



# Rugby Free

Primary School



*Together we learn, together we shine!*



Newsletter 4

Friday 26<sup>th</sup> September  
2025

## Parents Evening

Parents evening slots will go live on Sunday 28<sup>th</sup> September at 6pm. SEND appointments are booked and will be visible on MCAS, you will also receive a slip home confirming your booked slot.



## PE Reminder

A gentle reminder that on PE days, children with long hair should have it tied back to help them stay safe while taking part in activities. For the same reason, jewellery, including earrings, should be removed before lessons. If earrings can't be taken out, we kindly ask that they are covered with microporous tape. Thank you for helping us keep everyone safe and ready to enjoy PE!



## Stars of the Week

### Reception

#### Giraffes

Lainey &  
Za'niyah

#### Zebras

Ruby & Lily

### Year One

#### Hedgehogs

Parker

#### Rabbits

Minha

### Year Two

#### Penguins

Antoni

#### Seals

Hanna

### Year Three

#### Crocodiles

All Children

#### Turtles

Julia

### Year Four

#### Bears

Sneha

#### Eagles

Ellen & Jamie

### Year Five

#### Pandas

Roop

#### Tigers

Jack

### Year Six

#### Sloths

Sophie

#### Toucans

Ellie

## Year 5 – Art Lessons

Year 5 have been studying the works of Henri Rousseau in their art lessons. They have been exploring how to create different effects using printing and mixing different shades of colour. They have a fantastic knowledge of secondary and tertiary colours and have made good use of artistic vocabulary such as: tint, hue and tone. Great work Year 5!



## 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. Please make any changes by contacting the school office, if you change your details via MCAS the change will only appear for you and your child, the changes will not be visible to the school.

Thank you.



## Club Bookings & Pick-ups

We are now taking Ad-hoc bookings for after school clubs. Please email the office to request a booking. If you book via MCAS we will not receive a notification of your booking.

If your child will be absent from club, please inform the school office by 12pm, as this is when teachers will check the registers.

If you need to inform the office of a change with pick up for your child, please email the office by 12pm. We cannot take the requests over the phone as the email verifies the person.

## Contacting your child's teacher

We absolutely love hearing from you all and communicating with you about your child. A polite reminder that staff will get back to you within 48 hours for both email and telephone correspondence. If you need to speak to somebody sooner than that, please make us aware that your enquiry is urgent and a member of our safeguarding team will contact you.



## All Sorts Magazine

Here is the link to the Sept/Nov digital edition of Allsorts magazine [https://bit.ly/ALLSORTS\\_SEPTNOV](https://bit.ly/ALLSORTS_SEPTNOV)

- 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. You can view this issue at [www.allsortsmag.com](http://www.allsortsmag.com) too or on the allsorts Facebook page. Take care - Michelle Love (Editor).

**Resilience Collaboration Curiosity Respect Kindness Endeavour**



# Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 4

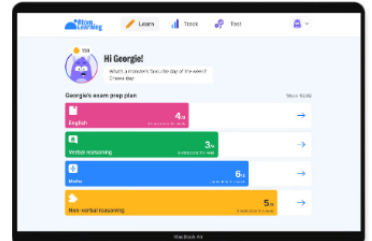
Friday 26<sup>th</sup> September  
2025

## Free KS2 learning

We work in partnership with Atom Learning, the leading online Key Stage 2 learning and 11+ preparation platform, to provide children in Years 3-6 who are eligible for Pupil Premium with free Atom Home accounts. **Atom Home is normally £575.90 per year.**

Atom Home provides Key Stage 2 learning resources, helping children build exam technique, subject mastery and academic confidence.

If your child is aged between 7 and 11 and has been eligible for free school meals at any point in the last six years (please check with the school office if you are not sure), please fill in the form by clicking the button below.



[<<Access free KS2 learning>>](#)

For other families, there is a five-day free trial of Atom available: <https://atomlearning.com/11-plus>

## Friends of Rugby Free Primary School (PTA)



Thank you to those who attended our coffee morning today in aid of Macmillan, it was lovely to see you.

### **KS2 Spooky Disco - 16th October, 5:45-7pm TICKETS ON SALE NOW!!!!**

We invite years 3,4,5 & 6 to their spooky disco, fancy dress is optional. Drop off and collect from the main playground to be signed in and out through pre-bought ticket registers. Those attending are welcome to bring up to £3 to spend at our tuck shop, on tattoos or glow sticks. Items will be 50p, glow sticks 5 for £1. Unlimited squash will be available for free. Please see your disco letters for more information. Tickets are £3, all children will receive glowsticks on arrival. please follow the link to book your tickets. [BuyticketsRFPSspookydisco](#) If you have not received a letter please email us at [frrfps@gmail.com](mailto:frrfps@gmail.com) for all the details. Sales will end on the 10th October.

### **Christmas Fayre - Saturday 22nd November 11-2pm - Grotto tickets now on sale**

We look forward to seeing you. Bring along family, friends and neighbours for some festive fun. There will be stalls to start your christmas shopping, many games and food plus you'll have an opportunity to visit santa too! Tickets for our grotto will need to be pre-booked

and first come first served booked in time slots. You will have time with Santa and are welcome to take a family picture. You will then be able to collect your gift from Santa's Elves. Please follow this link to book your slot. [BuyticketsRFPSsantagrotto](#)

### **Wreath Making Workshop, Tuesday 25th November - TICKETS NOW ON SALE!!**

Come along to our sell out wreath making evening. We will be joined again by the wonderful Jane from Perrensfeld Farm who will be leading the workshop, everything you need will be provided, just bring gloves if you may react to foliage. We invite you to come along for a wonderful evening of festive fun. Snacks and warm drinks will be provided. Limited tickets are available and need to be pre-booked. **Tickets are £30 per person.** Please follow the link to book yours now. You are welcome to bring your own alcohol, though please be mindful that the clippers provided will be incredibly sharp! [BuyticketsRFPSwreathmakingworkshop](#)

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



With Jane from Perrensfeld Farm

Everything you need is provided

**25th November - 7pm**

**£30 per person**

Book online following the link on your newsletters

Enter via the hall entrance



**Resilience Collaboration Curiosity Respect Kindness Endeavour**



# Rugby Free

Primary School



*Together we learn, together we shine!*



Newsletter 4

Friday 26<sup>th</sup> September  
2025

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

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

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

**13<sup>th</sup> and 14<sup>th</sup> Oct** – Parents evening Y1 – Y6 (inc. Scholastic Book Fair)

**14<sup>th</sup> and 15<sup>th</sup> Oct** – Parents evening Reception (inc. Scholastic Book Fair)

**14<sup>th</sup> Oct** – Y3 Diwali assembly (Parents welcome) 9.15am

**16<sup>th</sup> Oct** – Friends of RFPs KS2 Spooky Disco (see above)

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

**21<sup>st</sup> Oct** – SBOOKtacular! (Rec-Y5)

**22<sup>nd</sup> Oct** – SBOOKtacular! (Y6 only)

**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)**

**22<sup>nd</sup> Nov** – Friends of RFPs Christmas Fayre (see above)

## 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**.

**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 Finch or, in her absence, one of her safeguarding team.

**Miss Finch**  
Designated Safeguarding Lead

**Mrs Colledge**  
Deputy Designated Safeguarding Lead

**Mrs Politt**  
Deputy Designated Safeguarding Lead

**Miss Butters**  
Deputy Designated Safeguarding Lead

**Mrs Screen**  
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 Family Connect on 01926 414144 or out of hours on 01926 886922.

## Connect for Health Newsletter

Read the September health and wellbeing newsletter, delivered to you from Connect for Health, your School Nursing Service.

**Our health focus of the month is Healthy Sleep and Routines**



[https://compass-uk.us10.list-](https://compass-uk.us10.list-manage.com/track/click?u=efc6fb025a420bf354133fa1f&id=a81c738172&e=48c30bc5b0)

[manage.com/track/click?u=efc6fb025a420bf354133fa1f&id=a81c738172&e=48c30bc5b0](https://compass-uk.us10.list-manage.com/track/click?u=efc6fb025a420bf354133fa1f&id=a81c738172&e=48c30bc5b0)

**Resilience Collaboration Curiosity Respect Kindness Endeavour**





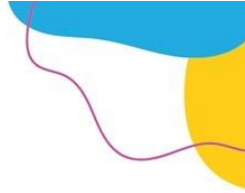
# Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 4

Friday 26<sup>th</sup> September  
2025



## Persistence

Persistence is all about keeping going, even when times are challenging. It is normal to want to give up when you are going through something difficult, but if you can stick with it and overcome the obstacles, you will be closer to achieving your goals.

Having a **growth mindset** will help us persist, which means you believe you can learn, grow and develop your skills by putting in the hard work and practise. This can be tricky, so make sure you reach out to friends and trusted adults to support you.

### Our tips for persistence:

1. **Break the goal down into smaller steps.** You can set yourself smaller goals that are more achievable, to help you reach your ultimate goal. Make sure the smaller goals are linked to your ultimate goal; this may help to encourage you to keep going, as you will be able to measure your progress.
2. **Try something new** – this could be a new hobby, sport, craft activity, or puzzle. Having a go at something new can help to develop your persistence, whilst also having fun. You might find it challenging at first, but you will receive a greater sense of reward and achievement by sticking with it!
3. **Positive self-talk** – instead of saying "I can't", add "yet" onto the end of the sentence. This tells your brain that it might be difficult, but you will get there in the end.
4. **Talk to yourself like a friend** – we are often kinder to our friends than we are to ourselves, when we go through challenging times. Practise talking to yourself like you would talk to a friend! What advice would you give if a friend told you they were rubbish at something? What would you say if they felt they wanted to give up?
5. **Practise mindfulness.** A good way to improve our mental wellbeing is by paying more attention to the present moment and the world around us. Think about sounds and smells around you, what can you see, and how does this make you feel. By being more aware, this can improve our mental wellbeing and enable us to improve skills such as being persistent.

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.



Resilience Collaboration Curiosity Respect Kindness Endeavour