



Rugby Free

Primary School

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

Newsletter 19

Friday 30th January 2026

Reception



To enhance our learning about 'People who Help us', one of our lovely parents came in to tell us all about her job working for the NHS, in the dermatology department. We got to use a special magnifying glass which looks closely at skin. We also learned that there are many layers to our skin and the importance of taking care of our skin, especially in the sun. She demonstrated how to apply a bandage, and we were able to use this in our role-play. Later in the week, another parent came in to share about his incredibly important job in managing a fleet of recycling trucks. We



learned about needing to rinse out of recycling, and what different types of rubbish can be recycled into to keep the Trash Monster away. We asked lots of interesting questions to find out more, showing curiosity! A huge thank you to those parents who have really helped to bring our learning to life.

Year 1 – Inspire Workshop



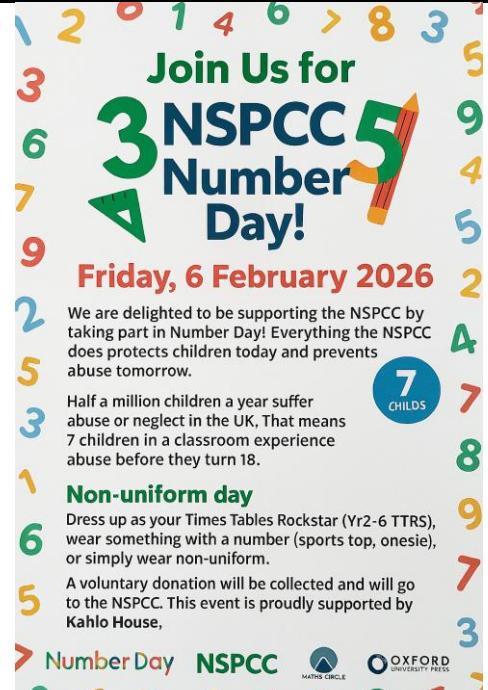
On Tuesday, Year 1 held their Inspire Workshop, and it was lovely to see so many parents and carers join us in school. We started with a short presentation about the Year 1 curriculum and the upcoming Phonics Screening Check, giving families a clearer picture of how they can support learning at home. After that, the children and grown-ups took part in a range of hands-on activities, and it was great to see everyone learning together. Thank you to all the adults who were able to come along!

NSPCC Number Day Event

NSPCC Number Day will be taking place this **Friday 6th February 2026**. This is a non-uniform day for the whole school. We will be raising money for the NSPCC. A voluntary donation for this event will be collected and will be going to the NSPCC.



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



Stars of the Week

Reception

Giraffes
Ishaan & Archie
Zebras
Mahi & Hannah

Year One

Hedgehogs
Louis
Rabbits
Taylan

Year Two

Penguins
Victoria
Seals
Micah

Year Three

Crocodiles
Zachary
Turtles
Octavia & Ralph

Year Four

Bears
Elira
Eagles
George

Year Five

Pandas
Ellie-Rose & Julia
Tigers
Lottie

Year Six

Sloths
Jeevun
Toucans
Jacob W



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Parking message from Warwickshire Fire and Rescue

Warwickshire Fire and Rescue came by in the fire engine during the afternoon school pick up times this week. They found that although the parking bay markings that have been done along the length of Central Park Drive have helped, there were still numerous cars parked on the double yellow lines, at junctions and at the end of the cul-de-sac in the turning area near the school.

This presents challenges for a fire engine sized vehicle to navigate around the corners of the junctions where the double yellow lines are, and the end of the road near the school becomes very congested making access to Bailey Road more difficult.

Please see the information below about the importance of safe and responsible parking to allow access for emergency vehicles at all times.



The 5 Steps to Park It Right



Double the distance if both sides of the street follow the 5 steps to Park It Right!

Achievements

Following a successful trip down to Newquay, Romillie and Erin in Y6 have reached the quarter finals of the National Schools Cup with the Rugby District Schools team! Out of 45 teams, they are now in the final 8 teams to remain in the competition, with their next fixture to be confirmed.

Both of the girls, representing Rugby Free, were awarded player of the match; making an impact in their 3-1 victory!



Nico and Levi entered the Mayor's Christmas card competition before Christmas. Nico was one of the winners and Levi was one of the runners-up. They were invited for the presentation, which included a visit to the Mayor's Parlour and then into the Council Chamber where the council discussions take place. It was a special experience for them. Nico also had his picture mounted and presented to him. Both boys were very excited!



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Rugby Borough Council competition



NAME OUR NEW FOOD WASTE LORRIES

Competition for Rugby's primary school pupils

Rugby Borough Council is pleased to announce that, supporting the rollout of the borough's new food waste recycling service, we are launching our "Name Our New Food Waste Lorries" competition.

We have ten new food waste lorries that you'll soon see driving around the borough from July and we need ten names for our new lorries.

Submitted by primary school children, these names and designs will be printed on the doors of our food waste collection vehicles, offering a chance for children of Rugby to make a permanent contribution to our new service.

The competition will launch on **9th February 2026**, and students will have until **23rd March 2026** to submit their entries, at which point our panel of expert judges made up of local leaders will select the winning entries to be printed on the vehicles.

Each pupil can only submit one entry, and this must be their own work. The judges will select the winning entries based on the following criteria:

- Creativity
- Originality
- Relevance to recycling and food waste reduction

Winning entries will be announced on 27th March 2026, and the pupils who submitted the winning names will be invited to meet the judges and see their designs printed on the lorries, at a date to be announced.

The entry sheet for the competition is available for children to collect from the school office, or downloadable [here](#). There is a maximum character limit of 30 for the vehicle name. Entries should be returned to the school office by the morning of 23rd March 2026.

Funded by
UK Government



Rugby recycles

NAME OUR FOOD WASTE COLLECTION VEHICLES

Enter before 23 March 2026 to win!

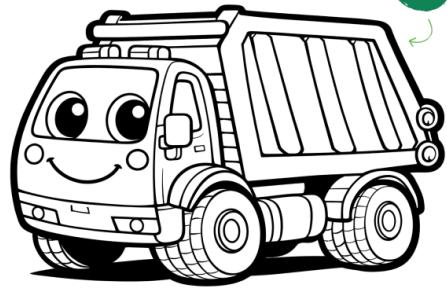
School name:

Pupil name: Year group:

Vehicle name:

Winning entries will be printed on the doors
of our new food waste collection vehicles

COLOUR
ME
IN!



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!





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Friends of Rugby Free Primary School - (PTA)

Thank you to everyone who joined us for our meeting last Friday, it was lovely to discuss upcoming events. If you feel you could offer a small amount of your time it would be really appreciated. Help does not need to be at all events, sometimes a little help behind the scenes helping to plan an event is just as helpful. If you feel you could contribute to help us continue to provide events to enhance our children's learning, please do get in touch.



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 to get your ticket/s. RFPsfriendshipdisco2026tickets

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. During our book sale children will be able to come and choose a book new to them for a donation of 50p.

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.**





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

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**.

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 Sareen
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.



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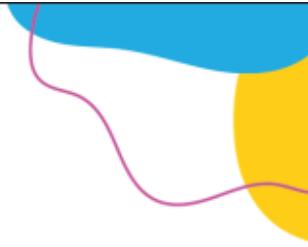
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Mental Health in Schools Team
Tips For Wellness



Mood Boosters

Our mood can change, and this is completely normal. You may notice that sometimes you are feeling more tired than usual, maybe stressed or experiencing difficulties with schoolwork or friendships. Situations like these may cause you to feel a bit low, it can be really helpful to talk about these things with an adult, or someone you trust.

Whilst it is normal to feel this way at times, there are things we can do to **boost** our mood and help us to feel happier. By doing more of the things we love and value, or 'doing more of what matters', we can boost our mood. This helps us to feel less tired, have an increased sense of achievement, feel better about ourselves and have some fun!

Our tips for boosting your mood:

1. Have a look at the **BBC Moodboosters** video resources by scanning the QR code. There are a selection of videos to try, you could do these with a friend/ family member, with your class, or by yourself. But most importantly, have fun!



2. The **five ways to wellbeing** - can you challenge yourself to try one of these for each day over the next week! Watch the video on the QR code for more information.

- **Connect** - Reach out to a friend/family member, listen to music that reminds you of happy memories, look at old photographs, or arrange activities with friends.
- **Be Active** – Try different ways to get your body moving. You could dance, walk, skip, or hula hoop!
- **Take Notice** - Spend time outside appreciating nature, maybe on your way to school or practise mindfulness
- **Keep Learning** - Read a new book, watch a documentary, follow a new recipe, or learn a new language.
- **Give** - Give someone you love a hug, hold the door open for the person behind you, or give your time to help others.

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.

