Rugby Free Primary School

Together we learn, together we shine!

Newsletter 8

Friday 23rd Oct 2026

5 Ways to Wellbeing: CONNECT

Last week, we held our first House Group Morning of the year as part of our **5 Ways to Wellbeing** programme. Our first focus was **Connect**, helping children to understand how positive relationships and a sense of belonging can support our wellbeing. Children came together in their house groups to spend time with pupils from across the school, take part in activities together and strengthen connections within their house community. It was wonderful to see children of different ages talking, collaborating and supporting one another.



Throughout the year, our House Group Mornings will continue to explore the different **Ways to Wellbeing**, giving children simple strategies that they can use to look after their own wellbeing and support those around them.

A fantastic start to our wellbeing journey for this year.

Year 1 St John's Museum

On Monday, our Year 1 children enjoyed a fantastic trip to St John's Museum in Warwick as part of their learning about the Victorians.











Throughout the day, the children took part in a range of exciting, hands-on workshops that brought their history learning to life! They explored toys from the past and compared them with the toys we play with today, discovered how Victorians washed their clothes without modern washing machines and even experienced what it was like to attend a Victorian school lesson!

The children were absolutely fabulous throughout the day and were wonderful ambassadors for our school. They demonstrated our school values beautifully, showing curiosity, respect and enthusiasm in every activity. The adults leading the workshops were impressed by their excellent behaviour and eagerness to learn. Well done Year 1!

(also thank you to the parent volunteers who helped us with the day!)



Year 5 have been studying the artist, Henri Rousseau.

They have used artistic vocabulary to discuss the pieces of art and recreated aspects of his work. They explored printing techniques using a variety of materials and colour mixing to achieve specific effects. They then created their own artwork inspired by Rousseau and applied their skill of printing and layering. This was a tricky concept as they solely relied on printing, they showed resilience and focus throughout. We are so proud of their art - well done Year 5! We can't wait to see Rousseau's artwork at the National Gallery in London later this year.

Stars of the Week

Reception
Zebras
Akira R and Noah
Giraffes
Bonnie and Olivia

Year One
All of Year One
For an amazing school trip, showing enthusiasm for their learning about toys, school and washing clothes in the Victorian Era.

Year Two
All of year 2
For their play

Year Three
Crocodiles
Reuben
Turtles
Arthur B

Year Four
All of year 4
Amazing behaviour on the trip, making great choices.

Year Five
Pandas
Jamie
Tigers
Shaan

Year Six
Sloths
Ava
Toucans
Noah

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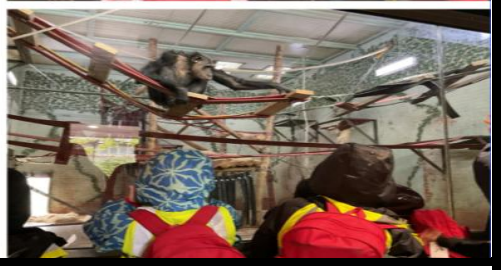
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A Wild Day Out for Year 2! 🦓🌿

Rain certainly didn't stop Year 2 from having a fantastic time at Twycross Zoo! The children loved seeing their learning about habitats come to life and confidently shared their knowledge during the workshop and as we explored the zoo. They were enthusiastic, inquisitive and demonstrated the RFPS values brilliantly throughout the day. We couldn't have been prouder of them! A huge thank you to the parent volunteers that came on the trip with us, we couldn't have done without you.



Year 4 Coombe Abbey

Year 4 had a rainy but fantastic time at Coombe Abbey this week as part of the field studies element of the Geography curriculum. They looked at the features of the river, went pond dipping, measured the depth of the river and identified and fed the river birds. Well done Year 4 for your enthusiasm and excellent behaviour. You learnt lots and had a lot of fun! Thank you to the parent volunteers who came with us!



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!



Upcoming CASS Workshops and Support Sessions

The Community Autism Support Service (CASS) has a range of upcoming sessions designed to support parents and carers of autistic and neurodivergent children.

CASS offer both online and in person sessions, depending on the workshop, covering topics such as Autism and ADHD, masking, food and EHCPs.

https://casspartnership.org.uk/training/

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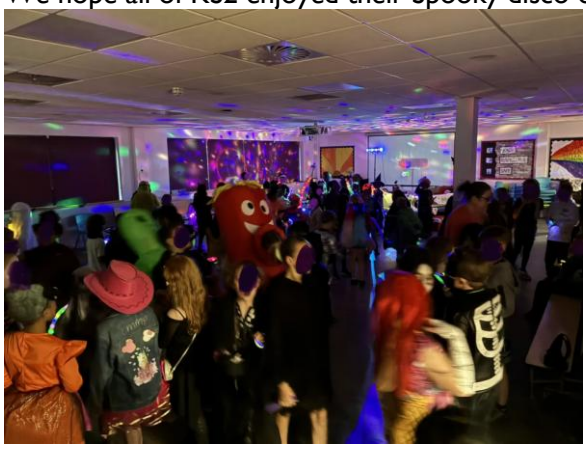
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FRIENDS OF RUGBY FREE PRIMARY SCHOOL (PTA)

We hope all of KS2 enjoyed their Spooky disco on Wednesday, it was great to see you all on the dance floor.





Rainbow Donation Non Uniform Day - 13th November. Letters with information are on their way home.
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. 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**

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.







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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

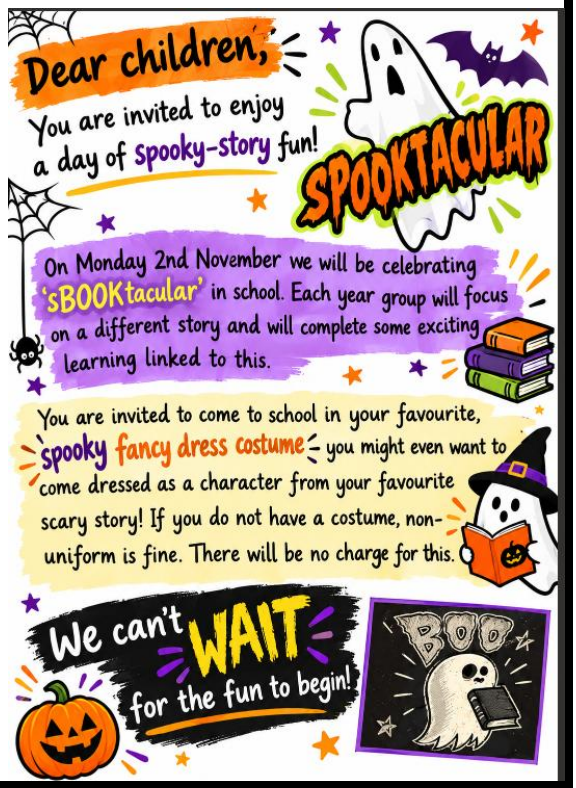


Packed with local family days out, activities, clubs & classes and useful services. You can also tap straight through to advertisers' websites from the magazine.

MP Christmas Card Competition



SBOOKtacular 2nd November 2026



Flu catch-up clinic:

Date: Wednesday 28th October, appointments from 10am-3pm
Venue: Wayside House, Coventry, CV6 6NY

NHS Coventry and Warwickshire Partnership NHS Trust | Children and Young People Services

Children who were not vaccinated due to absence, illness, refusal on the day, or because a consent form was not returned will receive a text message and/or email with information on how to book an appointment. Alternatively, you can click on the below link to book an appointment:
Click here to book a flu clinic appointment

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

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)
16th Nov – Odd socks day (with uniform)
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**.





Resilience Collaboration Curiosity Respect Kindness Endeavour

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Mental Health Support Team in Schools

Tips For Wellness
Being Brave

Dimensions tool

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

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.