to time. We might be affected by our relationships with friends and classmates or things we see on the news, and we might feel worried about school or our home lives (this is understandable!) Recognising how our mind health and physical health work together can keep us mentally healthy.

Our Tips for looking after your Mind and Body:

To ensure a healthy mind and body, why not try some of the activities below? Can you choose one from each category?

1. **Physical**- healthy eating with plenty of water, time away from technology and get fresh air where you can, regular exercise every day (e.g., walk to school or get off the bus a stop earlier, dance, or stretch), a consistent sleep schedule (children aged 6-12 years should aim for 9-12 hours sleep per night, adolescents should aim for 8-10 hours).
2. **Social**- spend quality time with friends and family, connect with others in person (as well as online), join a club or community group, reach out to others and don't be afraid to ask for help or offer support.
3. **Practical**- keep a daily routine to create structure and stability, use checklists to act as reminders and to hold yourself accountable, get ready for the day each morning, set yourself small and achievable goals to stay motivated.
4. **Emotional**- develop supportive friendships, write down three good things from your day, take time to do something relaxing every day, practise self-kindness (e.g., treat yourself how you would treat a friend!)

Scan the QR code for more
ideas around keeping a
healthy mind and body.



#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate! thankskids@covwarkpt.nhs.uk.

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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