



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 6

**Friday 9th Oct
2026**

OPAL

This has been another fantastic week in Opal. The children have shown incredible teamwork and creativity, working together to create amazing sand constructions, impressive K'NEX structures, and imaginative homes using our wooden blocks. They have also enjoyed a wide variety of games and activities, including parachute games, dressing up and performing, and using role-play resources to bring their ideas to life. We are now making full use of our wonderful OPAL resources during break times too, giving children even more opportunities



to play, collaborate, and explore. It has been wonderful to see so much laughter, imagination, and engagement each day as the children make the most of their outdoor play experiences.



Stars of the Week

Reception

Zebbras

Raya & Henry

Giraffes

Aeva & Jhosh

Year One

Hedgehogs

Roseabella

Rabbits

Dakshith

Year Two

Penguins

Lillie-Dawn & Hudson

Seals

Yasmin

Year Three

Crocodiles

Dasie

Turtles

Dominic & Enzi

Year Four

Bears

Nimrit

Eagles

Nova

Year Five

Pandas

Florence

Tigers

Kian

Year Six

Sloths

Leah

Toucans

Jack

Head Teacher

Awards

Roop (Y6) -

Endeavour

Oscar (Y6) -

Kindness

Wilf (Y6) - Resilience

Stanley (Y6) -

Resilience

Arthur (Y6) -

Resilience

Reception Children Learn Vital Road Safety Skills

On Thursday the children in Reception enjoyed a very special visit from Warwick Bear and the Road Safety Team, who helped them learn how to stay safe when travelling near roads. Through games, songs and stories, the children were introduced to the six key steps for crossing roads safely.

They learned the importance of thinking about where to cross safely and choosing a suitable place away from dangers. They were reminded that they should always walk on the pavement and stay alert to their surroundings. Warwick Bear also taught the children to stop before crossing, giving themselves time to check that it is safe. The children practised looking carefully for

cars in both directions and learned that it is important to listen for traffic as well as looking. Finally, they discussed why young children should always hold hands with a trusted grown-up when crossing roads.

The children were very enthusiastic and impressed the Road Safety Team with their listening skills and sensible answers. Visits such as these help to build the children's understanding of how to keep themselves safe in everyday situations, especially when walking to and from school.



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Black History Month in Year 6

As part of Black History Month, Year 6 have been exploring the legacies of five inspirational people. The children have considered the challenges these individuals have faced in their own lives, as well as the challenges they have recognised within their communities. They have then explored the positive actions each person has taken to create change, challenge injustice and make a difference. This has encouraged some thoughtful discussions about resilience, equality and the impact individuals can have on the world around them.



🏆 Times Tables Rock Stars Weekly Tournament! 🏆

We are excited to launch this year's Times Tables Rock Stars (TTRS) Weekly Tournament for all children in Years 2-6!

Each week, children will compete against other classes by answering as many multiplication and division questions as they can on TTRS (maximum of 60 minutes per day). The tournament is a fun way to build confidence, speed and accuracy with times table facts.

☀️ Weekly Awards

- The highest scoring class will be announced during our Star of the Week Assembly.
- The winning class will receive the prestigious TTRS Trophy to display proudly in their classroom for the week.
- They will also be awarded a class Certificate of Achievement.

🎸 Play at Home Every child has their own personal TTRS login, allowing them to practise both at school and at home. Just a few minutes of regular practice each day can make a huge difference to their recall of times table facts and support their learning across mathematics.

- Log in regularly
- Challenge yourself to improve your score
- Help your class climb the leaderboard
- Become a Times Tables Rock Star



We encourage all children to take part and look forward to celebrating our weekly champions throughout the year. Who will be our first TTRS Trophy winners? Let the battle begin! 🎉🎸

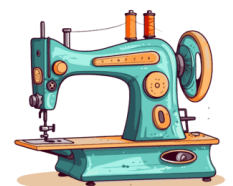
Can you sew??

We are looking for a group of parent/carer volunteers who are able to sew and have access to a sewing machine to help us make blinds for some of the windows around the school.

We already have the materials and equipment needed, but we would greatly appreciate some extra pairs of hands to help complete the project. Depending on availability, we may arrange a Saturday morning session or an after-school evening sewing group.

If you think you could help, please let Miss Nelson know by emailing the school office before the 23rd October.

Thank you in advance for any support you can offer.



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SBOOKtacular!



Pupil Leadership and Safe and Active Schools Programme 2026-2027

This week, children will be coming home with an application form for pupil leadership teams e.g. Pupil parliament, Book Leaders, Eco team etc. 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 using the pupil leadership form.



Attendance & Illness

Children who come to school every day stand the best possible chance of achieving well at school.

Lessons are like building blocks. Every block that a child misses will affect their knowledge and understanding and it is not easy to make up for this lost time. One of the best ways you can help your child achieve well is sending them to school every day.

For this reason, we ask you to support us in providing your child with a high quality education by ensuring they are in school and on time every single day, unless there are exceptional circumstances.

If your child is ill, please contact the school office by 8.35am on each day they will be absent. If your child is ill with vomiting and/or diarrhoea, the school's policy asks that your child does not return to school until 48 hours has passed since they last exhibited symptoms.

Please book routine appointments such as dental check-ups outside school time.

Attendance should be 95% or above.

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

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. If your child attends care club, please note you will need to collect them and bring them to the Disco drop off for registration. Follow the following link or see last week's MCAS message for ticket purchases. If you have any questions please email us at frrfps@gmail.com **Spooky Disco Tickets**

Rainbow Donation Non Uniform Day - 13th November. (more information to follow soon)

Each year group will be given a choice of colours to choose from and we ask that they wear an item of that colour and bring an item to donate matching that colour too. EG- green, mint shower gel, Red, Ready Salted pringles.

GROTTO TICKETS coming soon - Come and visit Santa and his elves at our Christmas Fayre 28th November.

Date for your diaries -

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.



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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!)

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 Non-uniform donation day for FoRFPs (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)

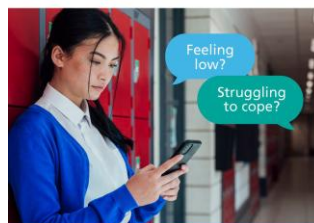
6th Jan - Young Voices

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

shout
85258

NHS
Coventry and
Warwickshire Partnership
NHS Trust



Text 'CWHOPE' to 85258

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

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.

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**.

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Christmas card competition

Open to all primary school children in Rugby, Bulkington and the Villages

Send your colour scanned entries to:
john.slinger.mp@parliament.uk
or contact the office to arrange collection

Winner of 2025, Belle, Henry Hinde Junior School



Deadline:
6th November



JOHN SLINGER MP
FOR RUGBY, Bulkington and the Villages

THE RUGBY LIONS

MINIS AND JUNIORS

Fun, all-inclusive rugby for boys & girls



CUBS

2 - 4 Year Olds
Parent & Child Sessions

MINIS

Reception - Year 6
Mixed Boys & Girls
Age Groups

JUNIOR GIRLS

School Years 7 - 13
Contact Rugby
For Girls

JUNIOR BOYS

School Year 7
Contact Rugby
For Boys



TEAMWORK



RESPECT



ENJOYMENT



DISCIPLINE



SPORTSMANSHIP

JOIN RUGBY'S FASTEST GROWING CHILDREN'S RUGBY SECTION!

Warwickshire Family & Relationship Support Team

Understanding children's behaviour "why did you do that?!"



A practical and supportive 90 minutes workshop for parents and carers in Warwickshire.
This workshop is suitable for parents of children aged from 2 - 12 years

WHAT WE'LL EXPLORE

- How children's brains develop and why this matters for behaviour
- The fight, flight, freeze response and how stress impacts children
- Behaviour as a form of communication
- Why connection supports positive behaviour
- Dr Bruce Perry's 'Regulate, Relate, Reason' approach to behaviour
- Practical ways to encourage emotional regulation

YOU'LL TAKE AWAY

- A deeper understanding of your child's behaviour
- Increased confidence in responding to challenging situations
- Practical tools you can use immediately at home
- Strategies you can use to strengthen your relationship with your child
- An understanding of how you can support your child's emotional wellbeing.



book your
free place
here

Monday 12th October 2026
9:30-11 am

Overslade Community Centre
Buchanan Road
Rugby
CV22 6AZ

Warwickshire Family & Relationship Support Team

Is bedtime a nightly struggle in your home?

Sleep workshop

A practical and supportive 90 minute workshop for parents and carers in Warwickshire
Join us to gain tools and confidence to help your child sleep

WHAT WE'LL EXPLORE

- The essential building blocks for sleep
- Why sleep is crucial for your child's growth
- Common sleep challenges
- How sleep cycles work
- The role of sleepy hormones
- Creating calm sleep routines
- How to help your child self-settle

YOU'LL TAKE AWAY

- An understanding of what's really causing your child's sleep difficulties
- Practical strategies to improve bedtimes
- Practical strategies you can start using straight away
- How to pinpoint the exact sleep challenge your child is facing before choosing a solution
- How to help the whole family get more restful sleep

Monday 19th
October 2026

9:30-11am

Overslade Community Centre
Buchanan Road
Rugby
CV22 6AZ

book your
free place
here



Please note we are unable to accommodate children during these sessions



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Mental Health Support Team
in Schools

Tips For Wellness Appreciation



Dimensions tool



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

Appreciation is a feeling of **thankfulness** or an act of recognising something that is important or meaningful to you.

We can appreciate or recognise another person through complementing them and sharing what you like about them. We can say 'thank you' to others when someone is helpful or supportive. This has benefits for both our mental health and for the people around us. We can also appreciate ourselves – you are important and unique! Remember to celebrate when you achieve big and small things and stop to appreciate what you have done.

Learning to appreciate others and ourselves can improve our self-esteem, improve our mood and improve our relationships with others.

Our tips for appreciation:

1. Create a **"be proud"** board at home or at school where you post your drawings or good deeds.
2. Start a **gratitude journal** – write or draw things that make you feel proud or happy every day.
3. **Give a compliment** - think about a person who is important to you and tell them 3 things that you like about them. You could write a letter or a small note to let them know how much you appreciate them. Use these sentence starters to help you:
 - I like how you...
 - You are...
 - Thank you for...
 - You make me happy when you...
4. **Say 'thank you'** – remember to thank other people throughout the day, to show them you appreciate what they do for you. If you have a friend who speaks another language, you could learn to say 'thank you' in the language that they speak. You could also learn to say 'thank you' in Makaton (sign language) tool. Have a look at the video above to help you!
5. **Self-appreciation** - think of something small that you have achieved this week. Pause and take a minute to appreciate what you have done. Which of your positive qualities did you use? Kindness, thoughtfulness, curiosity, creativity?



Makaton
video

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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HARRIS C of E ACADEMY SSP Presents:

Bikeability – October 2026 Half Term Course

LEVEL 1 TRAINING FOR PUPILS IN SCHOOL YEARS 3, 4, 5 & 6:

This training teaches basic cycle control skills in a safe environment away from traffic and will be run at Harris C of E Academy's Sport Centre in Rugby.

Children must be able to cycle independently (no stabilisers) before coming on the course.

Training takes place outside and children should be dressed appropriately in weather proof clothing with gloves recommended if it is cold, and sun protection as appropriate.

Children need to bring a non-fizzy drink.

Due to known allergies, we ask that no nut products are brought onto school site please.

Course: Monday 26th October 2026 from 09:30am to 11:30am

Cost: £14 per person payable in advance with a booking form.

Please note that payment is accepted by card only.

Early booking is essential as places are strictly limited and will be filled on a first come first served basis.

**** Closing deadline for bookings is Monday 12th October 2026. None will be accepted after this date. ****

Courses will only run if minimum numbers are reached. Children will need to have their own bicycle and helmet.

Please note that refunds are not available unless the course is cancelled by Harris Sports Centre.

To book a place, please email Debbie: ssp@harris.covmat.org



HARRIS C of E ACADEMY SSP Presents:

Bikeability – October 2026 Half Term Course

LEVEL 2 TRAINING FOR PUPILS IN SCHOOL YEARS 5, 6 & 7:

This training prepares students for cycling on the public highway for short journeys such as home to school and will be run from Harris C of E Academy's Sport Centre in Rugby. It is strongly recommended that children complete the Level 1 course before attempting Level 2. Children must be able to cycle independently (no stabilisers) before coming on the course. Training takes place outside and children should be dressed appropriately in weather proof clothing with gloves recommended if it is cold, and sun protection as appropriate. Children need to bring a snack and non-fizzy drink. Due to known allergies, we ask that no nut products are brought onto school site please.

Course: Tuesday 27th Oct & Wed 28th October 2026 from 09:15am to 12:30pm (both days)

Cost: £35 per person payable in advance with a booking form.

Please note that payment is accepted by card only.

Early booking is essential as places are strictly limited and will be filled on a first come first served basis.

**** Closing deadline for bookings is Monday 12th October 2026. None will be accepted after this date. ****

Courses will only run if minimum numbers are reached. Children will need to have their own bicycle and helmet.

Please note that refunds are not available unless the course is cancelled by Harris Sports Centre.

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