



# Rugby Free

Primary School

Newsletter 22

Friday 28<sup>th</sup> February  
2025

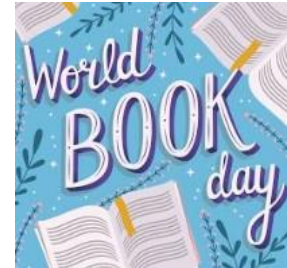
★ Together we learn, together we shine! ★

## World Book Day 6<sup>th</sup> March



World Book Day is Thursday 6<sup>th</sup> March 2025, we would love children to come to school dressed as their favourite character from a book.

As part of our mission to promote and engage children in reading, RFPS will be celebrating World Book Day on Thursday 6<sup>th</sup> March. As part of our celebration, we would like to invite the children to come into school dressed up as their favourite book character, alongside bringing their favourite book into school. We still continue to encourage home-made and low-cost costumes. Below are some fun, easy home-made costume ideas that you and your child could make together



The BFG: using paper plates. Burglar Bill: using a paper mask, Matilda: blue dress and red headband, Handa's surprise: carrying a fruit bowl, Mr Bump: blue t shirt and bandages, Good night Mr Tom: coat and a flat cap, Harry and his bucket full of dinosaurs: blue t shirt and carrying a bucket of dinosaurs

Snow White: blue headband and carrying an apple.

Please note that it is not compulsory for your child to dress up if they do not wish to. Throughout the day, the children will take part in a variety of book activities. We look forward to celebrating World Book Day on the Thursday 6<sup>th</sup> March.

## Incredible experiences!



Ivy-Lin and Romillie were selected to be Liverpool Women's FC mascots at their recent FA Cup game against Rugby Borough (which also happens to be the team they both play for).



Khadeeja and Emily attended England V Spain at Wembley. It was an incredible experience, and we thoroughly enjoyed every moment of it.



The game was absolutely thrilling, especially with England's fantastic win!



A huge thank you to Mr Sheehan and his football club for donating the tickets!

#kindness #collaboration #grassrootsfootball

## Year 4 Residential

We are super proud of our Year 4s who have demonstrated our values of resilience, respect, kindness, collaboration and endeavour in abundance! They have had the best time on their first ever school residential at Beaumanor Hall and been fantastic ambassadors of RFPS.

Here is a snippet of their experiences. Please do check out our Facebook page for more pictures.



## Stars of the Week

### Reception

**Giraffes:**  
Hitsy & Aaliyah  
**Zebras:**  
Logan & Isaiah

### Year One

**Hedgehogs:**  
Karam  
**Rabbits:**  
Loralai

### Year Two

**Penguins:**  
Sienna  
**Seals:**  
Eleni

### Year Three

**Crocodiles:**  
Darshan  
**Turtles:**  
Omar

### Year Four

**Bears:**  
All children  
**Eagles:**  
All children

### Year Five

**Pandas:**  
Sophia  
**Tigers:**  
James

### Year Six

**Sloths:**  
Milan  
**Toucans:**  
Julie

### Head Teacher Awards

**Ameya Y2** - Respect and Collaboration  
**Maizie Y5** - Endeavour and resilience  
**Archie Y6** - Endeavour and resilience  
**Harmeet Y6** - Respect and kindness

Resilience Collaboration Curiosity Respect Kindness Endeavour



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## Year 1 Inspire Workshop: A Morning of Learning and Fun!



On Thursday, Year 1 had a fantastic morning showcasing their learning during the Inspire Workshop with their grown-ups. The children took part in a range of exciting activities across various subjects, including phonics, writing, art, history, geography, maths, PE, computing, and PSHE. It was wonderful to see the children so confident and eager to share their knowledge, impressing their parents with their achievements. A huge thank you to all the parents for their support in making this event such a success!



## Comic Relief 2025



On Friday 21<sup>st</sup> March, raising money for Comic Relief having a non-uniform wear an item of red



we will be Relief by day. Please clothing if you

have it but any non-uniform will be absolutely fine. We ask for a voluntary donation of 50p per child. Pupil Parliament will also be running a 'design your own red nose' competition. Please hand entries back by Wednesday 19<sup>th</sup> March and prizes for the most creative will be given in Friday's assembly. This will be 20p per entry and needs to be handed into your teacher with your design.

You can collect entry sheets from your teacher.

Good luck! Pupil Parliament can't wait to see your amazing designs.

## Safe and Active Schools



We are finally seeing some lovely weather! We have loved seeing the children arrive at school on their scooters and bikes.



As a reminder, please ensure children are wearing helmets and getting off their bikes and scooters when crossing the road.

## Friends of Rugby Free Primary School (PTA)



**World book day sale - 6th March.** - All children are invited to bring **50p** (cash) towards a book from our pre-loved book shop during the school day. We look forward to seeing your costumes too.

### Upcoming Events-

**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!

**House coin competition**

Which house will win?  
Will there be a draw?

Bring in 1p and 2p coins and whichever house creates the longest trail will win a prize!

**Wednesday 26th March**

**Wonderlicious - 'Wonka' Inspired day- 11th April** - The chance to buy a chocolate bar and possibly find a golden ticket!!! A free from option will be available for purchase too. Non-uniform, come as a 'wonka' character/sweet/bright colours. Prices, purchase details and further details coming soon. As always follow us on Facebook/Instagram **Friendsrfps** to keep up to date with all upcoming events. Pre-loved uniform request forms are always available in the school office. Have a lovely weekend.

**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.
- 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.
- 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 on help in the background.
- 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!)

**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 – 9am-10am**

**w/c 3<sup>rd</sup> Mar – Careers week**

**5<sup>th</sup> Mar – Class photos**

**6<sup>th</sup> Mar – World Book Day – think about your dressing up ideas!**

**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)**

**21<sup>st</sup> Mar – Comic Relief non-uniform (see above)**

**25<sup>th</sup> Mar – Y2 Inspire Workshop – 9am-10am**

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

**2<sup>nd</sup> Apr – Y4 Play performance for parents – 9.30am**

**3<sup>rd</sup> Apr – Y4 Play performance for parents – 2pm**

**4<sup>th</sup> Apr – Reception's Farm trip**

**10<sup>th</sup> Apr – Y3 Hunstanton trip**

**1<sup>st</sup> May – Y4 Inspire Workshop – 9am-10am**

## 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!

## Game On Holiday Camp

Game On are operating a Holiday Camp over February half term at RFPS. The dates are: Monday 14<sup>th</sup> April to Friday 25<sup>th</sup> April. 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 28/02/2025.



## 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.

 <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.

## 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.

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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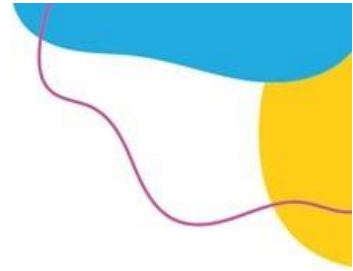
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Mental Health in Schools Team  
**Tips For Wellness**



## Relaxation

Relaxation is when our mind and body is free from stress and tension. Research has found that this can help us to think clearly, concentrate, sleep well, feel more confident and even boost our immune system!

Relaxation can look different for everyone, and it can be helpful to try a few different relaxation techniques to see what works best to make you feel happy and rested.

### Our Tips for Relaxation:

1- Try some **breathing exercises**, such as finger breathing or square breathing. Breathing exercises are great as you can do them in any place, at any time. Follow the QR code to try rainbow breathing!



Rainbow breathing

2- **Drawing or colouring** can help you to express your feelings and focus on something peaceful. This is a great way to relax your mind!

3- Practice **mindfulness** by taking a break away from any screens and devices. This could be going on a walk or being outside in nature. Try to use as many of your senses as possible, think about what you can see, hear, smell, touch and even taste! You could even try cloud watching to calm your mind.



Calming yoga stretches

4- **Stretch** it out, practice yoga to stretch out your muscles to relax and reduce tension. Try following the QR code for a yoga video!

5- A warm **bath or shower** can be a soothing experience that helps to relax muscles and calm your mind. You could make it extra relaxing with quiet music and bubbles!

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.

**Resilience Collaboration Curiosity Respect Kindness Endeavour**