



Rugby Free

Primary School

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

Newsletter 16

Friday 9th January 2026

Welcome Back message from the Headteacher

Happy New Year! I hope you all had a lovely Christmas and a very Happy New Year.

We have had a great start to the new term and the children have come back with enthusiasm and a great attitude to their learning. On Monday this week, the staff had an Inset day based on Relational practice and behaviour. We shared our updated behaviour policy (very similar to before) with all of the staff and then with the children (in a child friendly way!) on Tuesday in assembly. We are being more consistent with the children in terms of behaviour expectations so the children may have talked to you about reflection time if they have needed to have had it! We want all of our children to have distraction/disruption free learning at school. We will share the updated policy with all parents and carers once it has been fully agreed by our Local Accountability Board (LAB).

Thank you for your support around the decision to keep the school open on Friday. We had 90% of pupils in which was fab. Nearly all primary schools in Rugby were open and all of our brilliant and dedicated staff got to school and on time (even though some live 30 miles away). Parents also drove and parked sensibly in the morning which also definitely helped.

I am sure we will have a brilliant term, thank you for your support and kindness.

Rebecca Butters
Headteacher

Year 1

Year 1 launched their new London topic in true royal style with a very fancy tea party! The children enjoyed squash and biscuits, shared ideas together in circle time, and designed their own sparkling royal crowns. We're using this exciting start to fire up their curiosity as we learn all about London in geography and English, with *Katie in London* as our focus text. The children are already buzzing with enthusiasm, and we can't wait to continue exploring our capital city!



Year 6

On Tuesday, Year 6 took part in an engaging and interactive 'Bully Busters' workshop, which linked closely to our school value of kindness. Through a range of real-life scenarios, the children explored different types of bullying, including cyber-bullying, and discussed how unkind behaviour can affect others.

Pupils learned the importance of "be a friend not a bystander", and why speaking up matters. The workshop also highlighted who to talk to if they are worried, both in school and online, and included key messages about online safety, such as keeping passwords secure.

The session reinforced the message that kindness, respect and support for one another help create a safe and happy school community



Stars of the Week

Reception
Giraffes
Anuoluwa & Elodie
Zebras
Dakshith & Aeryn

Year One
Hedgehogs
Jason
Rabbits
Anaiah



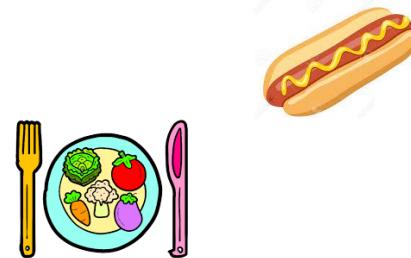
Year Two
Penguins
Yuvraj
Seals
Dhaena

Year Three
Crocodiles
Hridya
Turtles
Julie

Census Day Menu – Thursday 15th January

The hot dog census day menu is available on the 15th January. Please pre order your child's meal on the Grow app.

We have attached the menu with this newsletter.



Year Five
Pandas
Penelope & Caelan
Tigers
Cassius

Year Six
Sloths
Avi
Toucans
Vivaan



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Friends of Rugby Free Primary School - (PTA)

We hope you all had a wonderful festive break. Please keep your eyes peeled for upcoming events.

- Reception & Years 1&2 Disco coming soon

Donations of books for World Book Day -

We are on the look out for donations of good condition books for our 'new to you' book sale. Mainly KS2 appropriate books where possible. If you would like to donate any books please keep an eye out for drop off details or contact us at frrfps@gmail.com.



If you require any pre loved uniform please let us know or fill in a form available in reception, where possible we will get items to you as quickly as possible and where available.

Safe & Active Schools

The weather has taken quite the turn this week. Please remind children to be extra vigilant when out on scooters and bicycles due to icy conditions and the dark. Please ensure they are wearing reflective gear and helmets to stay safe



Game On Holiday Camp

Game On is operating a Holiday Camp over the February Half term. Booking for to follow in due course.

The dates are:

Monday 16th to Friday 20th February 2026.



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

13th Jan – Young Voices for some of Y5 & Y6

13th Jan – Y4 Inspire Workshop 9.00 – 10.00am (parents welcome)

20th Jan – Y6 Inspire Workshop 8.50 – 10.15am including SATS (Y6 statutory tests) information for parents.

23rd Jan – Friends of RFPS meeting at Brewer's Fayre – 7.30pm

27th Jan – Y1 Inspire Workshop 9.00 – 10.00am (parents welcome)

3rd Feb – Y1 Animal visit

16th – 20th Feb – Half term

26th-27th Feb – Y4 Residential

10th Mar – Y2 Warwick Castle trip

20th Mar – Rec Farm trip

25th Mar – Y6 Beaumanor Hall trip

30th Mar – 10th Apr – Easter Holiday

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**.





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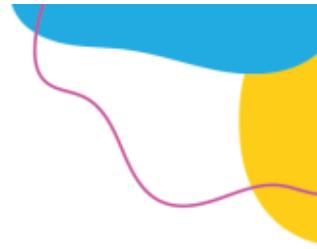
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Mental Health in Schools Team

Tips For Wellness

Happy New Year



As we welcome the New Year, many of us will focus on resolutions, which may include to become healthier, more active, or learn a new skill. New Year's resolutions are generally seen as promises we make to ourselves to achieve or improve an aspect of our life. Some people can stick to their goals easily, while others may find it more of a challenge. Setting goals can make us feel motivated and inspired, but if everything does not go to plan, it can leave us feeling disheartened. This can happen if we are unsure how to get started on our goals, or if they feel too big to achieve.

For that reason, this year, take a moment to create **SMART goals** that focus on small steps. SMART goals are specific, measurable, achievable, realistic and time based.

Our top tips:

1. Focus on your **strengths and interests**, perhaps there is something you are already doing that you want to do more of. Setting small, strengths-based goals will create hope and build your self-confidence, empowering you to accomplish new things that make you feel happy and healthy.
2. Think about setting a **mentally healthy goal** this year:
 - Find new ways to get active. Maybe you could join a new club or after-school activity.
 - Make time for self-care and relaxation, such as participating in some mindfulness activities.
 - Learn more about something you are interested in. Perhaps you could put more time into a particular skill or hobby you are already doing.
 - Practice being kind to yourself. Positive self-talk is a simple way to achieve this – try saying positive statements such as "I am kind" or "I am on the right track".
 - Establish a good sleep routine. Try going to bed and waking up at the same time every day, even at the weekend!
 - Limit your screen time. By setting boundaries for your usage, you may have more time for other activities.
3. Remember, **goals can change!** Especially if they are not giving us or teaching us what we need, so be kind to yourself.

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.



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Rugby Free Secondary School
Thursday 22nd January

Come and see what Warwickshire Music's FREE music centre groups
are all about at our Discovery Day!

Guitar Ensemble - for pupils who are having guitar lessons and are Grade 1+ standard. Age 7+

Orchestra - for pupils who are having lessons on an orchestral instrument and are Grade 3+ standard. School year 7+

REGISTER
HERE!



Supported using public funding by
Department for Education | ARTS COUNCIL ENGLAND

HEART OF ENGLAND
music



Warwickshire
County Council

Resilience Collaboration Curiosity Respect Kindness Endeavour