



Rugby Free

Primary School

Newsletter 20

Friday 7th February 2025

★ Together we learn, together we shine! ★

RFPS Number Day 2025



We have had our first Number Day celebration today! It was a fun, exciting day filled with number games, maths activities, dressing up and even a Rockstar photobooth! We also raised lots of money for the charity NSPCC who run this day nationwide. A big well done and huge shout out to all of the



Kahlo house group who have been involved in sharing messages with their class about the day and with leading and organising a range of games which were available at break and lunch! You are all superstars and put in a huge amount of time and dedication in supporting this day. The biggest thank you goes to

Mrs Wilson who mainly organised this day.

You are our rockstar, Mrs Wilson and we are super grateful!



Stars of the Week

Reception

Giraffes
Taylan
Zebras
Arlo & Theo

Year One

Hedgehogs
Dhrey
Rabbits:
Lucy

Year Two

Penguins:
Joanne
Seals:
Harry

Year Three

Crocodiles
Florence
Turtles
Omar

Year Four

Bears
Max
Eagles
Billy

Year Five

Pandas
Amaya
Tigers
Jaxson

Year Six

Sloths:
Theoren
Toucans:
Roman & William

Head Teacher Awards

Eliza (Y6)
Elena (Y6)
for
incredible
resilience,
dedication
and
endeavour

Fire Brigade Visit Reception



The children in Giraffes and Zebra classes have been learning about the role of firefighters in their People Who Help Us topic, and last Friday, they had a visit from Rugby Fire Brigade. They got to see and hold real life equipment used by the firefighters, sit in the fire truck, and ask them lots of questions about the job. Their favourite part of the visit was when Miss Dormon put



on the firefighter uniform!

Thank you

We would just like to say thank you to a local family with connections to the school who have very kindly donated a piano to RFPS.

Soon we will all be tinkling the ivories! We are hoping that those children who play the piano/keyboard will play for everyone in assembly soon!



Preordering Meals via School Grid

Please order your child's school meals in advance via School Grid. By pre-ordering this will allow the teacher to start the morning smoothly. Children without a preorder might not be able to have the meal of their choice. Parents and carers can order and cancel meals up until 8:55am on the day, meals can be ordered weekly or for the whole term. If your child is absent, please remember to cancel the meal to avoid waste.



Thank you!

Preparation For STEM Week

Years 1 & 6 are in need of cardboard materials for STEM week.

Examples of what we are looking for are items such as egg, shoe, cereal and tissue boxes etc.

Y4 are in need of plastic bags. Thank you!





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Safe and Active Schools

Safe and Active Schools,

Warwickshire County Council's Road Safety Education Team are keen to improve the air quality around our school at the start and end of the day. Most parents do switch off their engines, thank you. However, we have noticed some parents are idling their engines outside school in cold weather to keep heaters running.



If you choose to travel by car, once you have parked, please switch off your engine.

Leaving your engine on increases the amount of exhaust fumes in the air, which are linked to health conditions, and pollute the environment.

The air outside our school is the air your children breathe in every day. Please help our whole school community by switching off your engine.

Friends of Rugby Free Primary School (PTA)



Friends of Rugby Free Primary School (PTA)

We had a lovely meeting last week discussing upcoming events, it was great to see some new faces too. We hope you enjoy seeing some new ideas for events as well as some well loved familiar ones which will all raise funds towards enriching our children's learning. Please keep your eyes

open for some new playground items and look at our re-vamped notice board near the main playground.

Pre-loved uniform - Our storage is currently very full so we kindly ask for donations of logo items only at this time. If you require any items of pre-loved uniform we hold, logo jumpers, blazers, ties, shoes, bags, joggers, hoodies, trousers, skirts and dresses all in various sizes. Please note that ties, blazers and jumpers are limited in size availability. Logo items £1, Bags £2, Blazers £5 and non logo items 50p. Request forms are available in the office if you would like to fill it in with items required we will check stock and get in touch.

Reception & Years 1 & 2 Disco - 13th February, please enter via the hall entrance to be signed in by names of tickets purchased. Parents/carers do need to stay.

Ticket sales end today (Friday 7th February) to ensure we can confirm numbers for safety and so volunteers can purchase items for the disco. Reception 4:45-5:45, Years 1 & 2 6-7pm. There will be a tuck shop with hot drinks available, also glowsticks and tattoos to purchase - please bring cash/card - please note tattoos will be cash only. We look forward to seeing you on the dancefloor, and hope reception enjoy their first school disco. 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. If you are purchasing for more than one child please do two transfers.**

World book day sale - 6th March. - All children are invited to bring **50p** (cash) to purchase a book from our pre-loved book shop during the school day. If you have any very good condition books that you would like to donate please bring them to school from the week commencing 24th February. We especially require books for ks2 year groups.

School houses coin competition - 26th March - A fun competition for all children to be involved in. We invite all children to bring in as many 1p's and 2p's as they can to compete in making the longest trail of coins for their house, prizes will be up for grabs for the house that makes the longest trail, so please start collecting your copper coins ready for the day!

We hope you all have a wonderful weekend. Please follow us on Facebook or Instagram @friendsrfps to keep up to date with upcoming news and events.



Tips to Support Children to Develop Emotional Literacy

Anger at a toy being stolen 😡
Sadness when losing a game 😞
Frustration when struggling in class 😡
All children will experience challenging feelings sooner or later. Emotions are a natural part of life, and while youngsters should be allowed to express themselves, it's important they also learn how to process these more difficult emotions in a mindful way. Of course, many children may well be encountering these intense feelings for the first time, and it can be intimidating to skirt the line of helping them properly handle their emotions while also validating their experiences. The National College have put together this free guide, offering expert advice on how supporting youngsters to develop emotional literacy.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillatt is Associate Vice-Principal for Personal Development at Penlstone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College®



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

- 11th Feb – Y1 Exotic Animals visit in school
- 12th Feb – Y6 Inspire Workshop & SATS Information session – 8.40am-10.15am in school hall
- 13th Feb – Y5 Inspire Workshop – 9am-10am
- 13th Feb – FRFPS Rec & KSI Friendship Disco (see above)
- 17th Feb – 21st Feb – Half term
- 26th & 27th Feb – Y4 Residential
- 27th Feb – Y1 Inspire Workshop – 9am-10am
- 5th Mar – Class photos
- 6th Mar – World Book Day – think about your dressing up ideas!
- 11th Mar – Reception Inspire Workshop – 9am-10am
- 13th Mar – Y3 Inspire Workshop – 9am-10am
- 19th Mar – Reception Vision screening (details to follow)
- 25th Mar – Y2 Inspire Workshop – 9am-10am
- 2nd Apr – Y5 Birmingham Museum trip
- 2nd Apr – Y4 Play performance for parents – 9.30am
- 3rd Apr – Y4 Play performance for parents – 2pm
- 4th Apr – Reception's Farm trip
- 10th Apr – Y3 Hunstanton trip
- 1st May – Y4 Inspire Workshop – 9am-10am

Contacting your child's teacher

We absolutely love hearing from you all and communicating with you about your child. A polite reminder that staff will get back to you within 48 hours for both email and telephone correspondence. **All correspondence should be via the school office (if needs be please mark your email 'FAO: XXX Private & Confidential')** and not direct to the teacher's email address. If you need to speak to somebody sooner than the 48hrs, please make us aware that your enquiry is urgent and a member of our Safeguarding team will contact you.



Game On Holiday Camp

Game On are operating a Holiday Camp over February half term at RFPS. The dates are: Monday 17th February to Friday 21st 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.



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.

 Miss Finch Designated Safeguarding Lead	 Mrs Pollitt Deputy Designated Safeguarding Lead
 Mrs Colledge Deputy Designated Safeguarding Lead	 Mrs Sreen Deputy Designated Safeguarding Lead
 Miss Butters Deputy Designated Safeguarding Lead	 Miss Calcott 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**.

Inclusion Team

The Inclusion Team

 Miss Finch Inclusion Lead	 Miss Calcott SENDCo
 Miss Lydiatt Assistant SENDCo	 Mrs Pollitt 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.



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Resilience Collaboration Curiosity Respect Kindness Endeavour