

# Rugby Free

Primary School

Together we learn, together we shine!



# **Newsletter 6**

Friday 10<sup>th</sup> October 2025

# **World Mental Health Day**

World Mental Health Day - Hello Yellow! ♥ This week, our school celebrated World Mental Health Day by taking part in Hello Yellow to support YoungMinds. The children came dressed in bright yellow to spread positivity and kindness across the school. We spent the day talking about our feelings, the importance of looking after our minds,



and ways we can help others feel happy and included. Through fun activities, stories, and smiles, we reminded ourselves that even small acts of kindness can make a big difference! \*\* \*\*© \*\*

#### Year 2 – Twycross Zoo



Year 2 had a wildly wonderful day at Twycross Zoo as part of our Science topic on living things and their habitats! The children explored a range of different environments, from tropical

rainforests to icy habitats, and observed animals up close — including cheeky monkeys, majestic giraffes, and playful penguins. They enjoyed discovering how

each animal is perfectly adapted to its habitat and asked some fantastic scientific questions along the way. It was a brilliant day full of curiosity, excitement, and hands-on learning — one to remember!



Year Two
Penguins
Arthur B
Seals
Ruby

tars of the

Reception

Giraffes

Rex & Evie

**Z**ebras

Virvitharth & Emaan

Year One Hedgehogs

Chiekeziem

**Rabbits** 

Ola

Year Three
Crocodiles
Emmy
Turtles
Benett

Year Four
Bears
Jackson & Max
Eagles
Evie & Tahlia

Year Five
Pandas
Isaac
Tigers
Archer

Year Six Sloths Adrian Toucans Chloe

Head
Teacher
Awards
Lowri (Y5) Kindness &
Respect
Aaron (Y4) Kindness &
Respect
Jackson (Y3)
Kindness &
Respect
Talha (Y2) Resilience &

Endeavour

### 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!

#### **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.



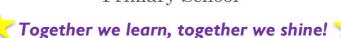




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#### Game On! Holiday Camp

Game On is operating a Holiday Camp over the October half term holiday at RFPS.

The dates are:

Monday 27th October - Friday 31st October

To book your dates, please liaise with Mr Sheehan directly <u>brandon@gameoncoaching.co.uk</u> - the booking form was sent out via MCAS on 10/09/2025

#### Safe & Active Schools

In conjunction with the charity, 'Living Streets', RFPS are launching the WOW Travel tracker! This allows the children to track how they travel to school and the more actively they travel e.g. park and stride, walk, wheel and scoot, the more badges they can earn. Ed Wicks, a representative of Living Streets, came in on Wednesday to

do an assembly to teach children travelling actively and how the tracker works. The tracker will be live for school use from Monday!



#### Friends of Rugby Free Primary School (PTA)

### TICKET SALES ARE NOW OPEN FOR SANTA'S GROTTO & OUR WREATH MAKING WORKSHOP -**SEE BELOW**

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

Drop off and collect from the main playground to be signed in and out through pre-bought ticket registers. Please see letters for more information. Tickets are £3 please follow the link to book tickets. BuyticketsRFPSspookydisco Sales will end TODAY!!

Rainbow donation non-uniform day- 7th November. Each year group will be given a choice of colours to wear in return for a gift donation of the same colour to our Christmas Fayre. More details to follow soon.

# 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. Tickets are £5, 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 -

Come along to our sell out wreath making evening. We will be joined again by the wonderful Jane from Perrensfield 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 mindful that the clippers provided incredibly sharp! BuyticketsRFPSwreathmakingworkshop



With Jane from Perrensfield Farm Everything you need is provided

25th November - 7pm £30 per person

Enter via the hall entrance

### Easy Fundraising -

Thank you to everyone raising donations for Rugby Free Primary School with #easyfundraising! An easy way to raise funds just by doing your shopping! Not joined yet? Sign up to easyfundraising and when you shop online with your favourite brands, they'll donate to us. It's free and your shopping won't cost you any extra - the brands you shop with will donate, not you! Sign up today: EasyFundraisingRFPS

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.





22nd Hovember

£5.00 FOLLOW THE LINK



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

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

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

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

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

20th Oct – YI St Johns Museum trip

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

**22**<sup>nd</sup> **Oct** – SBOOKtacular! (Y6 only): non-uniform

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

23rd Oct - School photos - individual & sibling

24<sup>th</sup> 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)

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

**28**<sup>th</sup> **Nov** – Flu Vaccinations (more info to follow)

#### **Safeguarding**

you are concerned that a child appears unhappy or being abused act now using contact numbers provided below or alternatively come in to school and ask to speak to a DSL. Contact the Warwickshire's **Family Connect** 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 <u>Emergency Duty Team</u> immediately on **01926 886922**. If you think that a child is at immediate risk, contact the police immediately by dialling **999**.

#### 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.us I 0.list-

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

# **All Sorts Magazine**

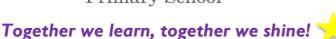
Here is the link to the Sept/Nov digital edition of Allsorts magazine https://bit.ly/ALLSORTS SEPTNOV

- 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 helping your child with sleep

A healthy sleep routine is essential for children's growth, development, concentration, emotion regulation, immune system, memory and problem-solving abilities. Consistent, quality sleep can also reduce the risk of behavioural issues, anxiety and depression. The recommended hours of sleep per night are:

School age children (6-12 years) 9-12 hours Adolescents (13-18 years) 8-10 hours

#### Our top tips:

- Establish a consistent sleep schedule: Encourage going to bed and waking up at the same time every day, even on weekends, to regulate your child's internal clock.
- Create a calming bedtime routine: Activities like reading, a warm bath, or quiet music can help signal that it's time to wind down.
- 3. Limit screen time before bed: Turn off TVs, phones, and tablets at least an hour before bedtime, as blue light interferes with melatonin production and sleep quality.
- Make the bedroom sleep-friendly: Keep it cool, dark, and quiet. Consider blackout curtains or white noise if needed.
- Encourage physical activity during the day: Regular exercise can help children fall asleep faster but avoid vigorous activity close to bedtime.
- 6. Watch what they eat and drink: Avoid caffeine, energy drinks and chocolate in the afternoon and evening, and try not to eat a big meal close to bedtime.
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  7. Model healthy sleep habits: Children often mimic their parents, so prioritise your own sleep and show that it's an important part of a healthy lifestyle.
- Talk about stress or worries. Create a safe space to discuss anything that might be keeping them up at night.

Top tips for improving your child's sleep:



Sleep guide for parents:

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.



