



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 5

Friday 3rd October
2025

World Mental Health Day

Dear parents and carers, Our school will be taking part in **Hello Yellow on Friday 10th October** (World Mental Health Day) to raise awareness for YoungMinds, the UK's leading charity for young people's mental health. No young person should feel alone with their mental health and that's why **Hello Yellow** matters. We're taking this opportunity as a school community to come together and show our students that we're with them and they're never alone with their mental health.

We'll be taking part by wearing yellow (or another colour), learning about our mental health and looking at ways to support ourselves and others. Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children. This includes:

- online resources (www.youngminds.org.uk/parent/)
- a phone line, open 9.30am-4pm (0808 802 5544)



Stars of the Week

Reception

Giraffes
Zak & Puran
Zebras
Annicha & Ivy

Year One

Hedgehogs
Aaliyah
Rabbits
Julia

Year Two

Penguins
Alicija
Seals
Dhrey

Year Three

Crocodiles
Leia & Joanne
Turtles
Archie

Year Four

Bears
Nihaan
Eagles
Keyansh

Year Five

Pandas
Stanley
Tigers
Lowri

Year Six

Sloths
All Children
Toucans
All Children

Head Teacher Awards

Arlie (Y5) - Kindness
Lottie (Y5) - Kindness
Ellie (Y6) - Endeavour & Resilience
Inez (Y4) - Respect & Endeavour

Year 6 Residential



Year 6 have had a phenomenal time at the residential and impressed not only our staff but all of the centre staff with their kindness towards each other and teamwork. Several of them have commented that out of all the children they have here, they have seen the most amount of collaboration and kindness from our children. So proud! All of the activities have been fun, challenging and our children have experienced a great sense of achievement! They have developed their organisation, independence and resilience skills too. We are returning home very tired but with the best memories which we will have for life!

Massive well done Year 6!



Diwali competition



Diwali is approaching and we are encouraging the children to take part in a competition.

Create a rangoli design: Rangoli are colourful patterns traditionally made on the floor with materials like coloured rice, sand, or flower petals. Create your own rangoli design and bring it to show us. If you create your pattern on the floor, share a photograph with us. The rangoli designs are due to Mrs Hammond by Friday 17th October. There will be a prize for our winners.

CREATIVE

Unique

COLOURFUL

Resilience Collaboration Curiosity Respect Kindness Endeavour



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Year 6



A group of our fab Year 6 also had a great week based at school. They had a fantastic time, making biscuits, having an extra-long swimming lesson, making space biscuits and posters as well as lots of other wonderful activities. They have had a great week, and we are so proud of their kindness, teamwork and endeavour in their activities!



Year 5 PE



Pandas (Y5) have been taking part in some PE lessons delivered by Miss Vella and her Year 12 students from RFSS. The children have worked on fitness and multi sports and have applied some of the skills learnt over the three week block to play Tag rugby. They have also had the opportunity to learn



about life at secondary school through the some Q and A sessions. The children have thoroughly enjoyed these sessions and very much look forward to their upcoming trip to RFSS to take part in a PE lesson there. It will be Tigers opportunity to do this soon! #collaboration



SBooktacular!



Dear children, you are invited to enjoy a day of spooky-story fun!

On **Tuesday 21st October** for **EYFS to Year 5**, we will be celebrating SBOOKtacular in school. **Year 6 will celebrate on Wednesday 22nd October**. Each year group will focus on a different story and will complete some exciting learning linked to this. You are invited to come to school in your favourite, spooky fancy dress costume – you might even want to come dressed as a character from your favourite scary story! If you do not have a costume, non-uniform is fine.

There will be no charge for this. We can't WAIT for the fun to begin!



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.

my
childschool.com

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 ideally get back to you within 48 hours of working days (e.g. if you email in on a Friday evening, they will get back to you by Wednesday morning). 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.



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Friends of Rugby Free Primary School (PTA)



TICKET SALES ARE NOW OPEN FOR THE KS2 DISCO, SANTA'S GROTTO & OUR WREATH MAKING WORKSHOP - SEE BELOW

KS2 Spooky Disco - 16th October, 5:45-7pm

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](https://www.buyticketsrfps.co.uk/spookydisco) If you have not received a letter please email us at frrfps@gmail.com for all the details. **Sales will end on the 10th October.**

Christmas Fayre & Grotto - Saturday 22nd November 11-2pm -

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! We have On the Deck Pizzeria, The Awesome coffee company, Aventurine & beyond & many more joining us. 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](https://www.buyticketsrfps.co.uk/santagrotto)



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



Wreath Making Workshop, Tuesday 25th November -

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](https://www.buyticketsrfps.co.uk/wreathmakingworkshop)

Rainbow donation non-uniform day- 7th November More details to follow soon.

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.



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

6th Oct – Year 5 Bikeability

7th Oct – Y2 trip to Twycross Zoo

10th Oct – World Mental Health Day – non-uniform: wear yellow (or another colour)

13th and 14th Oct – Parents evening Y1 – Y6 (inc. Scholastic Book Fair)

14th and 15th Oct – Parents evening Reception (inc. Scholastic Book Fair)

14th Oct – Y3 Diwali assembly (Parents welcome) 9.15am

16th Oct – Friends of RFPs KS2 Spooky Disco (see above)

20th Oct – Y1 St Johns Museum trip

21st Oct – SBOOKtacular! (Rec-Y5): non-uniform

22nd Oct – SBOOKtacular! (Y6 only): non-uniform

22nd Oct – Y4 Coombe Abbey trip

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 trip

7th Nov – Y2 Play – 9.15am (Parents welcome)

13th Nov – Y5 London trip

14th Nov – Staff training day (school closed to pupils)

22nd Nov – Friends of RFPs Christmas Fayre (see above)

28th Nov – Flu Vaccinations (more info to follow)

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

Miss Butters
Deputy Designated Safeguarding Lead

Mrs Pollitt
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-manage.com/track/click?u=efc6fb025a420bf354133fa1f&id=a81c738172&e=48c30bc5b0>

All Sorts Magazine

Here is the link to the Sept/Nov digital edition of Allsorts magazine 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 too or on the allsorts Facebook page. Take care - Michelle Love (Editor).

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Tips For Wellness

Appreciation

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. Create a **"be proud"** board at home or at school where you post your drawings or good deeds.
2. Start a **gratitude journal** – write or draw things that make you feel proud or happy every day.
3. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
 - I like how you...
 - You are...
 - Thank you for...
 - You make me happy when you...
4. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) too! Have a look at the video above to help you!
5. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?



Makaton
video

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.



Scouts

Set your sights on a new adventure.

Aged between 10 ½ and 17?

Looking for new adventures, fun and friends?

We're Scouts and everyone's welcome here. All genders, races and backgrounds. Every week we give young people like you the skills you need for school, college, university, the job interview, the important speech, the tricky challenge and the big dreams: the skills you need for life.

From archery and abseiling to kayaking and coding no two weeks are the same in Scouts.

Sound good?

Aged 10 ½-17?

Start your adventure today.

[Scouts.org.uk/join](https://scouts.org.uk/join)

#SkillsForLife

12th Rugby Scout Group has spaces in our Scout & Explorer Scout Section

Contact us to join via:

<https://rugbyscouts.org.uk/join-us/>

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