



# Rugby Free

Primary School

Newsletter 5

Friday 9<sup>th</sup>

October 2020

## Y3 Learn martial arts

Year three have experienced non-contact Kung Fu and Tae Kwon Do at Rugby Free Primary this week. We have been learning about control and discipline. The children have really enjoyed their learning in P.E. and learning about self-defence.



## Music returns to RFPS

Year One had their first visit from Warwickshire Music this week and explored how to recognise the beat in a piece of music. Using lots of fun actions to keep in time, they did a fantastic job completing the challenge.

They also began exploring Dan Brown's new children's music book Wild Symphony as they created their own interpretation on The Swan in the Mist piece.



## Well done RFPS!



We are very proud to have been recognised by Rugby Rokeby Lions Club for going the extra mile through the pandemic. As this award was given due to nominations received on the Lions Facebook page we are overjoyed that our parents, carers and extended families felt that the home learning and other support we have

given them is worthy of acknowledgement.

A huge thank you to the school staff for all their hard work.

Many thanks to Rugby Rokeby Lions for presenting us with this Certificate of Appreciation and many thanks to the RFPS community that we are very proud of.

## Your Pupil Parliament needs you!

Would you like to make RFPS even better? Could you help Miss Butters make important decisions about the school? If you think you could, why not apply to be part of RFPS's Pupil Parliament. Each class will have one child to represent them and meet with Mrs Swain to discuss important issues and decide on charity events. You get to make really important decisions like what we spend some of the school money on too. If you would like to apply; create a poster telling your class why you would be brilliant at the job and bring it in to your teacher for week commencing Monday 19<sup>th</sup> October. You will need to present this to your class. There will then be an election to decide the member of parliament for each class. Good Luck!



## Stars of the Week



### Reception

#### Giraffes:

Stanley

#### Lions:

Isaac M-W

#### Zebras:

Eva

### Year One:

#### Hedgehogs:

Noah S

#### Owls:

Vivaan

#### Rabbits:

Adrian

### Year Two:

#### Orcas:

Imogen

#### Penguins:

Mia

#### Seals:

Eliza

### Year Three:

#### Crocodiles:

Sophie

#### Kangaroos:

Joshua F

#### Turtles:

Toni

### Year Four:

#### Bears:

Joshua M

#### Eagles:

Leyla

#### Raccoons:

Kian

### Year Five:

#### Elephants:

Julie D

Katie W

#### Pandas:

Anushay

#### Tigers:

Kane F



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## PTA Christmas Cards & Big Curry Night In!

Christmas card proofs have been sent home this week. The staff have worked really hard to make sure your child has completed one even if they have been absent.

Please proof read the spellings of names etc. as these will be printed on the card. This is the responsibility of the person placing the order not the PTA. Order forms and exact payment must be returned in an envelope and sent back into school by **Monday 12th October** (please ignore the date on the order form).

**If order forms are received with no payment, then that order will be unable to be placed.**



**Join Our Big Curry Night In**

For Rugby Free Primary School  
Thursday 22nd October

We've teamed up with the exquisite Taste Events to offer a tantalising selection of curries, side dishes & desserts.  
Delivery straight to your door - free of charge!

A percentage of every meal is donated to Friends of Rugby Free Primary School to support their fundraising efforts!

**INDIVIDUALS**

Butter Chicken Mince with Basmati Rice  
Chicken Korma with Basmati Rice  
Roasted Cauliflower & Sweet Potato Soups with Basmati Rice  
Chicken Makhani with Basmati Rice  
Lentil Rooster with Basmati Rice  
Creamy Chicken, Roasted Potatoes & Tomatoes Pesto Pasta  
Char-grilled Mediterranean Vegetables & Tomatoes Pesto Pasta

**ADD A DESSERT FOR £5!**

**DESSERTS**

Neem Bread  
Pumpkin & Date  
Olive Oil & Sesame Cookies  
Cherry Garlic Bread

**HOW TO ORDER**

SIMPLY CALL TASTE EVENTS BETWEEN 9AM AND 4PM  
MONDAY TO THURSDAY TO PLACE YOUR ORDER.  
CALL OR EMAIL AMBER & OLIVIA RUGBY FREE PRIMARY SCHOOL.  
ORDERS NEED TO BE PLACED BY 4PM TUESDAY 20TH OCTOBER.

\*We're sorry you can't pay in the school by 20th October and we're sorry.

For our next event we have teamed up with exquisite **Taste Events** to offer a tantalising selection of curries, side dishes and desserts. A percentage of every meal is donated to Rugby Free Primary School. Please see the poster below for more details of how to order and the options available.

Also please join our Facebook page 'Friends of Rugby Free Primary' as we have an exciting Christmas event being launched over the next couple of weeks.

We thank you for your continued support and if you would like to join our committee please do contact us via e-mail [Frrfps@gmail.com](mailto:Frrfps@gmail.com),

through our Facebook page or pass your details through the school office and someone from the PTA will be in touch.

## Lunch & snack

Can we remind you that we are a **NUT FREE** school. Please ensure that no snacks or packed lunches contain nuts. We have children in school with severe nut allergies.

If your child brings grapes into school as part of their lunch or at snack time, these need to be cut up length ways **ONLY**. This is a safety measure to prevent children from choking on them.

It has also been noticed that some unhealthy items such as crisps and chocolate have been included in children's lunchboxes. Please consider including just one treat item.

At RFPS we teach and encourage healthy eating and hope that parents support us in this. We do not want to ban certain food items as we believe in parental choice, however, please be aware of the effect that sugar highs and lows have on concentration, learning and behaviour. **Morning snack should be fruit or vegetables only.**

## Monthly Photography Competition

**A reminder that October's theme is: Autumn**

Please email your entry to Mrs Odwell – [eleanor.odwell@rugbyfreeprimary.co.uk](mailto:eleanor.odwell@rugbyfreeprimary.co.uk) by Saturday 31<sup>st</sup> October @ 5pm with your child's name in the email.

We can't wait to see all of the different, creative and inspiring photographs.



## Diary Dates

**October** – Black History Month

**October** – Harvest celebrations

**20<sup>th</sup> and 21<sup>st</sup> Oct** – Parents evening via telephone appointments

**22<sup>nd</sup> Oct** – SBooktacular - fancy dress £1 donation

**26<sup>th</sup> – 30<sup>th</sup> Oct** – Half Term

**1<sup>st</sup> – 7<sup>th</sup> Nov** – UK Parliament week

**4<sup>th</sup> & 6<sup>th</sup> Nov** – Y4 Lunt Fort Visit

**16<sup>th</sup> – 20<sup>th</sup> Nov** – Anti-bullying week

**10<sup>th</sup> Dec** – Flu vaccinations

**21<sup>st</sup> Dec – 1<sup>st</sup> Jan** – Christmas Holiday

**4<sup>th</sup> Jan** – Teacher Training day

**5<sup>th</sup> Jan** – Children return to school

## Certificates of Achievement Certificates:

### Reception

Caelan & Emilie  
Jaiden D & Hollie B  
Cristian & Noah B

### Year One:

Nicholas & Harvey  
Scarlett & Jeevun  
Jeo & Edward C

### Year Two:

Sanaya & Theo  
Isla W & Jessyka  
William & Sophie

### Year Three:

Scarlett & Sienna  
Jesse & Ava B  
Colby-Jay & Riley

### Year Four:

Amber H & Hereem  
Jack & Aaron  
Olivia S & Jacob H

### Year Five:

Sammy & Erin F  
Xavier & Darshan  
Jacob & Scarlett





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#### MAIN DISHES

Buttered Chicken Masala with Basmati Rice  
Chicken Korma with Basmati Rice  
Roasted Cauliflower & Sweet Potato Saagwala with Basmati Rice  
Chicken Madras with Basmati Rice  
Lamb Rogan Josh with Basmati Rice  
Creamy Chicken, Smoked Bacon & Parmesan Penne Pasta  
Char-grilled Mediterranean Vegetable & Tomato Penne Pasta

#### SIDE DISHES

Naan Bread  
Poppadum's & Dips  
Onion Bhaji & Samosa Combo  
Garlic Bread  
Cheesy Garlic Bread

#### DESSERTS

French Lemon Tart with Berries  
Mango & Passion Fruit Cheesecake with Berries  
Chocolate Fondant Pudding with Chocolate Sauce  
Sticky Toffee Pudding with Vanilla Cream

#### HOW TO ORDER

SIMPLY CALL TASTE EVENTS BETWEEN 9AM AND 4PM  
MONDAY TO FRIDAY TO PLACE YOUR ORDER:  
CALL 01926 493030 & QUOTE 'RUGBY FREE PRIMARY SCHOOL'  
ORDERS NEED TO BE PLACED BY 4PM TUESDAY 20TH OCTOBER.

\*Meals arrive cold, pop in the oven for 20 minutes and.....enjoy

£10 PER  
PERSON!  
1 MAIN & 1 SIDE  
\*£5 FOR CHILD

ADD A  
DESSERT  
FOR £5!