



# Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 23

Friday 6<sup>th</sup> March  
2026

## World Book Day

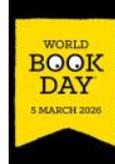
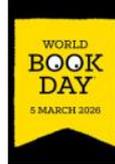
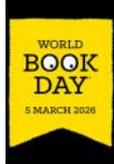
What a fantastic time we had on World Book Day! The children all looked wonderful dressed as their characters and there was such a buzz around school. Each year group spent time celebrating with fun book-themed activities such as creating video podcasts based on their characters, designing book recommendation posters and catwalks to showcase their costumes. We also had lots of fun sharing stories together.

A huge thank you to Friends of RFPS who came in and ran the 'new to you' book stall, where every child got to select a book. This is so successful every year and we really appreciate the time and work which goes into organising and running this.

*REMINDER: As part of our English curriculum and to celebrate World Book Day, we have booked a performance of Oliver Twist from M&M Theatrical Productions, which will take place for Year 1 – Year 6 pupils on Monday 9th March.*

*This is a classic literature adaptation designed specifically for Primary aged children and is a fun and engaging way of inspiring them with well-known stories. We have previously been very impressed with the quality of productions from the theatre company, having previously booked The Hobbit and Treasure Island.*

*With school budgets being so tight, we are asking for a £2 voluntary donation towards this event, which will enable us to continue providing these rich experiences for our children. If you wish to play this, please use the MCAS app. Thank you to those who have already done this.*



## Stars of the Week

**Reception**  
**Giraffes**  
Adham & Hallie  
**Zebbras**  
Ivy & Adam

**Year One**  
**Hedgehogs**  
Freya  
**Rabbits**  
Shay

**Year Two**  
**Penguins**  
Ivy & Theo  
**Seals**  
Antonio

**Year Three**  
**Crocodiles**  
Sienna  
**Turtles**  
Eleni

**Year Four**  
**Bears**  
Reuben  
**Eagles**  
Joshua

**Year Five**  
**Pandas**  
Tessa S  
**Tigers**  
Harper

**Year Six**  
**Sloths**  
Jacob S  
**Toucans**  
Gabriel

## Red Nose Day

Our Year 6 pupils have been working incredibly hard to organise a range of fun fundraising stalls in support of Comic Relief. From games and challenges to exciting prizes, there will be plenty for everyone to enjoy while raising money for a fantastic cause.

The stalls will take place in school on **Friday 20th March**, and all pupils will have the opportunity to visit them during the day.

To take part, children are encouraged to bring a **maximum of £2** in change to spend at the stalls. Every penny raised will go towards helping **Comic Relief** support people facing poverty and hardship both in the UK and around the world.



## Easter Competition

Easter is approaching, and this year, we are inviting the children to decorate an egg.

The eggs should be brought into school on **Wednesday 25<sup>th</sup> March 2026**, when they will be judged!

Please note, this is an optional competition!

We can't wait to see your "egg-cellent" creations!





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## Year 4



On Wednesday, Year 4 were very privileged to have a parent come into school to teach them all about Ramadan and their lived experience of Ramadan. They brought in many special items related to Ramadan, such as a good deed calendar, the lunar calendar to work out when Ramadan is and decorations that they put up in their house during this significant period. The

parent's child got the opportunity to also talk to both classes and inform them about her own experience of Ramadan and what it means to her. She delivered this beautifully to her classmates. The children were very fortunate to get to try a date, which is the food Muslims eat when they break their fast (Iftar). Each child in Year 4 was also given a good deed act for them to try and do as they learned this is a big part of Ramadan. They also were given lanterns to decorate. The children were all so respectful and asked some great questions. Thank you so much to the parent for giving up their time to do this.



## Summer Term Club Booking

Bookings for Summer Term clubs will go **live on MCAS at 6pm on Sunday 8<sup>th</sup> March**. As per our Clubs Policy, clubs must be booked for a whole term, they must also be paid for in advance via MCAS, Childcare Vouchers, or the government childcare scheme. If you have previously had agreement to pay monthly, then this will still stand. However, if you pay monthly, all clubs must be fully paid for by May half term.

Any changes once you have booked clubs for the Summer term, must be made via e-mail to the school office by **20<sup>th</sup> March**. After this date the club staff will have been allocated, and you are required to make the payment.

**If you have any outstanding payments for Spring term clubs, then you will be unable to book for the Summer term until these are cleared. If a booking is made this will be cancelled.**

Enrichment clubs available are as follows:

### Summer Term 2025/2026 After School Clubs

	Monday	Tuesday	Wednesday	Thursday	Friday
EYFS and KS1	Football	Disney Club	Gymnastics	Pokémon	Dodgeball
	Mask/ Puppet Making	Dance		Mindfulness club	Around the world
	Construction		Junk modelling	Learning to Draw club	
KS2	Dodgeball	Football	Netball/Handball	Double Football	Minecraft club
	Comic/Chess club	Quiz Club	Pokémon		Tennis
	Badminton/volleyball	Golf	Cross Stich	Crochet Club	
EYFS to Y6	Choice	Choice	Choice	Choice	Choice

## Safe & Active Schools



In autumn 2 we started a new initiative called WOW tracker to encourage travelling to school actively. Our pupils and families have participated so well. We are really pleased to share that the data for Warwickshire shows that we are 3<sup>rd</sup> position for travelling to school actively! Great job everyone! With our continued efforts, we are sure we can make it even further up the leader board. Keep up the great work everyone!





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## Year 6 End of Year Performance

Save the date

Join us in celebrating the Year 6 students as they take the stage for their final school performance. We will let you know of any further details nearer the time.

### Performance Dates

- **14th July** - Year 6 Production (Morning) – 9:15am (No ticket limit)
- **15th July** - Year 6 Production (Evening) – 6:00pm (Limited to a maximum of 2 adults only per child- this will be strictly enforced. Children attending will need to sit on knees of adults if no further space)

We look forward to seeing you there!

### Spanish Homework

Nimrit has gone above and beyond with her Spanish homework, she has made lots of clay animals and named them all in Spanish, We were really impressed by her endeavour and resilience. Well done Nim, you are an RFPS star!



### Game On Holiday Camp

Game On is operating a Holiday Camp over the Easter holiday. The booking form was attached with the newsletter on 27<sup>th</sup> February 2026. Please liaise with Mr Sheehan directly for bookings.

The dates are:  
Monday 30<sup>th</sup> March  
– Friday 10<sup>th</sup> April



### Ramadan and Eid ul-Fitr

Ramadan and Eid ul-Fitr are approaching. We are encouraging the children to write a poem in any style about Ramadan or Eid ul-Fitr, if they wish to. All entries should be sent to Mrs Hammond by Friday 13<sup>th</sup> March. All poets will receive a prize.

Some ideas are

- Acrostic Poems: Children use the word "RAMADAN" or "EID UL-FITR" to start each line.
- Shape Poems: Children write their poem in the moon, a lantern or a mosque.
- 

We look forward to sharing the poems in our classrooms.





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## Congratulations!

Congratulations to all of our Year 6s for receiving their Secondary School places. We hope you will be very happy with your next school! A special shoutout to Aurelia who has been offered a place at Bilton Grange as she has been awarded a Foundation Award. Well done!

## Friends of Rugby Free Primary School (PTA)



We hope everyone enjoyed our 'new to you' shop as part of World Book Day, all fundraised donations will go towards enriching our children's learning. It was great to see all the children enjoying World Book Day.



### Easy FundRaising 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.



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

- 9<sup>th</sup> Mar – Y1-Y6 M&M Theatre production of Oliver Twist
- 10<sup>th</sup> Mar – Reception Inspire workshop 9am-10am – parents welcome!
- 10<sup>th</sup> Mar – Y2 Warwick Castle trip
- 11<sup>th</sup> Mar – Friends of RFPS meeting 3.30pm at RFPS
- 17<sup>th</sup> Mar – Y3 Inspire Workshop 9am-10am – Parents Welcome
- 20<sup>th</sup> Mar – Rec Farm trip
- 20<sup>th</sup> Mar – Red Nose Day Fundraiser (see above)
- 25<sup>th</sup> Mar – Y6 WW2 Beaumanor Hall trip
- 26<sup>th</sup> Mar – Y4 Peter Pan Performance 9:15am
- 27<sup>th</sup> Mar – Y4 Peter Pan Performance 9:15am
- 30<sup>th</sup> Mar – 10<sup>th</sup> Apr – Easter Holiday
- 30<sup>th</sup> April - Y3 Hunstanton trip
- 4<sup>th</sup> May – Early May Bank holiday
- 19<sup>th</sup> May – Y1 Ryton Pools trip
- 22<sup>nd</sup> Jun – Y5 Tudor World trip
- 14<sup>th</sup> July – Y6 End of year performance to families (no limit on attendees)- 9.15am
- 15<sup>th</sup> July – Y6 End of year performance to parents & Graduation (2 adults per child only) - 6pm

## 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 Powell Deputy Designated Safeguarding Lead
	Miss Briffers 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.



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Mental Health in Schools Team  
**Tips For Wellness**



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

## Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health!**

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

### Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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.