



Rugby Free

Primary School

★ *Together we learn, together we shine!* ★

Newsletter 11

Friday 21st November
2025

Year 5 - London

Year 5 had the fantastic opportunity to visit London and experience: The London Eye, a river cruise along the Thames, a scenic walk through central London, a picnic in Jubilee Gardens, a visit to the National Gallery and finished off with a well-deserved visit to Pizza Express.

We were blown away by the way in which they showcased their knowledge and skills gained from our art curriculum whilst admiring the works of Van Gogh, Henri Rousseau, Cezanne and many more. Many pupils demonstrated resilience in overcoming their fear of heights when riding the London Eye. Their curiosity, endeavour and respect shone through in everything they experienced.

We are so proud of all our Year 5s for being great representatives of RFPs. You are all superstars! A big thank you to all the staff who gave up their time and accompanied us on this adventure. We couldn't have done it without you.



Please do take a moment to visit our Facebook page to enjoy pictures of the memories made from this very special trip.

A massive thank you to MKM for supplying our new high vis vests! These help keep our children super visible and safe on trips and they have



enjoyed their adventure (along with the children) to London!

Years 2-6 Christmas Carol Celebration

We will be holding a Christmas Carol Celebration for Y2-Y6 on Friday 19th December from 2.45-3.05pm

The children (Y2-6) will come out with their teachers to the main playground at 2.45pm, where they will perform some carols. Parents/carers are invited to join us for this. The gate will open at 2.40pm and you will be directed to the audience area. Please note, throughout the performance pupils will remain with the school adults.

After the performance, you are welcome to take your child early (class teachers will dismiss in the usual way) ready for EYFS/Year 1 collection. Year 2 will be dismissed as usual from their playground.



Year 4 - DT



On Wednesday, Year 4 tried different ingredients that could go in the healthy wraps that we are creating in DT this half term. We learned how to handle knives safely and how to use the bridge hold and claw grip and how to prepare different vegetables. We were then offered the opportunity to try all these different vegetables. Mrs Morgan and Mrs Green were so proud of the children that were brave and tried something new or something they thought they didn't like. They were also so proud of how safely the children used the knives.



Stars of the Week

Reception

Giraffes

Adham

Zebras

Ivanshika & Joshua

Year One

Hedgehogs

Sapphire

Rabbits

Isla

Year Two

Penguins

Edith

Seals

Milo & Levi

Year Three

Crocodiles

Imogen

Turtles

Lucie

Year Four

Bears

Omar

Eagles

Alice & Harry

Year Five

Pandas

Amelia

Tigers

Noah

Year Six

Sloths

Thea

Toucans

Oscar N

Head Teacher Award

Enzi (Y2) - respect

Florence (Y4) -

resilience

Lucas (Y5) -

kindness &

collaboration

Edward (Y6) -

endeavour &

resilience

Resilience Collaboration Curiosity Respect Kindness Endeavour



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Year 5 & 6 Football

Despite the freezing cold all children showed up, gave 100% and we went on to win both of our league games against Bilton 1 and 2! We were particularly proud of their sense of collaborations and positive attitudes. Well done and thank you for Mrs Wesley for being the coach!



Year 1 & 3

Year 1 are in need of cardboard items such as tissue boxes, egg boxes, toilet roll cardboard for their DT project.

Year 3 are in need of egg boxes with the lids attached



Festive Inspire workshop – Friday 12th December 9.00am – 10.30am

This is a chance for parents/carers to come in to school and take part in some fun festive crafts with your child (one adult per child please).

Only children who have an adult attending the workshop will stay in the classroom. Children whose adult is unable to attend will take part in the activities with a school adult in the Hall. This is because some children become upset if they do not have an adult in attendance. **Please let us know if you will be attending by completing the short form via the link:**

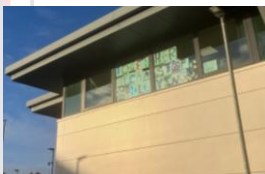
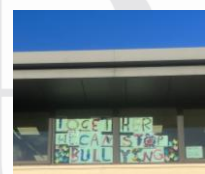
be attending by completing the short form via the link:

[Festive Inspire workshop - Friday 12th December - 9am-10.30am – Fill in form](#)



House Group Morning

We wanted to share some of the fantastic display work created during our House Group morning last week to celebrate Anti-Bullying Week and World Kindness Day. This artwork was created in collaboration of children from Reception up to Year 6.



Job vacancies at RFPS

We have 3 fantastic job opportunities here at RFPS.

We are looking for 2 Teaching Assistants and a Learning Mentor.

If you are interested in any of these roles, please use the links below for more information.

To apply for a Teaching Assistant role, please use this link

- <https://mynewterm.com/jobs/141936/EDV-2025-RFPS-88852>

To apply for the Learning Mentor role, please use this link

- <https://mynewterm.com/jobs/141936/EDV-2025-RFPS-25145>

Safe & Active Schools

BLING YOUR BAG COMPETITION Y3 and Y4

As part of National Road Safety Week, we would like to set our Year 3 & 4 a challenge to design a school backpack that is bright and luminous allowing you to 'BE BRIGHT, BE SEEN'. You may use the template the children have at school or your own. You may wish to decorate a real bag!

Please make sure your designs are named clearly and handed in to your class teacher by Monday 1st December 2025.



Thank you to Friends of RFPS

Thank you to the Friends of RFPS for helping to fund the new blinds in our Hall.

They look great! We will now be able to make it dark when we have a movie night or performance and the sun won't shine in our eyes in assembly!





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

22nd Nov – Friends of RFPS Christmas Fayre (see above) – 11am – 2pm

25th Nov – Friends of RFPS Wreath Making workshop – 7pm (see above). Parents only.

28th Nov – Flu Vaccinations (consent email will be sent from NHS England on 07/11/2025)

9th Dec – Y1 Christmas play performance for parents – 9.15am

10th Dec – Y1 Christmas play performance for parents – 9.15am

12th Dec – Festive Inspire workshop – 9am-10.30am - parents/carers join us for some Christmas crafting (one adult per child please – see above)

12th Dec – Christmas Jumper Day

12th Dec – Christmas lunch (please order via Grow)

16th Dec – Reception Christmas play performance for parents – 9.15am

17th Dec – Reception Christmas play performance for parents – 9.15am

18th Dec – Rec & Y1 Theatre trip

18th Dec – Y2-Y6 Cinema trip

19th Dec – Y2-Y6 Christmas Carol Celebration – 2.45pm-3.05pm

22nd Dec-2nd Jan 2026 – Christmas holiday

5th Jan 2026 – Staff training day (school closed to pupils)

13th Jan – Young Voices for some of Y5 and 6

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**.

All Sorts Magazine

Here is the link to the Nov/Jan digital edition of Allsorts magazine https://bit.ly/ALLSORTS_NOVJAN - 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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Mental Health in Schools Team
Tips For Wellness



Winter Wellness

It is important to focus on our wellness during the colder months. Winter is a time where our bodies may start to crave the same warmth and comfort we had during the summer months. We might associate winter with the winter blues, but we need to try and create some space for self-care and slow down to nourish our physical and mental health! Sometimes we might feel the winter blues because of the lack of sun and vitamin D we are getting. This is why our mental wellbeing should be a big focus during these months, and we should find creative ways to stay on track, keep up motivation, and look after ourselves.

Our Top Tips For Winter Wellness:

1. Wrap up warm and lay down with a blanket and a hot drink.
2. Do some **fun activities outside** in the natural sunlight such as going for walks or seeing friends (you might need to wrap up warm for this!) Even on cold days, fresh air and natural light boosts our mood.
3. **Stay active** – try indoor exercises to help get your body moving during the colder months. You could keep your energy up by dancing, swimming, or practising yoga. You could also find an exercise video online for you to do at home!
4. You might even want to go to your local café and read a book in the daytime or have a warm relaxing bath when you're home after a cold day.
5. **Keep up your routines**- getting up in the morning is harder in winter when it's cold and dark. Shorter days also make it tempting to sleep more, but consistent sleep helps your mind feel balanced.
6. **Eat well and stay hydrated** — good nutrition fuels your brain and body.
7. **Talk about how you're feeling** — sharing your thoughts can help if you're feeling low or stressed.

Remember to always make time for yourself at the end of a long day!

Scan the QR code for more ideas
about how to keep well in Winter:



In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support 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



**1st Overslade Guides
& Rangers**

Invite you to join us for

Tea & Cake with Santa

SATURDAY | 20 | DECEMBER

Tea, Cake and a gift from Santa

1:30pm - 4:30pm
Cawston Community Hall
Scholars Drive, Rugby
CV22 7GU

Raffle

Tickets:
Child - £10 | Adult £7.50
To book your place, email
katherine.h@ncock.org



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Resilience Collaboration Curiosity Respect Kindness Endeavour