



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 2

**Friday 11th Sept
2026**

Parent talk: Raising Kids in the Smartphone Era

**Parent Talk:
Raising Kids in the
Smartphone Era**

Practical ideas and friendly conversation about helping kids thrive in the age of smartphones. We'll look at what's working for families right now — from first phones to healthy habits at home. No judgement, just real talk and small steps that make a difference.

Where	When	Hosted by
Rugby Free Primary School]	Wednesday 7 th October 5:00	mum of 3 and Child Clinical Psychologist Dr Julia Twynholm

Club Bookings & Pick-ups

We are now accepting ad hoc bookings for our after-school clubs. To request a booking, please email the school office.

If your child will be absent from a club session, please notify the school office by **12:00pm**, as teachers check club registers at this time.

If there is a change to your child's collection arrangements, please email the school office by **12:00pm**. Unfortunately, we cannot accept these requests over email provides verification of the person making the request.

**Parents
Notify**



the phone, as an

Stars of the Week

Reception

Zebras

Kiyansh

Damien

Giraffes

Rennaya

Thea

Year One

Hedgehogs

Dhruv

Rabbits

Aila

Year Two

Penguins

Parker

Seals

Isaiah

Year Three

Crocodiles

Logan

Turtles

Adaline

Year Four

Bears

Scarlett

Eagles

Emily & Evie

Year Five

Pandas

Stan

Tigers

Adas

Year Six

Sloths

Wilf

Toucans

Amelia

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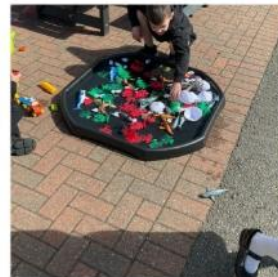
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What an amazing first week of Opal! This week, each class visited Opal in their classes to explore what Opal has to offer, before we officially launched on Wednesday. Our new mud kitchens arrived this week, which have been incredibly popular, with children commenting that they have met new people and made new friends there. It has been wonderful to see children playing so joyfully with and

alongside children of different ages. The feedback from the children this week has been truly heartwarming, and we are so excited to continue this journey!



PIC·COLLAGE

*Magic
Moments*

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Friends of Rugby Free Primary School (PTA) Registered Charity Number- 1219612

We are really excited to share with you that we are now a registered Charity which we hope moving forwards will help us further enrich our children's learning experience during their time at RFPS.

Macmillan Coffee Morning - 25th September 9-10am. Please enter via the hall entrance.

We invite you along with friends, family and neighbours to join us for hot drinks and cakes while we support a worthy cause. All donations will go towards Macmillan. Donations of cakes would be greatly appreciated, if these could be shop bought and contain no nuts please and brought into the school by pick up on Thursday 24th September. We will also have decaf, free from options and toys for younger children to enjoy too. Thank you. If you would like to donate and can not make the coffee morning please follow this link to our donation page. [Our Coffee Morning Donation Page](#)

Family Beetle Drive - 2nd October - DETAILS COMING NEXT WEEK!!!

KS2 Spooky Disco - 21st October 2026 - 5:45-7pm. Enter via the main playground to be signed in.

We invite years 3,4,5 & 6 for a spooky disco. (Reception, years 1&2 will have a disco in the new year.) Fancy dress is optional. Please bring up to £3.00 in cash to use on tattoos or at the tuck shop. Tattoos will only be placed on arms or hands (DUE TO SCHOOL PHOTOS THE NEXT DAY). Tickets will be £3.00 until the ticket deadline after this time the ticket site will be closed and tickets will be available for an increased price of £5.00 from the school office until 3:30pm on the day of the event. If you purchase a late ticket you will be given a numbered ticket to bring to the disco. Please keep your eyes peeled for invitations and ticket purchase details coming soon.

Date for your diaries - Christmas Fayre, games/grotto/shopping/food - Saturday 28th November 11-2pm. (more details to follow).

Follow us on Facebook or Instagram [friendsrfps](#) to keep up to date with our upcoming events.

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

21st Sept – 25th Sept – Y6 Residential
22nd Sept – Friends of RFPS Meeting – Brownsover Hall - 7.30pm (see below)
25th Sept – Macmillan Coffee morning in the school hall hosted by Friends of RFPS – 9am – 10am
29th Sept – Rec Early Reading and Phonics meeting for parents – 5pm
2nd Oct – Family Beetle Drive
7th Oct – Parent talk: Raising Kids in the Smartphone Era – 5pm
12th & 13th Oct - Parents evenings (more information to follow)
16th Oct – Flu Vaccinations (information will be sent out at a later date)
19th Oct – Y1 St Johns Museum trip
20th Oct – Y2 Twycross Zoo trip
21st Oct – Y4 Coombe Abbey trip
21st Oct – Year 2 production to parents – 9.15am
21st Oct – KS2 Spooky Disco 5.45 to 7pm
22nd Oct – Individual and Sibling School photos
23rd Oct - Inset Day

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.



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26th – 30th Oct – Half Term

19th Nov – Y5 London trip

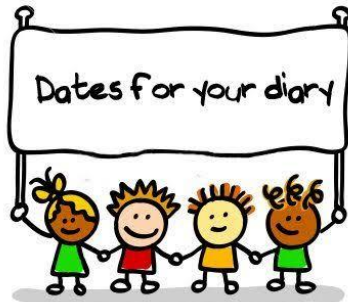
28th Nov – Christmas Fayre

20th Nov – Inset Day

21st Dec – 1st Jan – Christmas Holiday

4th Jan – Inset day

6th Jan – Young Voices



shout
85258

NHS
Coventry and
Warwickshire Partnership
NHS Trust



Text 'CWHOPE' to 85258

Free, confidential, 24/7 text support
provided by Shout



Friends of RFPS invite you to their

Macmillan Coffee morning

Friday 25th September 2026
9-10am

Please enter via the
hall entrance

Bring family, friends
and neighbours

All donations for
drinks/cakes will go to this
amazing charity.



Free from, decaf and toys
for young children will be
available.

KS2 SPOOKY DISCO
21ST OCTOBER 2026
5:45-7PM

TUCK SHOP
SWEETS
CRISPS
FRIENDSHIP BRACELETS
GLOW STICKS
TATTOOS
unlimited free squash & water

TICKETS £3.00*
*£5.00 after the deadline

DRESSING UP IS
OPTIONAL. CASH ONLY.
THERE WILL BE A QUIET
ROOM SHOULD CHILDREN
WISH TO BE AWAY
FROM THE LOUD MUSIC

ENTER VIA THE MAIN
PLAYGROUND TO BE
SIGNED IN AND OUT AS
PER THE SCHOOL DAY
TICKET REGISTER

Deadline for tickets from the ticket site is
18th October. After this tickets will only be
available from the school office until 3:30
on the day of the disco at an increased
charge - cash only. You will be given a
printed ticket

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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

Gratitude

Gratitude is the act of looking for things that make us feel happy and being thankful for them. For example, saying "thank you" to someone who did an act of kindness such as holding a door open for you, or telling your friend that you're happy they make you laugh and tell you funny jokes.

We can also be thankful to ourselves. We all have different skills and talents which bring us joy. What is yours? It might be skateboarding, cooking, sport or dancing. Whatever your skill or talent is, be thankful for it!

"Joy is the simplest form of gratitude." – Karl Barth

Notice the good in your life - practise gratitude

Look around, can you see something that makes you feel happy? For example, your best friend's smiling face. **Listen**, can you hear something that makes you feel happy? For example, music that makes you want to dance.

Being thankful for the good things in your life can improve your wellbeing and reduce feelings of frustration. It gives you the chance to reflect on the good things you have accomplished and have a more positive mindset.

Each day this week, try and notice three people/places/things that you are thankful for. Write these down on your phone or a notepad to be able to look back on and appreciate the positive aspects of your week.

Express gratitude

Show your appreciation to someone who did something nice. Say: "It was really kind of you to...", "It really helped me out when you..."

Tell the people in your life how you feel and what they mean to you. This can be as simple as "Mum, good dinner. Thanks!"

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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