



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 5

**Friday 2nd Oct
2026**

OPAL

This week in Opal, the children have shown fantastic creativity and teamwork. They enjoyed creating with chalk, building and problem-solving with K'NEX, and collaborating on imaginative sand constructions. The mud kitchen inspired lots of imaginative play, while role-play, small world activities and dressing-up encouraged storytelling, communication and cooperation. It has been wonderful to see the children working together, sharing ideas and developing their confidence through play.

Please see below a snapshot of another wonderful week of Opal! New resources are arriving regularly, and the children are thoroughly enjoying the ever-growing range of play opportunities.

During our recent pupil voice discussions, many children shared that they would love to have more Barbies and accessories available for imaginative play. If you're having a clear-out at home, we would be very grateful for any donations.



Our puppet collection is also proving incredibly popular, inspiring lots of creativity, storytelling, and role-play. If you have any unwanted puppets, we would be delighted to give them a new home at school!

Thank you for your continued support in helping us enrich the children's play experiences.

Reading Buddies in Reception and Year 6

This week, Reception and Year 6 came together to launch our fantastic Reading Buddies programme! Our Year 6 pupils spent time getting to know the Reception children and will now be meeting with them each week to share stories, develop a love of reading and build new friendships! The initiative not only supports younger children with their reading journey but also gives them a familiar, friendly face to spot around school. The Reception children were thrilled to welcome their new buddies! A huge thank you to Year 6 for making such a wonderful start and we can't wait to see these special friendships grow throughout the year!



Stars of the Week

Reception

Zebbras

Jona & Joy

Giraffes

Jordan & Jayana

Year One

Hedgehogs

Maeve

Rabbits

Emaan

Year Two

Penguins

Louis

Seals

Frank

Year Three

Crocodiles

Ambrose

Turtles

Edith & Sylvie-Bo

Year Four

Bears

Julie

Eagles

Polly

Year Five

Pandas

Aaron

Tigers

Jackson

Year Six

Sloths

Arianna

Toucans

Cassius

Head Teacher Awards

Emmie (Y4)

Sneha (Y5)

Jaiden (Y6)

For all showing
our school values
every day

Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 5

Friday 2nd Oct
2026

Y6 Residential at Willesley Castle

Year 6 had a truly fantastic week away at Willersley Castle in the Peak District. Fifty-eight children and eight members of staff enjoyed an unforgettable residential, packed with adventure, fun and new experiences. Throughout the week, there were many opportunities to demonstrate our school values of **resilience, collaboration and endeavour**. Whether tackling challenges, supporting one another or stepping outside comfort zones, the children showed incredible determination and teamwork. They learned so much about themselves and, of course, discovered just how challenging a week with very little sleep can be! We were exceptionally well looked after by the staff and instructors at the castle, who provided engaging activities, encouragement and delicious food throughout our stay. A huge well done goes to all the children for embracing every opportunity with courage and enthusiasm, to the parents for preparing the children so well and coping with a week apart, and to the staff who gave up their time to make the trip such a success and cared for the children so brilliantly. **Here are some activities from our wonderful week:**



Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 5

Friday 2nd Oct
2026

Parents' Evening

Our Parents' Evening will take place on Monday 12th October and Tuesday 13th October. Appointments can now be booked via MCAS. Simply navigate to the Parents' Evening section, select your preferred date, and choose from the available time slots. We are also pleased to welcome our Book Fair during both evenings, giving families the opportunity to browse and purchase a range of fantastic children's books.

In addition, on Monday 12th October 3.30 to 5.30pm our catering provider, ABM, will be offering samples in the school hall of some of the dishes served to our pupils, giving parents the chance to try the delicious food available at school.



Safe and Active Schools Programme 2026-2027



This week, children will be coming home with an application for pupil leadership. As part of our Safe and Active program, we are offering our pupils (Y2-Y6) the opportunity to apply for the role of Junior Road Safety Officer please see the flyer at the end of the newsletter. Please apply by 19th October 2026.

SBOOKtacular!

Dear children,
You are invited to enjoy a day of **spooky-story fun!**

SPOOKTACULAR

On Monday 2nd November we will be celebrating 'sBOOKtacular' in school. Each year group will focus on a different story and will complete some exciting learning linked to this.

You are invited to come to school in your favourite, **spooky fancy dress costume** — you might even want to come dressed as a character from your favourite scary story! If you do not have a costume, non-uniform is fine. There will be no charge for this.

We can't WAIT for the fun to begin!

BOO

Parent talk: Raising Kids in the Smartphone Era

SMARTPHONE FREE CHILDHOOD
Rugby, Warwickshire

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



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 5

Friday 2nd Oct
2026



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

Christmas Card Designs - Your child's artwork order form was sent out this week, if you haven't seen it please check your child's bag. Please order before the **7th October for free delivery** to school, all orders after this will be subject to a delivery charge to your home. All orders placed help raise funds for our wonderful school. Take a look at the options available that you can order with your child's design on. If your child's artwork has been misplaced please contact us via e-mail frrfps@gmail.com and we will be able to resend information to you.

KS2 Spooky Disco - 21st October 2026 - 5:45-7pm. TICKETS NOW LIVE! 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. Invitations have now been sent home. Follow this link or see your MCAS message to book your ticket/s.

[Spooky Disco Tickets](#)

Dates for your diaries -

Rainbow Donation - Colour Non-Uniform Day - 13th November

Wreath Making - 24th November 7pm. Limited numbers - Adult only event.

Christmas Fayre- Saturday 28th November 11-2pm, games/grotto/shopping/food

Follow us on Facebook or Instagram [friendsrfps](#) to keep up to date with our upcoming events. If you would like to find out more of what we do, or want to volunteer please get in touch at frrfps@gmail.com and we will be happy to provide details.





Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 5

Friday 2nd Oct
2026

Game On Holiday Camp

Game On is operating a Holiday Camp over October half term.



The booking form was sent out on MCAS on Wednesday 16th September and was also attached with Newsletter 3.

To book your dates, please liaise with Mr Sheehan directly brandon@gameoncoaching.co.uk

The dates are: **Monday 26th October to Friday 30th October 2026.**

Allsorts Magazine

Here is the latest digital edition of Allsorts magazine:

https://bit.ly/ALLSORTS-MAG_SEPTNOV

Packed with local family days out, activities, clubs & classes and useful services. You can also tap straight through to advertisers' websites from the magazine.



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

7th Oct – Parent talk: Raising Kids in the Smartphone Era – 5pm

12th & 13th Oct – Parents evenings (booking open via MCAS)

16th Oct – Flu Vaccinations (consent information will be sent out from NHS Immunisation team)

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 - 7pm

22nd Oct – Individual and Sibling School photos

23rd Oct – **Staff training day (school closed to pupils)**

26th – 30th Oct – **Half Term**

2nd Nov – SBOOKtacular (see above)

13th Nov – Rainbow donation day (more details to follow)

19th Nov – Y5 London trip

20th Nov – **Staff training day (school closed to pupils)**

24th Nov – Wreath making 7pm adults only (more details to follow)

28th Nov – Christmas Fayre

21st Dec – 1st Jan – **Christmas Holiday**

4th Jan – **Staff training day (school closed to pupils)**

6th Jan – Young Voices

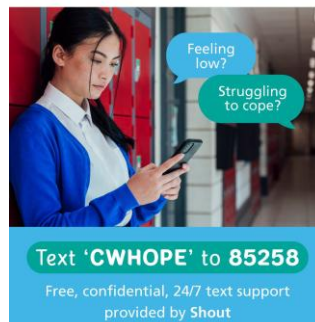
Safeguarding

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**.

shout
85258

NHS
Coventry and
Warwickshire Partnership
NHS Trust





WE NEED JUNIOR ROAD SAFETY OFFICERS

TO REPRESENT OUR SCHOOL!

MAKE A DIFFERENCE ON OUR ROADS!

SAFER GREENER HEALTHIER BRIGHTER TOGETHER!

HELP US CREATE A SAFER, HEALTHIER AND GREENER SCHOOL COMMUNITY

ARE YOU SOMEONE WHO...

-  Has a keen interest in improving road safety awareness for pupils, parents and carers?
-  Is interested in promoting active travel (walking, cycling, scooting, public transport)?
-  Is interested in using active travel to promote sustainability and help our environment?
-  Is keen to articulate and gather opinions from other pupils, parents and carers?
-  Would like to create and promote competitions to raise awareness of safe travel?

IF THIS SOUNDS LIKE YOU...

WE WANT TO HEAR FROM YOU!

SAFER ROADS
ACTIVE TRAVEL
CLEANER AIR
BRIGHTER FUTURES

BE SAFE
BE ACTIVE
BE SUSTAINABLE
BE THE CHANGE

Small steps. Big changes.



Rugby Free

Primary School

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

Newsletter 5

Friday 2nd Oct
2026



Mental Health Support Team in
Schools

Tips For Wellness Change



Dimensions tool



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

Changes are a normal part of our lives and they affect us all in different ways. Some changes may feel small to you, but big to another person, and the opposite for a different change. For example, moving to a new class or school, moving homes, or starting a new club. They can feel exciting, but they can also feel overwhelming and stressful, especially when they are unexpected. Below are some tips to help you cope with changes that may feel hard for you.

Our tips for coping with change:

1 – Keep doing things you enjoy!

When we feel stressed or worried, it can be easy for us to focus on the worries all the time and forget to do the things that make us happy. Make sure to plan in time at the weekends and evenings to do things you enjoy to help you relax and boost your mood!

2 – Think about what you can control

When a change is unexpected or overwhelming, we can feel a bit like we have no control over the situation or how it is making us feel. It can be helpful to think about what you do have control over in this situation. For example, we can't control how the change makes us feel but we can control how we react to the situation and what we do following the change. Such as, staying connected with our friends and family, keeping to our daily routines, and planning ahead where we can.

3 – Look for the positives

While change can feel hard, there's often something good that comes from it, even if it is not immediately obvious. Such as, new opportunities, new people or learning experiences. You might even surprise yourself and enjoy the change!

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.

Resilience Collaboration Curiosity Respect Kindness Endeavour



Rugby Free

Primary School

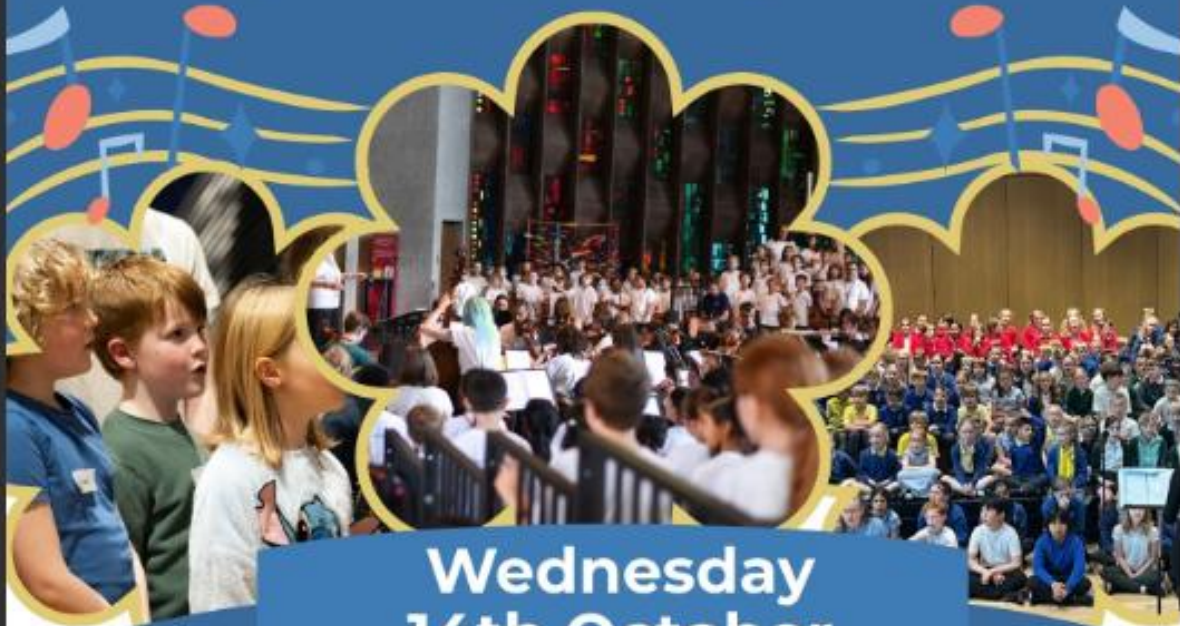
★ Together we learn, together we shine! ★

Newsletter 5

Friday 2nd Oct
2026

FREE SINGING WORKSHOP For Children aged 5-18

6pm to 7pm for ages 5-9
7pm to 8.30pm for ages 10-18



Wednesday
14th October

St John the Baptist Church
Tachbrook Street, Leamington Spa CV31 3BN



www.warwickshireyouthchoirs.org

Registered Charity Number 1211368

Resilience Collaboration Curiosity Respect Kindness Endeavour