



Rugby Free

Primary School



Together we learn, together we shine!



Newsletter 7

Friday 16th Oct
2026

Year 3 & Year 6 Tag Rugby

Last Friday, Year 3 and Year 6 attended the Tag Rugby Festival at St Andrews, organised by Harris Sports Partnership. This event involved games and matches being played against other schools in Rugby. Our children developed their Rugby skills displayed great sportsmanship and had a whole lot of fun! We were so impressed by the respect and collaboration they showed, along with their resilience (especially Year 6 with the weather in the afternoon!)



Stars of the Week

Reception

Zebras

Hadley & Sofia

Giraffes

Millie & Akira C

Year One

Hedgehogs

Theo

Rabbits

Joshua

Year Two

Penguins

Dhruvan

Seals

Logan

Year Three

All of year 3

For their super participation during the tag rugby festival last Friday

Year Four

Bears

Archie

Eagles

Olina

Year Five

Pandas

Anay

Tigers

Dhyana

Year Six

Sloths

Max

Toucans

Hollie

Year 3 Digital Road Safety

This week, Year 3 have used a digital road safety resource. Year 3 were invited to learn how to use their road safety superpowers to complete a journey safely. As Road Safety Superheroes, the children saw two of our Road Safety Officers on a tricky journey to help them learn and remember how to stay safe with their adults. The children were introduced to key vocabulary, the Road Safety Code, and learned how to cross between parked cars and at a junction safely.



★ Five-Star Food Hygiene Rating ★

We are delighted to share that our school kitchen has once again achieved a 5 Food Hygiene Rating, the highest rating that can be awarded!

We hope those of you who joined us for the food tasting during Monday's Parents' Evening enjoyed the opportunity to sample some of the delicious food served to our children.

A huge thank you to our fantastic catering team and school staff for their continued hard work in ensuring the highest possible standards of food hygiene are maintained. Well done everyone! 🙌



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🏆 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/carers 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.



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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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!

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.

WE NEED JUNIOR ROAD SAFETY OFFICERS
TO REPRESENT OUR SCHOOL!

MAKE A DIFFERENCE ON OUR ROADS!
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

Small steps. Big changes.

**BE SAFE
BE ACTIVE
BE SUSTAINABLE
BE THE CHANGE**



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

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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FRIENDS OF RUGBY FREE PRIMARY SCHOOL (PTA)

KS2 Spooky Disco - 21st October 2026 - 5:45-7pm. THE TICKET SITE CLOSING THIS SUNDAY!!!!

Enter via the main playground to be signed in. We invite years 3,4,5 & 6 for a spooky disco. Tickets are £3.00 until the ticket deadline on Sunday **after this time the ticket site will be closed** and tickets will be ONLY be available for an increased price of £5.00 from the school office until 3:30pm on the day of the event. Exact money will be needed in a named envelope with your child's year please, no change will be available. 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. **GET YOUR TICKETS HERE - [Spooky Disco Tickets](#)**

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

Friends of Rugby Free Primary School invite you to their
CHRISTMAS FAYRE
28TH NOVEMBER 2026
11AM-2PM
ENTER VIA THE HALL ENTRANCE

Rainbow Tombola
DGM Slush & Oink Haus
Candy Cane Lane
Rainbow Raffle
Find a Friend
Lafferty's Pizza

Adventure & Beyond
Tropic Skincare
Early Bakes
Knotted by nature
Gift ideas, makes & more

Games Shopping
Food Grotto

November 7pm. Limited numbers - ADULT ONLY event.

Always a fun and popular event, join us for an evening of festive fun where Jane from Perransfield Farm

Join us for an evening
Wreath Making

With Jane from Perransfield Farm
24th November 2026 - 7pm

Arrive 6:45 for 7pm start
£30.00 - Drinks and nibbles included
Limited Spaces - Adults only
Bring gloves if you wish. All other items provided
Enter via the Hall entrance
See your newsletters or MCAS message for booking details

To take part please wear clothes in your year group colours and bring a gift for a hamper/prize in your year colours!

GROTTO TICKETS - Come and visit Santa and his elves at our Christmas Fayre 28th November. Santa and his elves will love to see you. There are limited tickets so please ensure you book your space. Ticket are £5 per child, while seeing Santa you will be checked in by his elves, be able to chat with Santa take your own photo and then collect your wrapped gift. Follow this link to see Santa - [TicketsforSantasgrotto](#)

WREATH MAKING - 24th

November 7pm. Limited numbers - ADULT ONLY event. Always a fun and popular event, join us for an evening of festive fun where Jane from Perransfield Farm will be joining us to lead our wreath making workshop. All items will be provided to make your wreath, you are welcome to bring lights/extra baubles should you wish and gloves if you feel you might react to the foliage. Tickets are limited for this event at £30 per person. Nibbles and hot drinks will be provided, you are welcome to bring your own alcohol, though please be mindful that items for making your wreath are very sharp. Buy your ticket here - [Wreathmakingtickets](#)

Date for your diaries -

Christmas Fayre- Saturday 28th November 11-2pm, bring family, friends, neighbours for festive fun - 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.

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

TICK SHOP
SWEETS
CRISPS
FRIENDSHIP BRACELETS
GLOW STICKS
TATTOOS

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

TICKETS £3.00*
*£5.00 after the deadline

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.

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

COME AND VISIT
Santa's Grotto
AT OUR CHRISTMAS FAYRE
28th November

£5.00
LIMITED SPACES
TICKETS COMING SOON
VISIT AS YOUR FAMILY GROUP
ALL CHILDREN GET A GIFT AND
YOU CAN TAKE YOUR OWN PHOTO



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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!)

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)**

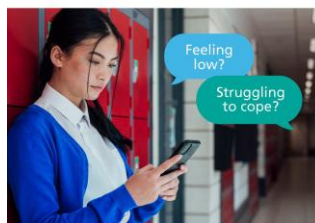
6th Jan – Young Voices

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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Mental Health Support Team
in Schools

Tips For Wellness Being Brave

We can show bravery in lots of different ways, such as recognising that we feel a certain way (e.g., sad, anxious), asking someone for help when we need it and trying new things, even if we feel scared!

Feeling scared is often a sign that we are doing something challenging and it is completely normal to feel this way. Even though it can feel uncomfortable, being brave and facing these difficulties can also help us to learn and grow (both physically and emotionally). This can mean we need to step outside our comfort zone at times to be able to overcome challenges, but it is important to remember that being brave does not mean we have to cope alone.

Our Tips for Being Brave:

1. **Set yourself a goal to try something new.** Create a plan to break your goal down into smaller, more achievable steps! This can help your goal to feel less overwhelming.
2. **Take chances and make mistakes!** Sometimes it is helpful to fail, so you can practise being brave. Try something you have been wanting to try and take that chance to move out of your comfort zone. You might even find that it wasn't as bad as you thought it would be.
3. Practise **positive self-talk** to help develop your bravery. Repeat these sentences to yourself or out loud - 'I can do hard things'; 'I try my best'; 'I can enjoy challenge'. You might want to write positive statements on post-it notes and stick them around your mirror so you can remind yourself of them every day!
4. **Ask for help** when you need it from someone you trust. Taking the step to talk to someone is one of the bravest things you can do!
5. **Strike a power pose!** Standing up tall with your feet apart, your head held high and with your hands on your hips can help make you feel more confident and ready to take on a challenge. What pose makes you feel more confident?



Follow the QR code for activities to support the theme 'being brave'!

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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