Rugby Free Primary School

Together we learn, together we shine!

Newsletter 10

Friday 13th Nov 2026

Remembrance Day

At 11am on Wednesday 11th November our school community gathered on the playground to observe a minute silence. We remembered the brave individuals who served and sacrificed for our freedom. We also talked about those who live in war torn countries and how this must be for them. Lest we forget.



Unsafe drop offs



We have observed that an increased number of pupils are being dropped off by parents/carers on the corner of Bailey Road and Central Park Drive and then the children are bringing themselves down the road into school, often not crossing the road safely. This is a safeguarding concern.



Road safety is vital and we do expect ALL children, up to Year 5 to be walked into the playground by parents/carers. Please ensure that you are using the zebra crossing in order to ensure the safety of your child.

Wear Odd Socks!

On **Monday 16th November**, children are invited to wear odd socks to mark Anti-Bullying Week. **No donation is needed**, just pop on two different socks and help us celebrate our differences, that none of us are the same and this is brilliant!





Keep Your Details Up to Date on MCAS

To help us communicate with families effectively and ensure we can contact you in an emergency, please take a moment to check that your and your child's contact details and address information are up to date on MCAS.

Please note that, due to GDPR requirements, each parent/carer must log in to their own MCAS account and update their personal details separately. Changes made by one parent/carer will not automatically update the other parent's information.

Thank you for helping us keep our records accurate and up to date.

MCAS
My Child At School

Stars of the Week

Reception
Zebras
Reuben & Ishanvi
Giraffes
Mila & Etty-Li

Year One
Hedgehogs
Za'niyah
Rabbits
Jessica K

Year Two
Penguins
Sapphire
Seals
Uddhav

Year Three
Crocodiles
All Crocodiles!
Turtles
Dhaena & Milo

Year Four
Bears
Harry
Eagles
Julia

Year Five
Pandas
Chinmayi
Tigers
Annabelle

Year Six
Sloths
Billy
Toucans
Lucas

Head Teachers Awards

Caelan (Y6)
Resilience & Curiosity
Aaron (Y5)
Kindness & Respect
Ella A (Y2)
Endeavour & Resilience
Ayva (Y2)
Respect & Endeavour

Resilience Collaboration Curiosity Respect Kindness Endeavour

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Celebrating Diwali in Giraffe and Zebra Classes





Last Friday afternoon, the children in Giraffe and Zebra classes enjoyed a very special visit from Mrs Mistry, who came in to teach us all about the wonderful Hindu festival of Diwali.

Mrs Mistry shared the traditional story of Rama and Sita, helping the children understand the meaning behind the Festival of Lights. She also talked about the different ways Diwali is celebrated, including the delicious foods enjoyed by families and the beautiful decorations used to brighten homes and welcome good fortune.



One of the highlights of the afternoon was learning about rangoli, the colourful patterns traditionally created to decorate entrances and floors during Diwali. Mrs Mistry demonstrated how to make a variety of different designs, inspiring the children to have a go themselves. The children then had the opportunity to create their own rangoli patterns using the authentic decorations and materials that Mrs Mistry had kindly brought in.

It was a wonderful, hands-on experience that brought the festival to life and helped enrich the children's understanding of different cultures and traditions.

A huge thank you to Mrs Mistry for giving up her time and sharing her knowledge so enthusiastically. We are very grateful for such a memorable learning experience!

Safe and Active Schools Programme 2026-2027

It's been great to see so many of our Year 5's taking part in Bikeability this week.

We'd like to take this opportunity to remind our pupils of helmet safety whilst riding bikes and scooters. The evenings are also getting darker, please ensure children can be seen when using their bikes and scooters and have the correct reflective gear.



Children in Need Fundraising Activities

To support **Children in Need**, we will be running two exciting fundraising activities from **13th November to 19th November**.

The Great Coin Challenge!

Children are invited to bring in as many 1p and 2p coins as they can. Each class will work together to create the longest line of coins possible, with all money raised being donated to Children in Need.

Design a Pudsey Competition

Children can show off their creativity by entering our Design a Pudsey competition for just **50p per entry**. Entries should be handed to the class Pupil Parliament member by **19th November** and winners will be chosen after judging takes place.

Thank you for helping us support such a worthwhile cause while having lots of fun along the way!

Lost Property Reminder



We would like to remind all parents that naming your child's uniform is the best way for lost items to be returned quickly if they are misplaced.

Recently, we have received a large number of calls, messages and emails regarding missing items of uniform and coats. To help us reunite lost property with its owner, please ensure that all uniform items, coats, water bottles and other belongings are clearly labelled with your child's name.

We would also kindly ask that you check the uniform your child is wearing to ensure it has their name in it, as children can sometimes accidentally pick up a similar-looking jumper, cardigan or coat.

We currently have a mountain of lost uniform in the Family Room by the school office. If the room is not in use, parents are very welcome to come in and have a look through the items to see if any belong to their child.

Thank you for your support in helping us return lost items to their rightful owners.



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Christmas Lunch

Christmas lunch will be on **Friday 11th December**. This can be ordered via SchoolGrid now. **The deadline for placing your order is Friday 27th November** to ensure that the kitchen is able to order enough stock.



If your child does not eat pork please select the Turkey without pig in blanket option.

Each day there will still be the opportunity to order a jacket potato, sandwich or pasta.

Doughnut Day for Freddie's Wish - Monday 7th December

We're looking for your support!

On Monday 7th December, our school would like to take part in **Doughnut Day** to raise money for Freddie's Wish, a charity that supports bereaved families and children. Families can find out more about this wonderful cause on the charity's website. [https://fr...donut-day/]

To make this happen, we need your help! We would be very grateful for any donations of doughnuts (please ensure these are nut free) to help make the day a success. **We are also looking for parent volunteers** who could spare some time after school to help sell doughnuts and raise as much money as possible for this important charity.

If you are able to help, please contact the school office. Please send any doughnut donations in with your child on the morning of 7th December. Thank you for your support!



Remembrance Day Cake Sale & Raffle

Thank you so much for all the parents, students and staff who came to support Theo & Max's remembrance coffee morning. It was a roaring success. They raised £1495.35 for the Royal British Legion. We are so incredibly proud of them!







Game On Holiday Camp

Game On is operating a Holiday Camp during the Christmas holiday.

The booking form will be sent out in due course.

To book your dates, you will need to liaise directly with Mr Sheehan. Please do not contact Mr Sheehan until the booking form has been sent out.

The holiday club dates are:
Monday 21st December to Wednesday 23rd December 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.



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FRIENDS OF RUGBY FREE PRIMARY SCHOOL (PTA)

A huge Thank you for all your wonderful Rainbow Day Donations, your support really is appreciated.



GROTTO TICKETS - Come and visit Santa and his elves in our magical grotto 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. Tickets are £5 per child, booked in group slots to allow safe, low queueing times. 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**



CHRISTMAS FAYRE - Saturday 28th November 11-2pm, bring family, friends, neighbours for festive fun

We are excited to have DGM slush and Oink Haus join us alongside Laff's Wood Fired Pizza bringing delicious food and drinks. We have stalls to get your Christmas Shopping started, games and more. We are looking forward to you joining us. We will again have our token booth open to get your tokens for the games able to be purchased by cash/card. Each token will be worth 50p and each game will say how many tokens it needs**. Please note external stalls and food vendors will take cash/card and our raffle will be cash only so please come with cash options.**

CHRISTMAS FAYRE TOKENS - All school and Friends of RFPS stalls will again be tokens only to save on using cash floats. Each token will be worth 50p and will be sold in £5 bags. You are invited to buy them in advance of the fayre and they will be available on the day too. *Tokens will be NON-TRANSFERABLE to another event so please ensure you use them to avoid losing them.* To purchase your tokens in advance. You are welcome to purchase more than one bag of tokens should you wish please pay £5/£10 accordingly. As reference please use your child's name with a number for their year, eg - Daphne Quill 3 **Payable to - Friends of Rugby Free Primary School. Lloyds - acc 40818363. s/c 309950.** Tokens purchased in advance will need to be collected at the pre-paid area of the token booth on the day of the fayre. If you have more than one child you can just order under one name.

WREATH MAKING - SOLD OUT 24th November 7pm. Limited numbers - ADULT ONLY event.

Follow us on Facebook or Instagram ***friendsrfps*** to keep up to date with our upcoming events, and to see ideas for our Rainbow day. 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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Diary Dates (please check every week as they are subject to change!)

16th Nov – Odd socks day (with uniform)
17th Nov – Year 3 Stone Age Day
19th Nov – Y5 London trip
20th Nov – Staff training day (school closed to pupils)
24th Nov – Wreath making 7pm adults only (SOLD OUT)
25th Nov – Rec Heights & Weights
25th Nov – Y6 Heights & Weights and Health Needs Assessment
28th Nov – Christmas Fayre – 11am-2pm
1st Dec – Y1 performance to parents – 9.15am
2nd Dec – Y1 performance to parents – 9.15am
3rd Dec – Y1 Warwick Arts Centre trip
7th Dec – Doughnut Day for Freddie's Wish
11th Dec – Festive Inspire Workshop – 9am-10.30am (parents welcome!)
11th Dec – Christmas Jumper day and Christmas Lunch (see menu above)
15th Dec – Rec performance to parents – 9.15am
16th Dec – Rec performance to parents – 9.15am
17th Dec – Y2 to Y6 Cinema trip
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**.

Rugby Free

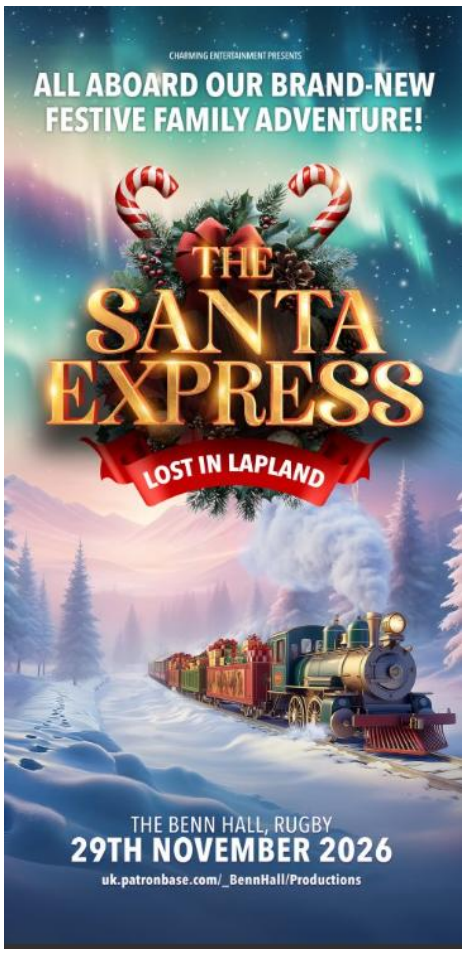
Primary School

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Mental Health Support Team in Schools

Tips For Wellness

Digital Detox

Dimensions tool

Free online personalised self-care information & support for adults an children in Coventry & Warwickshi

Taking a digital detox is important to give our minds and bodies a break from screens and technology. Too much screen time can lead to tired eyes, difficulty sleeping, and feeling stressed or distracted. Stepping away from devices helps us to recharge, focus better, improve our mood, and spend more quality time with family and friends. It also encourages healthier habits like playing outside, reading, and being creative, all of which support overall wellbeing!

Our tips for taking a digital detox:

1. **Set yourself clear limits for screen time -** Set specific time limits for screen time, such as an hour after school or 30 minutes of games or social media. Try setting limits on your device, or a visual reminder.
2. **Create Scree-Free Zones -** When you are eating meals with your family or friends, leave your phone or devices in a different room. This allows you to talk and enjoy your food without distractions and improves your quality of connections with others.
3. **Avoid screens at night -** Try to avoid using devices in your bedroom, most importantly for at least 30 minutes before bed. Keeping your bedroom a peaceful space can help you to fall asleep more easily.
4. **Do fun activities without screens -** Try drawing, playing a game with your family, playing a musical instrument or reading instead of your usual device. Spend time outdoors if you can!
5. **Take small breaks from screens -** After playing video games or watching TV for a while, get up and move around. Try to take short breaks where you move between rooms, stretch or walk around.
6. **Turn off notifications -** This can reduce the number of distractions and help you focus on what is important to you. You might even discover a new activity you enjoy!
7. **Find mindful alternatives -** Try meditating or doing breathing exercises to reduce feelings of stress, rather than screen use.

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.