



# Rugby Free

Primary School

Newsletter 18

Friday 24<sup>th</sup> January 2025

## Year 6 Rowing competition

On Monday, a small group of Y6 were invited along to compete in a Rowing competition at Harris sports centre. They first were taught



how to use one safely and were given top tips on how to be the most effective rower. Once we were all competent, there were a series of single and relay races that we got stuck into. We were hooked onto a simulator to make it more immersive. Although we didn't win, we were absolutely blown away with the excitement, teamwork and resilience that the children demonstrated during this event. We're now even trying to see how



we can set up a rowing event due to the passion the children demonstrated! Well done to everyone involved.

## Safe and Active Schools



It's lovely to see so many families travelling to school actively and seeing children with helmets. Please remind children that when they are scootering and cycling to school, to remember to come off bicycles and scooters when crossing the road for safety.



## Stars of the Week

### Reception

**Giraffes:**  
Myles  
**Zebbras:**  
Eidan

### Year One Hedgehogs

Chloe  
**Rabbits**  
Harry

### Year Two

**Penguins:**  
Hugo  
**Seals:**  
Lorenzo

### Year Three Crocodiles:

Aadya & Jemimah  
**Turtles:**  
Alex

### Year Four

**Bears:**  
Hollie  
**Eagles**  
Eva

### Year Five

**Pandas:**  
Jeo & Luke  
**Tigers:**  
Noah

### Year Six

**Sloths:**  
Inna  
**Toucans**  
Ruben

### Headteacher

**Awards**  
Juli Y6 – Resilience & Endeavour  
Isla WL Y6 – Kindness & Collaboration  
Finlay Y4 – Respect & Kindness

## Traffic Incidents & Parking

We continue to have concerns regarding the traffic situation during both drop off and pick up times at our school.

We have observed cars being parked on the double yellow lines and double parking at the end of Central Park Drive and in the turning to Bailey Road. These parking issues not only pose a hazard to the safety of our children but also cause unnecessary congestion in the area. We kindly ask for your cooperation in finding alternative, safer parking spots or walking to school where possible.

Furthermore, we are aware of at least one incident involving inconsiderate or careless driving which could have endangered our children. While we understand that these issues are complex, as a school, we are doing everything within our power to address them. We are in close communication with the local police and council to find long-term solutions. In the meantime, we kindly request that **any specific incidents be reported directly to the police.** We believe that

by working together, we can create a safe and respectful environment for our children. Thank you for your support with this matter.





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## Ad-Hoc Club bookings

Parents are welcome to book ad-hoc clubs during the term if needed. However, please be aware that we can only do this if we have spaces available, and you may not get a place in your club of choice due to staff ratios.

**To make an ad-hoc/late booking for any club (Breakfast Club, Enrichment Club or Care Club) please email the school office and we will action this.**

This is vital for safeguarding, to ensure staff are aware of which children are attending. Thank you for your support with this.



## Lost Property



Since the start of this academic year we have already acquired a large amount of lost property. This consists of a variety of items. We understand that the cost of living is putting a strain on everybody and that replacing these items can be costly, so wherever possible we do try to reunite the items with the children. However, this is often not possible due to the large number of unnamed items. We are unable to keep the items indefinitely and so would like to politely ask that if you are missing any items you come along and check the lost property boxes (located in the Family Room, just opposite the reception desk) before Friday 14<sup>th</sup> February as we are unable to keep hold of items beyond this time and any outstanding items will be donated to charity.

Thank you

## Friends of Rugby Free Primary School (PTA)



### Reception & KS1 Friendship Disco - Thursday 13th February. Reception 4:45-5:45, Years 1&2 6-7pm

We invite all children from reception and years 1 & 2 for their disco. Parents/carers are required to stay, and we will have a tuck shop, tattoos, glow sticks and hot drinks for adults too so please bring cash or card on the night. (tattoos will be cash only). Items will be 50p, Glow sticks will be 5 for £1 and hot drinks will be £1 too. Tickets are £2.50 per child. **Please pay £2.50 by bank transfer, ensuring you use your child's name & surname initial, followed by R, y1, y2 (for their year) as reference. E.g- Daphne T y2. Payable to - Friends of Rugby Free Primary School. Lloyds - acc 40818363. s/c 309950.** The deadline for tickets is Friday 7th February to allow volunteers to finalise numbers for catering and safety purposes.

### Look out for dates/information for-

- Year 6 leavers hoodies
- Quiz
- World Book Day Sale

Please remember to follow us on Facebook or Instagram searching **Friendsrfps** to keep up to date with our upcoming events. If you would like to be a part of the Friends of RFPS we would love to hear from you. It does not matter how much or little time you can offer any help would be greatly appreciated, please get in touch.

**PTA MYTHS**  
(THE FRIENDS OF)

- PTA is only for stay at home parents!**  
False- All members are different, often juggling work, bills, home, kids, sports, homework just like you.
- If I join the 'Friends of' I have to help at all events!**  
Not at all, we only ask for you to try and help as much as you can. We know everyone is busy.
- I have to attend every meeting!**  
You don't have to come to every meeting, you can still offer valuable ideas or help in the background.
- I'll get roped in to volunteering for something if I go to a meeting!**  
There are opportunities to get involved but no pressure. Just help where you can.
- The PTA has all the help it needs!**  
Incorrect - the PTA is always looking for more people to help in any way they can. You decide how much time you can spare and how you want to help.



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

**4<sup>th</sup> & 6<sup>th</sup> Feb** – Parents evenings – booking via MCAS

**7<sup>th</sup> Feb** – NSPCC Number Day – non-uniform (see above)

**11<sup>th</sup> Feb** – Y1 Exotic Animals visit in school

**12<sup>th</sup> Feb** – Y6 Inspire Workshop & SATS Information session – 8.40am-10.15am

**13<sup>th</sup> Feb** – Y5 Inspire Workshop – 9am-10am

**13<sup>th</sup> Feb** – FRFPS Rec & KSI Friendship Disco (see above)

**17<sup>th</sup> Feb – 21<sup>st</sup> Feb – Half term**

**26<sup>th</sup> & 27<sup>th</sup> Feb** – Y4 Residential

**27<sup>th</sup> Feb** – Y1 Inspire Workshop

**11<sup>th</sup> Mar** – Reception Inspire Workshop – 9am-10am

**13<sup>th</sup> Mar** – Y3 Inspire Workshop – 9am-10am

**19<sup>th</sup> Mar** – Reception Vision screening (details to follow)

**25<sup>th</sup> Mar** – Y2 Inspire Workshop

**2<sup>nd</sup> Apr** – Y5 Birmingham Museum trip

## Game On Holiday Camp

Game On are operating a Holiday Camp over February half term at RFPS. The dates are: Monday 17<sup>th</sup> February to Friday 21<sup>st</sup> February. To book your dates, please liaise with Mr Sheehan directly - his contact details are on the booking form which was sent out via MCAS on 16/01/2025.



## Allsorts

Here is the link to the Jan/March (half-term) digital version of Allsorts magazine [https://bit.ly/ALLSORTS\\_JAN\\_MARCH](https://bit.ly/ALLSORTS_JAN_MARCH)

- you can tap straight to advertisers' websites too when viewing the mag on your phone (please mention allsorts). There are lots of attractions to visit, services and articles to help your family. You can view this issue at [www.allsortsmag.com](http://www.allsortsmag.com) too or on the allsorts Facebook page soon. Take care - Michelle Love (Editor).





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### Mental Health in Schools Team Tips For Wellness



## Respect

Respect is important in our lives because it helps us develop a sense of self-worth and improves our general wellbeing. This in turn will enable us to develop healthy relationships with others and an environment where everyone feels valued and heard. As we grow, respect is a crucial life skill we need to manage our emotions and resolve conflicts peacefully.

When you respect yourself, this enables you to be open to new opportunities that will help you reach your personal goals. If you feel confident in your own worth, you are more able to recognise when others are not treating you well. *Scan the QR code below to watch a video about Maslow's hierarchy of needs!*

### Our tips for respect:

1. Listen to each other's point of view and recognise that it is OK if you do not agree with someone else's opinion.
2. Try to keep discussions about the topic and not about the people who are sharing their views.
3. As a class, **create an agreement** and list the ways you would like to be respected by each other in school. You could all sign your name and pin this on the classroom door to remind you about how to be respectful!
4. **Create a poster** about how you can show respect outside of the classroom too. Think about what you could do at home and in the community.
5. **Respect role-play!** Practice respect by imagining how someone else might feel in different situations. Think about how actions and words might affect others.
6. **Talk to your friends** about what makes you unique. Focus on listening to each other and embracing each other's differences.
7. Listen to the '**respect rap**' by following the QR code and watching the video!



Maslow's hierarchy of needs



Respect rap!

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.



## WALK AND TALK

### 30<sup>th</sup> January 2025

Leaving from Brownsover Community Centre, Bow Fell, Brownsover, Rugby CV21 1JF.

Meeting at 10:15 am- Leaving at 10:30 am

Fancy some fresh air and some gentle exercise? Walking is a great way to get out and about.

We will be starting at and returning to the Community Centre (next to the Medical Centre) and be walking for about one hour. There will be refreshments afterwards.

Please feel free to join at any point along the walk. Please wear appropriate footwear and clothing. Children must be accompanied by an adult.

Please see the map on the back for the route.

Come and join us for a walk, a chat, and refreshments!

For further information and walk updates please contact:

Email: [cdwrugby@warwickshire.gov.uk](mailto:cdwrugby@warwickshire.gov.uk)

Facebook: <https://www.facebook.com/RugbyCommunity>

Phone: 07775220821

### WALK LEADER

**Michelle Gravatt**  
(Community Development Worker, Warwickshire County Council)



## Coffee Morning

FREE refreshments. All welcome!



Brownsover Community Centre, Bow Fell, CV21 1JF.

Every Wednesday 10am – 12pm

The Safer Streets Team will be attending on the 29<sup>th</sup> January 2025 Please see back of flyer for more info.

Contact Michelle Gravatt Phone: 07775220821  
Email: [michellegravatt@warwickshire.gov.uk](mailto:michellegravatt@warwickshire.gov.uk)

Since 2021, Safer Streets has helped deliver a range of improvements across the county, including new CCTV cameras, lighting improvements, removal or management of vegetation and installation of physical barriers at public spaces, all of which were identified by the public as areas they felt unsafe in. If you have any concerns about anti-social behaviour, poor lighting, speeding, nuisance motorbikes etc please come along and have a chat to the team. <https://saferwarwickshire.com/safer-streets>



## Safer Streets

We are working to make the streets safer in your neighbourhood

For further information and to share your views visit: [www.safewarwickshire.com/safer-streets](https://www.safewarwickshire.com/safer-streets)





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## Safeguarding

**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 Butters or, in her absence, one of her safeguarding team.

 <b>Miss Finch</b> Designated Safeguarding Lead	 <b>Mrs Pollitt</b> Deputy Designated Safeguarding Lead
 <b>Mrs Colledge</b> Deputy Designated Safeguarding Lead	 <b>Mrs Screen</b> Deputy Designated Safeguarding Lead
 <b>Miss Butters</b> Deputy Designated Safeguarding Lead	 <b>Miss Calcutt</b> 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 children's services on 01926 414144 or out of hours on 01926 886922.

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 Children and Families Front Door** on **01926 414144**. Lines are open Monday to Thursday 8am-5.30pm, Friday 8.30am-5.00pm.

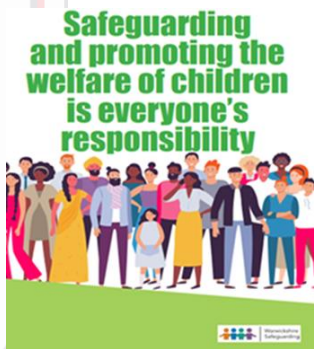
If you need to get in touch out of usual office hours,

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**.

### What will happen if I report child abuse?

Childcare agencies believe that children are best cared for by their parents. Children are rarely removed from their parents and most families are given help and support. Social Workers can only remove children from home with a court order and only after they have demonstrated that the child is at serious risk. If you would like to speak to someone in school about your concerns the above members of staff are Designated Safeguarding Leads and will be happy to listen to your concerns and take the appropriate steps to safeguard a child.



## Inclusion Team

# The Inclusion Team

 <b>Miss Finch</b> Inclusion Lead	 <b>Miss Calcutt</b> SENDCo
 <b>Miss Lydiatt</b> Assistant SENDCo	 <b>Mrs Pollitt</b> Children and Family Support Worker

The inclusion team work across the school to support all of our children and families with a variety of things.

If you need any support from school, or want to know more about what we do, please just send an email FAO our inclusion team and we will reach out to contact you.

## Connect for Health: Health and Wellbeing Newsletter



[https://www.compass-uk.org/wp-content/uploads/2025/01/C4H-Parent-and-Schools-Newsletter.-January-2025\\_compressed.pdf](https://www.compass-uk.org/wp-content/uploads/2025/01/C4H-Parent-and-Schools-Newsletter.-January-2025_compressed.pdf)



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### Useful Contact Information



#### Family Information Service

Providing information, advice and one-to-one support for families with children & young people aged 0-25.  
New Free Tel: 0800 408 1558  
Tel: 01926 742274  
Email: [fis@warwickshire.gov.uk](mailto:fis@warwickshire.gov.uk)  
[www.warwickshire.gov.uk/fis](http://www.warwickshire.gov.uk/fis)

#### Children and Families Front Door

For concerns about a child's wellbeing  
Tel: 01926 414144

#### Family Support Help Line

Monday to Friday:  
9.00am to 4.00pm  
Tel: 01926 412412  
[www.warwickshire.gov.uk/childrenandfamilies](http://www.warwickshire.gov.uk/childrenandfamilies)

#### Breastfeeding Support Drop-in Group for Babies and Toddlers

Wednesdays: 10:00am to 11:30am  
Claremont Children & Family Centre  
[swg-tr.breastfeedingnorth@nhs.net](mailto:swg-tr.breastfeedingnorth@nhs.net)  
Tel: 01926 626529

#### Midwives

Maternity advice, The Owen Building, St. Cross Hospital  
Tel: 01788 663184

#### Warwickshire Health Visiting Drop in Clinic

Tuesdays: 9.30-11.00am  
Claremont Children & Family Centre

#### Adult and Community Learning

<https://warwickshire.gov.uk/acl>  
Tel: 01926 736392

#### Phone number and TEXT Chat Service

Advice & support for parents of pre-school children of Warwickshire  
Text: 07520 615293  
OR Tel: 01788 551212

#### Speech and Language Therapy Preschool Team

Tel: 01788 555107

#### ROSA Drop in Clinic for those impacted by sexual violence

Contact Claremont Children & Family Centre for more details.  
Tel: 01788 579 488.

Interested in volunteering?  
please contact  
[serena.langan@barnardos.org.uk](mailto:serena.langan@barnardos.org.uk)



## WHAT'S ON GUIDE Rugby Children & Family Centres



### Rugby Children & Family Centres (CFC):

Boughton Leigh Children & Family Centre  
Wetherell Way, Rugby,  
CV21 1LT Tel: 01788 570347

Claremont Children & Family Centre  
Claremont Road, Rugby,  
CV21 3LU Tel: 01788 579488

Long Lawford Children & Family Centre  
Holbrook Road, Long Lawford,  
Rugby, CV23 9AL Tel: 01788 561313  
Email: [rugbycfc@barnardos.org.uk](mailto:rugbycfc@barnardos.org.uk)

At the Rugby Children and Family Centres, we offer a variety of play sessions, courses and support for children from 0-19yrs (up to 25yrs with SEND) and their families. Please find our timetable enclosed or contact us to find out more.



### Rugby Borough Children and Family Centres (CFC) Spring Term Timetable 6th January -14th February 2025



#### Monday

**Walk-in Wardrobe**  
Pre-loved clothes for 0-5's  
9.30am to 11.30am  
**Toy Library**  
9.30am to 11.30am  
Claremont CFC

#### Baby Time

**Booking essential\***  
Non-walkers from birth  
10.00am to 11.00am  
Claremont CFC

#### Toddler Time

**Booking essential\***  
Aimed at 0-5 years  
10.00am to 11.30am  
Long Lawford CFC

#### Toddler Time

Aimed at 0-5 years  
2.00pm to 3.00pm  
Cawston Community Hall  
(CV22 7GU)

Please see overleaf for health visitor & breastfeeding clinics

#### Tuesday

**Toddler Time**  
**Booking essential\***  
Aimed at 0-5 years  
10.00am to 11.30am  
Boughton Leigh CFC

#### Baby Time

Non-walkers from birth  
10.00am to 11.00am  
The Barn @ Houlton  
(CV23 1AL)

#### Story Explorers

Starting 14th January  
(4 weeks)  
**Contact centre if interested**  
Course for parents and children  
Run by ACL in partnership with  
Rugby CFCs  
1-2pm  
Claremont CFC

#### Baby Time

Non-walkers from birth  
1.30-2.30pm  
Long Lawford CFC

#### Baby Time

Non-walkers from birth  
1.30-2.30pm  
Boughton Leigh CFC

#### Wednesday

#### Support & Advice

1-2-1 advice & support available from the centres on a wide range of issues for families with children, young people 0-19 or up to 25 with SEND.

#### Saturday

#### SaturDads

Stay & Play session for dads, granddads and male carers.  
2nd Saturday of the month.

#### Monthly dates:

11th January  
8th February  
10.00am to 11.30am  
Claremont CFC

#### Interested in volunteering?

For more information about volunteer recruitment for Group Helpers, Admin and Saturplay sessions, please contact  
[serena.langan@barnardos.org.uk](mailto:serena.langan@barnardos.org.uk)

#### Thursday

**Toddler Time**  
**Booking essential\***  
Aimed at 0-5 years  
10.00am to 11.30am  
Claremont CFC

#### Story Explorers

Starting 16th January  
(4 weeks)  
**Contact centre if interested**  
Course for parents and children  
Run by ACL in partnership with  
Rugby CFCs  
10-11am  
Long Lawford CFC

#### Central Baby Time

Non-walkers from birth  
1.30pm to 2.30pm  
Hill Street Youth & Community Centre  
(CV21 2NB)

**\*To book a place on our sessions scan the QR code or follow the link:**  
<https://rugbycfc.eventbrite.com>



#### Friday

**Walk-in Wardrobe**  
Pre-loved clothes for 0-5's  
9.30am to 11.30am  
Claremont CFC

#### Toddler Time

Aimed at 0-5 years  
10.00am-11.00am  
Rogers Hall, Hillmorton  
(CV21 4EN)

#### Baby & Me

Non-walkers from birth  
1.30pm-2.30pm  
Long Lawford CFC



Stay up to date with the latest Children & Family Centre news!  
**@Rugby children and family centres**  
**@RugbyCFC**