



Rugby Free

Primary School

★ Together we learn, together we shine! ★

Newsletter 23

Friday 7th March
2025

World Book Day



WOW! What a fantastic day we had yesterday! We celebrated World Book Day to promote a love of reading. The children (and staff!) all looked wonderful dressed as their favourite book characters. It was delightful to see how enthusiastic the children were about their characters and the books they came from.



The day began in house groups, where the children worked collaboratively on a scavenger hunt to solve a puzzle. EYFS and KS1 found hidden jigsaw pieces, while Years 3 and 4 pieced the jigsaw parts together to form whole images. Years 5 and 6 then taped the pieces together, turned them over to reveal letters, and opened a clue envelope to arrange the letters and solved the puzzle. Well done to all the houses who successfully completed the challenge through teamwork!



Stars of the Week

Reception

Giraffes:
Deevin & Anaiah
Zebras:
Saavi & Theo

Year One

Hedgehogs:
Millie
Rabbits:
Sylvie-Bo

Year Two

Penguins:
Spencer
Seals:
Scarlett & Alexandra

Year Three

Crocodiles:
Kian & Kartar
Turtles:
Kayla M

Year Four

Bears:
Hattie
Eagles:
Posy

Year Five

Pandas:
Ashton
Tigers:
Imogen

Year Six

Sloths:
Lalita
Toucans:
Jeeth & Theo

Head Teacher Awards

Esme (Y5) -
Endeavour
and Curiosity
Milan (Y6) -
Respect
Penelope (Y4) -
Resilience

A big thank you to our Year 6 Book Leaders for this idea! Afterwards, the children selected a book they would like to hear, and an adult read it to them in their house groups. Then, they had a chance to show off their amazing costumes in a fun catwalk event!

The remainder of the morning was spent enjoying book-themed activities. Everyone also visited the second-hand bookshop organized by the PTA, where they could choose a book to take home and read for pleasure. A huge thank you to all the parents who put so much effort into their children's costumes this year – we truly appreciate your support in inspiring our students to develop a love of books.

Have you and your child spent your £1 Book Voucher yet to continue the World Book Day celebrations? If not, head to one of the participating retailers and pick out your free book! The redemption period for the £1 book tokens runs until Sunday 23rd March 2025. You can use the voucher at the following retailers: Hunts Book Store, Asda, Morrisons, Sainsbury's, Tesco, The Works, Waterstones, and WHSmith. To find your nearest participating bookseller, follow this link and enter your postcode: [World Book Day Participating Retailers](#).

Additionally, Hunts Book Store has kindly provided RFPS children with an extra £1 off any book of their choice, which can be redeemed in store until Saturday 26th April 2025.

Spring 1 House winners- Kahlo House



Last week, Kahlo House had their reward for earning the most house points last half term (Spring 1). We had a super morning with our extra break, ice lollies (even with the cold weather), first use of the new chalkboards and table tennis. A huge well done to all of Kahlo house!



Resilience Collaboration Curiosity Respect Kindness Endeavour



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Celebration Assembly

Teddy was our first year 6 pupil to play our new piano during a celebration assembly. Well done Teddy!



Team Work in Toucans

Toucans had a lot of fun trying to send a hoop around a ring of children. We started in small groups before we completed this as a whole class. After, we spoke about the different skills it takes to complete this activity and it was wonderful to hear the class talking about respect, collaboration and kindness!



Careers week

It has been careers week at RFPS this week and what a fabulous week it has been! The children loved learning about a variety of different jobs across the week and we were joined by 22 volunteers to talk about their professions. From police detectives to NHS staff and engineers, we had a real variety of careers and it was wonderful to see the children's enthusiasm. The children listened respectfully and asked some great questions that really got our guests thinking. We think it is so important to look to the future and hope this week has inspired the pupils to follow their dreams.



This week would not have been possible without our wonderful volunteers, who gave up their time to visit us. We cannot thank them enough for taking the time to do this. After each careers talk, the children have been so excited to share what they have learned and the buzz around school has been brilliant. Thank you so much to everyone that took part. We are lucky to be part of such an amazing school community. Thank you to Mrs Swain for organising the week!

Safe & Active Schools

Walking to school has lots of benefits:

- Something as small as walking 20 minutes a day can help you and your child ward off heart disease.
- Walking can help us to maintain a healthy weight, especially when combined with a balanced diet. It makes us fitter because our heart and lungs can work more effectively.
- In addition, it can help our bones stay healthy and improve our balance, which is particularly important for older walkers.
- Walking can help to increase our sense of wellbeing by making us feel more awake, focused and cheerful. This is great for your child each school morning as it could improve their levels of concentration in class.



Neuroscientists believe that if we walk regularly, our brains can function more efficiently. In effect, walking acts as a 'superpower'. This means we are more proactive, cheerful and clever!

RFPS will be taking part in an initiative to encourage walking and wheeling to school. Our Junior Road Safety Officers will be in touch with further information.

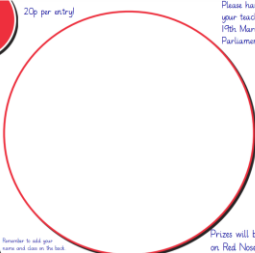
Comic Relief 2025

Red Nose Day Design a Nose

20p per entry

Please hand in your entry to your teacher by Wednesday 19th March ready for Pupil Parliament to judge.

Create your own unique and fun Red Nose!



Remember to add your name and date on the back

Prizes will be handed out on Red Nose Day in assembly

On Friday 21st March, we will be raising money for Comic Relief by having a non-uniform day. Please wear an item of red 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 19th 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.



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RFPS Family & Children Support Worker



How can a Family Support Worker help me?

- Early Support.
- Sign posting to parent workshops and courses
- Sign posting and completing referrals for other services and organisations such as, Family Information Service, RISE, Young Carers, CASS, Connect For Health, Change Makers, Guys Gift.
- Financial or housing difficulties
- Managing difficult behaviours and promoting positive behaviours
- Mental Health and Wellbeing Support
- Special Educational Needs support
- Family Relationships Support
- Food Bank Vouchers/ benefit entitlements.

DROP-IN SESSIONS in the Family Room, opposite main reception

Monday 8.30-9.30am

Tuesday 3-4pm

Pop in for a cuppa and a chat, looking forward to seeing you .

What is Early Support?

Early Support, previously known as Early Help uses a multi-agency approach to implement support strategies for your family at the right time. All children, young people and families in Warwickshire are entitled to receive Early Support. This means offering information, advice, guidance, and support to families as soon as a concern emerges or seems likely to emerge.

If you would like more information or want to arrange a meeting please attend a drop-in session, call or email.

I look forward to meeting you and being able to provide support for you and your family.

Kelly Pollitt - Kelly.pollitt@rugbyfreeprimary.co.uk - 01788 222088

Monday — Friday 8:30am — 3:30pm — Term Time Only



Friends of Rugby Free Primary School (PTA)

Our AGM will be on Wednesday 9th April, 7:30pm @ Brewers Fayre. We look forward to seeing many of you there as we discuss the past year, upcoming events and elect/re-elect committee members

Thank you for all your generous donations of pre-loved books towards our World Book Day Sale yesterday, we really appreciate your help in celebrating the day in offering all children a 'new to you' book. We have raised a wonderful **£195.92** towards new equipment to enrich our children's learning.

Asda Cashpot - Thank you to those who signed up and used the Asda Cash pot app while shopping, your help has raised a fantastic **£206.20** to our fundraising for the school.

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!

Wonderlicious - 'Wonka' Inspired day- 11th April - Celebrating the end of term we are providing a chance to buy a 'Wonderlicious' chocolate bar (this will be galaxy/Cadbury) and possibly find a golden ticket!!! Many prizes to be found. Non-uniform, come as a 'wonka' character/sweet/bright colours. Bars will be available to pre-order allowing you to request a free from option too. Bars will then be collected on the day from our 'Chocolate shop'. Prices and more details coming soon,

Family Bingo - 16th May. Fun for all the family with prizes to be won! , bring your own tea supper. Hot drinks and squash will be available.

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.





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

11th Mar – Reception Inspire Workshop – 9am-10am

13th Mar – Y3 Inspire Workshop – 9am-10am

19th Mar – Reception Vision screening (details to follow)

21st Mar – Comic Relief non-uniform (see above)

25th Mar – Y2 Inspire Workshop – 9am-10am

2nd Apr – Y5 Birmingham Museum trip

2nd Apr – Y4 Play performance for parents – 9.30am

3rd Apr – Y2 Warwick Castle trip

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

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 14th April to Friday 25th 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 Buffers 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 Sareen Deputy Designated Safeguarding Lead
 Miss Buffers Deputy Designated Safeguarding Lead	 Miss Calcutt 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 Calcutt 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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CHANGE IS POSSIBLE!

Rugby Foodbank gave out 7089 parcels last year. 37% went to children!

Between April & August 2024 BRANCAB dealt with 225 cases relating to council tax debt. 44% of these cases were for single parents. 66% were female. 46% had long term health conditions.

Rugby Foodbank
Together with Trussell

Rugby Foodbank are working to support families and would like to hear stories from local parents who have experienced council tax debt which has contributed to needing help from a Foodbank.

We need your voice to help create change!

Come and chat to us at Shine A Light cafe
Wednesday 12th March
10.30 - 12.00

Hope4
Email: cstephens@hope4.org.uk



Mental Health in Schools Team
Tips For Wellness



Nutrition

Nutrition refers to the nutrients in food and how our body uses them to stay strong and healthy. There are lots of positive benefits for our **physical health**, nutrition is also really important for our **mental health!**

Our brain works hard taking care of our thoughts, movements, breathing, heartbeat and senses (even when we are sleeping!), so we must fuel our brain with nutritious foods to help us function. This can help us to think clearly, increase our energy levels and support concentration. What we eat also affects our mood too!

Our tips:

- 1. Get involved in the cooking**– Can you help your parent/carer to prepare dinner? This can be a fun way to spend time with others and learn a new skill.
- 2. Make it fun**- There are lots of different ways different foods can be prepared. You could try experimenting putting different food together to see what you like and don't like.
- 3. Try something new**- When was the last time you tried a new food? It can be exciting to find out what food we like and don't like. Also, our tastes can change as we grow and develop. See if you can set yourself a challenge to try a new food this week.
- 4. Keep Hydrated**- Dehydration could lead to headaches, difficulty focusing and may impact sleep. Try to ensure you are regularly drinking water, it can be useful to bring a bottle of water to school every day to remind you to stay hydrated!

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.