



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 9

Friday 7th November
2025

Reception



Giraffes and Zebras were excited to come back after half term to a brand-new mud kitchen for their outdoor classroom. The mud kitchen was kindly purchased with money raised by Friends of Rugby Free Primary School (PTA) and then assembled by Mr McPherson. Their favourite part of the new mud kitchen is the working tap and sink with a plug hole, which has led to many Autumn soups being concocted this week, lots of teamwork in filling the tank, and several pairs of soggy socks! A huge thank you to everyone for the fantastic addition to our learning environment.



Stars of the Week

Reception

Giraffes
Marlowe &
Elizabeth
Zebras
Luis & Aila

Year One Hedgehogs

Ivy Rose
Rabbits
Yasmin

Year Two Penguins

All Children
Seals
All Children

Year Three Crocodiles

All Children
Turtles
All Children

Year Four

Bears
Emily
Eagles
Florence

Year Five Pandas

Alexander
Tigers
Ava

Year Six Sloths

Miah-Bella
Toucans
Bella

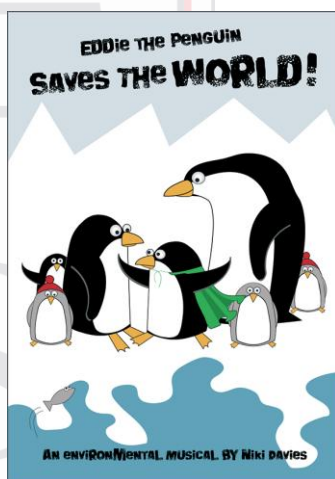
Year 5 – STEM challenge

Year 5 have taken part in a STEM challenge this week known as 'The Road to RIAT'. This challenge is in conjunction with the RAF. This challenge involved a morning of using and gaining scientific knowledge on forces and their engineering skills to create and test their own gliders. They had to use their mathematical skills to measure distance as well as work out averages to evaluate the best glider design. They then learnt about sustainability and how the RAF also consider this in their field of work. The children used this as an inspiration to create their own designs for sustainable aircrafts. They were so creative! We are incredibly proud of our Year 5s for incredible teamwork and showing: collaboration, endeavour and curiosity. We definitely have some budding engineers and scientists amongst us! Well done Year 5!



Year 2 Performance – Eddie the Penguin Saves the World

A huge well done to our wonderful Year 2 children for their fantastic performance of *Eddie the Penguin Saves the World!* The story follows Eddie and his penguin friends as they set out on a mission to stop the ice from melting and teach everyone how to look after our planet. The children sang, acted, and danced with such confidence and enthusiasm, sharing this important message about caring for the environment. We are so proud of all their hard work and teamwork. What a brilliant show!



Festive Inspire workshop – Friday 12th December

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:**

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

Resilience Collaboration Curiosity Respect Kindness Endeavour

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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](#) Very few tickets remaining.



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



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. All events are planned by volunteers using their free time, if you feel you could offer ideas or support please do get in touch. We hope you have a wonderful weekend.

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

13th Nov – Y5 London trip

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

21st Nov – Children in Need - Non-uniform/wear yellow (more information to follow)

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

22nd Dec-2nd Jan 2026 – Christmas holiday

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

13th Jan – Young Voices

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 Pollitt 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.

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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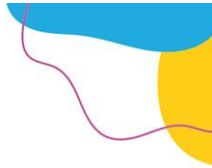


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Mental Health in Schools Team
Tips For Wellness



Digital Detox

Taking a digital detox is important to give our minds and bodies a break from screens and technology. Too much screen time can lead to tired eyes, difficulty sleeping, and feeling stressed or distracted. Stepping away from devices helps us to recharge, focus better, improve our mood, and spend more quality time with family and friends. It also encourages healthier habits like playing outside, reading, and being creative, all of which support overall wellbeing!

Our tips for taking a digital detox:

1. **Set yourself clear limits for screen time** - Set specific time limits for screen time, such as an hour after school or 30 minutes of games or social media. Try setting limits on your device, or a visual reminder.
2. **Create Scree-Free Zones** - When you are eating meals with your family or friends, leave your phone or devices in a different room. This allows you to talk and enjoy your food without distractions and improves your quality of connections with others.
3. **Avoid screens at night** - Try to avoid using devices in your bedroom, most importantly for at least 30 minutes before bed. Keeping your bedroom a peaceful space can help you to fall asleep more easily.
4. **Do fun activities without screens** - Try drawing, playing a game with your family, playing a musical instrument or reading instead of your usual device. Spend time outdoors if you can!
5. **Take small breaks from screens** - After playing video games or watching TV for a while, get up and move around. Try to take short breaks where you move between rooms, stretch or walk around.
6. **Turn off notifications** - This can reduce the number of distractions and help you focus on what is important to you. You might even discover a new activity you enjoy!
7. **Find mindful alternatives** - Try meditating or doing breathing exercises to reduce feelings of stress, rather than screen use.

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.



Mental Health in Schools Team
Tips For Wellness



Be Helpful

Being helpful means doing something kind for someone else — like sharing, listening, or offering a hand — even in small ways. When you help, your brain feels safe and happy. It teaches empathy, kindness, and gratitude — all great for mental health!

Why being helpful is good for you:

Boosts your mood: Helping others releases feel-good chemicals in your brain.
Builds Confidence: You'll feel proud and capable when you make a difference.
Creates Connection: Helping brings people together and reduces loneliness.
Reduces Stress: Focusing on others can calm your mind and improve wellbeing.

Our Top Tips For Being Helpful:

1. **Start Small** – You don't have to do something huge – even small acts of kindness matter! Holding a door, sharing a smile or helping with a chore all count.
2. **Listen First** – Sometimes the best way to help is to listen and being there for someone who needs to talk.
3. **Spread Positivity** – Compliments, encouragement, and gratitude go a long way. They make everyone feel good!
4. **Make it a habit** – Try to do one helpful thing every day. The more you practice kindness, the more natural it feels!
5. **Work as a team** – Helping doesn't mean doing everything alone. Teamwork makes helping fun and easier for everyone.
6. **Reflection time** – After helping someone, take a minute to think: How did it make you feel? How did it help the other person? What did you learn about kindness?

Examples of how to help others:

- Sit with someone who is alone at lunch time
- Give family or friends a kind note to brighten their day
- Help your neighbour to take their shopping in
- Offer to tidy the classroom or help your teacher hand out resources

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Festive Fun

RUGBY
Art Gallery & Museum

Geeky Greetings Cards

Saturday 15th November
10.00am - 11.00am - Ages 6+
11.30am - 12.30pm - Ages 10+
1.00pm - 2.00pm - Ages 14+

Create unique holiday cards with a geeky twist in these sessions with STEM goes Wild. Add electric circuits and UV effects for a festive glow.
Tickets are £10 per person - booking essential.

Macrame Santa and Angel Workshops (16+)

Saturday 29 November
10.00am - 11.00am - Santa
1.30pm - 3.30pm - Angel

Step by step instructions from Sally of 'Knot so Simple' to create what is needed to make a Santa or an Angel decoration. Each person will be given a kit with everything they need.
£25 per workshop - booking essential.

Festive Meet and Greet with Waffle the Wonder Dog!

Friday 2nd January 2026
5 minute time slots between 1.45 - 3.45

FREE but booking essential.
Children must be accompanied by an adult.

Relaxed Hour

Monday 22nd December
10.30 - 11.30

FREE session for neurodivergent children, where young visitors who would benefit from a more relaxed environment can enjoy and explore our space. With a festive craft.

Get festive at our regular family and community sessions.

All of our activities over December will be filled with festive fun. Including Mini Explorers and Mini Makers for children aged 2-5, Express Art Group, and The Good Times Craft for adults with dementia and their carers.

... and enjoy our FREE festive hunt

Children will enjoy exploring the art gallery and museum searching out festive clues, with a chance to win a prize!

Scan the QR code to find out more or visit
www.ragm.co.uk/festive-fun



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- • • • Foodbank
- • • • Finance and debt advice
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- • • • Childcare costs
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- • • • Help for families
- • • • Housing support
- • • • Love Food Hate Waste
- • • • Mental health and wellbeing

PLUS...
• • • • Lots of money saving freebies!

RUGBY LIBRARY,
LITTLE ELBOROW ST,
RUGBY, CV21 3BZ

FRIDAY 14 NOVEMBER,
9.30AM - 12.30PM

Free refreshments!
Everyone's welcome!

www.facebook.com/RugbyCommunities
www.facebook.com/RugbyLibrary



COME DINE WITH US!

Brownsover Family and Friends Club (BFFC)

We're back again! Christ Church and Brownsover Community Association have once again teamed up to support our community through the winter months. Our aim is to offer all school age families who live in Brownsover (Including Coton Park and Eden Park) or attend one of the 5 local schools, the opportunity of a free hot meal for the whole family. It will be a warm space, in a well-lit area for children to do their homework if they so wish and welcoming to all.

We will run this on Sunday afternoons from November, we will carry on to the end of March. Time is from 4:30-6pm. It will take place at Christ Church, Helvellyn Way.

We ask that families register with us before attending, so that we are aware of any dietary requirements. Also, we will need to know by 5pm each Friday if you would like to eat with us that week. All children must be accompanied by a responsible adult.

To Register: Email vicar@beneficebcn.org.uk
Or text BFF Club Coordinator, Pete Bone: 07527677113



mini kickerz

RECEPTION & YEAR 1 CHILDREN

HILLMORTON JUNIORS FC ARE LOOKING FOR OUR NEXT BUDDING FOOTBALLERS! OUR CURRENT YEAR 1 MINI KICKERZ ARE PREPARING TO JOIN THEIR VERY FIRST TEAMS SO WE NOW HAVE SPACES FOR OUR NEXT SUPERSTARS!

COME AND SEE US AND ENJOY TWO FREE SESSIONS! EVERY SATURDAY 11AM - 12PM

RUGBY TOWN FC, BUTLIN ROAD, RUGBY CV23 3SD

WE LOVE TO SEE CHILDREN OUTDOORS, MAKING FRIENDS AND LEARNING NEW SKILLS. WE CAN'T GUARANTEE THE WEATHER, BUT WE CAN GUARANTEE THEY'LL HAVE LOTS OF FUN!

www.hillmortonjuniors.co.uk
Hillmorton Mini Kickerz
hjfc_mini_kickerz

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