



Rugby Free

Primary School

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

Newsletter 18

Friday 23rd January 2026

Reception



On Wednesday morning Reception had a visit from the local fire brigade, to support their People Who Help Us topic. The crew showed children different pieces of their uniform and equipment, including the breathing apparatus and the thermal imaging camera which they found really interesting! They found out that fire officers have to get ready to go to an emergency in under 1 minute, and they enjoyed watching Miss Dimmock and Emily the Fire Officer race each other to put on the kit. The children also learned about the importance of smoke alarms and are keen to see if they can spot them at home. But their favourite part of the visit was when they each got a turn sitting inside the cab of the fire engine, and listening to the sirens as the truck pulled away. A huge well done to the children, who shared great knowledge and asked such respectful questions during the visit - we are very proud of you!



Year 3 & 4 – Football Enrichment



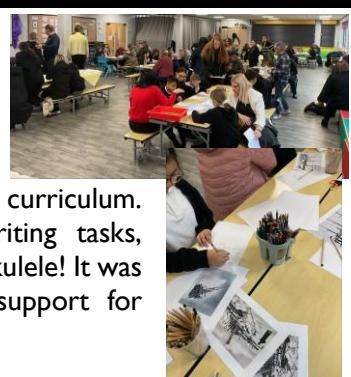
On Thursday, Year 3 and 4 pupils were treated to some fantastic free football enrichment sessions delivered by the Football Development Schools. The children took part in a range of fun, skills-based activities focusing on dribbling, passing and teamwork. They threw themselves into the sessions with real enthusiasm, showing great determination, resilience and a positive attitude throughout. It was wonderful to see so many smiling faces, high levels of engagement and growing confidence as the sessions progressed. Well done everyone!



Year 6 – Inspire Workshop



On Tuesday morning, we were delighted to welcome Year 6 parents into school for our Inspire Workshop. Parents spent time finding out key information about the upcoming SATs before getting stuck into a range of hands-on activities linked to learning across the curriculum. Together, pupils and parents explored creative writing tasks, enjoyed an art activity and even had a go at playing the ukulele! It was wonderful to see such enthusiasm, teamwork and support for learning – thank you to all the parents who joined us.



Stars of the Week

Reception

Giraffes
Ishaan & Emilia
Zebras
Rayan & Sveshta

Year One

Hedgehogs

Rafaela
Rabbits
Dominic

Year Two

Penguins

Sylvie-Bo
Seals
Ambrose

Year Three

Crocodiles

Jenna
Turtles
Xavier

Year Four

Bears

Kayla P
Eagles
Holly & Inez

Year Five

Pandas

Praveen
Tigers
Atlas

Year Six

Sloths

Patrick
Toucans
Hanna



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 18

Friday 23rd January
2026

Brave the Shave for Macmillan

We are incredibly proud of one of our pupils who has chosen to *Brave the Shave* to raise money for Macmillan Cancer Support. This very brave decision has been made in honour of his beloved Poppa, who has terminal lung cancer.

By taking on this challenge, he is helping to raise vital funds for Macmillan, a charity that supports people living with cancer and their families through some of the most difficult times. His courage, kindness and determination are an inspiration to us all and show just how powerful even the smallest members of our school community can be.

We wish him the very best of luck and thank him for reminding us of the importance of compassion, bravery and looking out for others.

Please donate if you can!



Archer Birmingham

Shaving on 27 Feb 2026

Year 6 - Recycling materials



This half term, Year 6 are learning about Michelle Reader who is an artist that creates sculptures linked to our environment. She is known for her creation that uses recycled materials displayed at The National Space Station. We will be creating our own



sculptures from recycled materials. Over the course of the next few weeks, please could you send in a variety of clean recyclable materials- recycled bottles (variety of sizes), clean plastic, bottle lids, cardboard, can pulls etc.

Thank you for your support - Year 6 Team.

NSPCC Number Day Event

NSPCC Number Day will be taking place on Friday 6th February 2026 (see details below towards end of newsletter). This is a non-uniform day for the whole school.

The NSPCC is a charity who want to help every child to have a safe and happy childhood.

We will be raising money for the NSPCC. A voluntary donation for this event will be collected and will be going to the NSPCC. Here are some outfit ideas:



Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School

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

Newsletter 18

Friday 23rd January
2026

Get Moving – Help Us Reach Our 60 Active Minutes!

We're creating a new display board to celebrate how our children achieve their 60 active minutes a day – a key government initiative that's just as important as getting our 5-a-day! To make it as inspiring as possible, we'd love your help. Please send in a photo of your child being active (if you're happy for it to be displayed in the school corridor) to the school office. **Every photo that is sent in will be put into a raffle and the winning photo will receive a £20 Argos voucher to put towards helping achieve even more active minutes! All runners up will receive 10 dojo points, something that is very important to the children.** Being active doesn't have to mean just playing sports – it could be walking the dog, cycling, dancing in the living room, helping in the garden, or playing in the park. Every minute counts, and together we can show how fun and achievable staying active can be!



Friends of Rugby Free Primary School - (PTA)

Please join us for our meeting tonight to discuss upcoming events or to see what we're about. Brewers Fayre 7:30pm.

Friendship Disco- Reception & Years 1 & 2. - WEDNESDAY 11TH FEBRUARY.

Reception 4:45-5:45pm and Years 1&2 6-7pm. Come along for an evening of fun with your friends. Tickets are £2.50 per child. There will be a tuck shop, hot drinks for adults and unlimited squash/water for children, glowsticks, tattoos and a colouring room for anyone who wishes to have a calmer experience. Please bring cash/card (tattoos will be cash only). Please note that an adult will need to attend, and we ask that you supervise your child but adults do not need a ticket. Due to space unfortunately no siblings can attend, you are welcome to send your child with a trusted adult but please let school know. **The deadline for ticket sales will be the 7th February - after this time the ticket site will be closed and no further tickets will be available; no tickets will be available on the night this is to allow our volunteers time to purchase items and form registers & numbers for safety.** Please follow this link below to get your ticket/s. [RFPsfriendshipdisco2026tickets](https://www.rfpsfriendshipdisco2026tickets.com)



Easy Fund Raising QR Code-

Easy Fundraising is an easy way to help us fundraise for our school while doing your shopping and is at no extra cost to you. Follow the QR link for more information.



World Book Day Donations -

We are looking for donations of good condition books for our 'new to you' book sale. Please bring any books to school the week commencing 23rd February. Thank you.

All Sorts Magazine

Here is the link to the Jan/March digital edition of Allsorts magazine <https://bit.ly/ALLSORTS-MAG-JANMARCH> you can tap straight to advertisers' websites too when viewing the mag on your phone/tablet (please mention allsorts). There are lots of attractions to visit, services and clubs/classes 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).

Game On Holiday Camp

Game On is operating a Holiday Camp over the February Half term. The booking form was attached with the newsletter on 16th January. Please liaise with Mr Sheehan directly for bookings.

The dates are: **Monday 16th to Friday 20th February 2026.**





Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 18

Friday 23rd January
2026

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

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

6th Feb – NSPCC Number Day – non uniform/dress up as number/with a number/rockstar

11th Feb – Friends of RFPS Discos (see details above)

12th Feb – Y5 Inspire Workshop 9am–10am

16th – 20th Feb – Half term

24th Feb – Y2 Inspire workshop 9am-10am

26th-27th Feb – Y4 Residential

2nd and 3rd Mar – Parents evening Y1 – Y6

3rd and 4th Mar – Parents evening Rec

4th Mar – Class photos

10th Mar – Reception Inspire workshop 9am-10am

10th Mar – Y2 Warwick Castle trip

20th Mar – Rec Farm trip

25th Mar – Y6 Beaumanor Hall trip

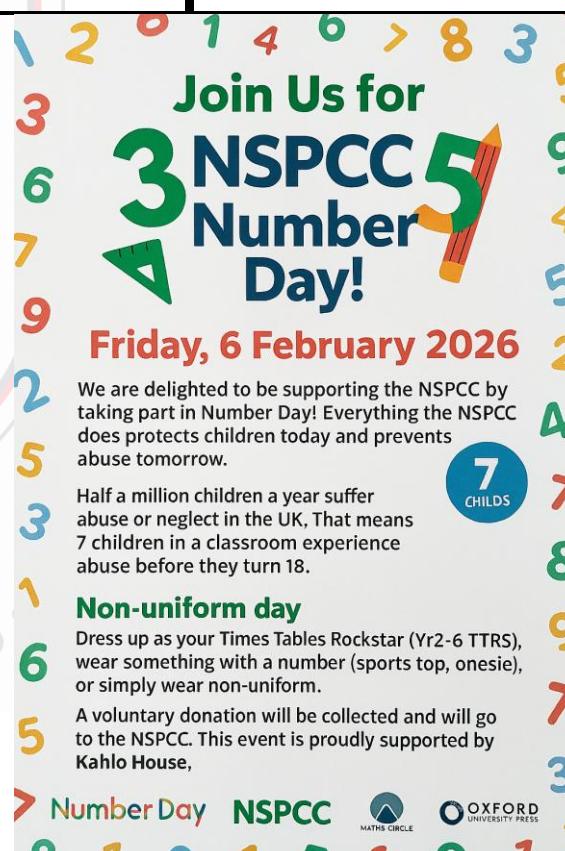
30th Mar – 10th Apr – Easter Holiday

30th April - Y3 Hunstanton trip

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**.



Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School

★ Together we learn, together we shine! ★

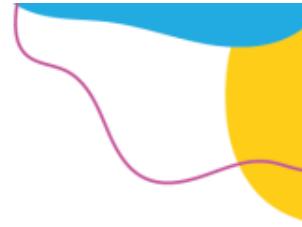
Newsletter 18

Friday 23rd January
2026



Mental Health in Schools Team
Tips For Wellness

Learning



We are always learning new things – often without realising it! Learning can include developing skills as well as developing knowledge. Learning something new can help to improve our mental wellbeing, as it gives us a sense of achievement and purpose. We can challenge ourselves to build new skills or develop skills that we already have. It can help to build motivation, confidence, and self-esteem too.

To help us to learn something new, we can set ourselves a challenge or a goal to work towards. Can you think of a new challenge or goal to try?

Learning can be fun! Studies show that learning can help us to enjoy life more! Can you find a new activity that you enjoy and make it part of your life?

Our tips for learning:

1. **Learn a new word each day!** Can you use the new word in your schoolwork? Can you teach this new word to a friend?
2. **Get creative!** Try a new craft activity or write a story or song. Have a look at some ideas for craft activities here:
3. **Try a new hobby**, such as a new sport, learning to paint or join a new after-school club.
4. **Try a new food or learn to cook a new recipe.** Could you share this experience with someone? For example, could you bake a cake with a friend, or cook a meal for your family?
5. **Learn a new language.** Try and learn simple words and phrases, such as "hello", "how are you?" and "my name is...". You could use online resources or apps, such as Duolingo, to help you.
6. **Try a new sport or class.** Could you help others to learn by becoming a coach for a junior team?
7. **Start a craft project!** You could do this independently, or together with a friend. Remember to ask an adult for help if you need to! Follow the QR code for some project ideas:

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.

