



# 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!



## 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



COLOURFUL

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 17<sup>th</sup> October.** There will be a prize for our winners.



## Stars of the Week

### Reception

**Giraffes**

Rex & Evie

**Zebras**

Virvitharth & Emaan

### Year One

**Hedgehogs**

Chiekeziem

**Rabbits**

Ola

### Year Two

**Penguins**

Arthur B

**Seals**

Ruby

### 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)** -

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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 27<sup>th</sup> October – Friday  
31<sup>st</sup> October



To book your dates, please liaise with Mr Sheehan directly [brandon@gameoncoaching.co.uk](mailto:brandon@gameoncoaching.co.uk) - 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 the children about 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 your disco letters for more information. Tickets are £3 please follow the link to book your 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 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](#)

### 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.**



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



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

**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 9.15am (Parents welcome)

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

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

**21<sup>st</sup> 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

**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 trip

**7<sup>th</sup> Nov** – Y2 Play – 9.15am (Parents welcome)

**13<sup>th</sup> Nov** – Y5 London trip

**14<sup>th</sup> 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

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**.

## 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](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).

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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:

- 1. 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.
- 2. 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.
- 4. Make the bedroom sleep-friendly:** Keep it cool, dark, and quiet. Consider blackout curtains or white noise if needed.
- 5. 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.
- 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.
- 8. 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.

Rugby Town Centre  
**RUGBY DIWALI CELEBRATION**  
SUNDAY 12 OCTOBER - 1PM TO 7PM

**MUSIC • DANCE • PROCESSION  
LIGHTS • FOOD • STALLS**

ORGANISED BY THE INDIAN ASSOCIATION

STONEWALL VAULTS

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