



### Headteacher's Message

We have reached the end of a very busy half-term. We have faced some challenges, and I am so proud of the resilience and determination that both staff and children have demonstrated. Well done to everyone for all their hard work.

Wishing everyone a restful, relaxing and safe break from school.

Mrs James

### WASPS Rugby

Over the last 5 weeks, Year 3 and 4 have had the fantastic opportunity to work alongside the Coventry WASPs. They have participated in a programme called 'Tackling Character'. The children have learned how to be good sportspeople, work in a team and show respect. We also learned all the skills needed for tag rugby, through playing games like 'Capture the Flag'.

We would like to thank Meg and Jasmine for visiting and introducing us to the world of rugby. A great time was had by all the children.

### Important Dates

- ◇ 18th February—Last day of term
- ◇ 28th February—First day of term
- ◇ 28th February– 11th March– Year 5 swimming lessons
- ◇ Red Nose Day– Friday 18th March–dress in red, to raise awareness of this day



### Drop off and pick up times

A reminder that drop off is 8:45am and gate closes at 9am.

Pick up is at 3:05pm.

**Please continue to LFD test regularly. Those who are classed as a close contact should take a LFT daily.**

## Healthy Snacks

Please send your children in with healthy snacks for break times. Healthy snacks give children some energy to see them through the day.

Healthy snack may include:

Fruit  
Veg sticks  
Cheese  
Crackers  
Yoghurt  
Smoothies  
Dried fruit

Sweets, packs of biscuits and chocolate bars are not ideal snacks, because they do not contain the right nutrients to keep your child's brain and body working hard.

Please remember that we are a **NUT FREE** school.

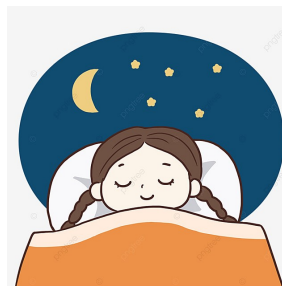
## Family Support Workshops

We will be hosting a 2-hour sleep workshop with Michelle Paulson (parenting team) and Melanie Pinks (our family support worker).

This workshop will be on Wednesday 9th March, 3-5pm.

This workshop explores the importance of sleep, providing an understanding of the sleep cycles of children, good sleep hygiene, and the common causes of sleep issues. It also provides positive strategies to promote positive sleeping patterns in children and young people.

If you are interested in coming along, please book your place by emailing Mrs Pinks-  
[pinks.m@stowevalley.com](mailto:pinks.m@stowevalley.com)



## PTA Reminder

You have any spare change please bring them into school for the "loose change challenge".



All profits go to the school's PTA who fund equipment and resources for the children. For more information, see the school's website: [www.rokebyprimaryschool.co.uk](http://www.rokebyprimaryschool.co.uk) or search "Rokeby Primary School PTA" on Facebook

Charity No: 1081591

## Family Food

We will be hosting 'Family Food' sessions with Lisa Tyler, from the Family Learning Team.

They will take place every Wednesday, starting on 2nd March and run until 23rd March, 3.15-4.15pm.

These will be fun and practical sessions, with your child, and you will be able to make a delicious dinner to take home with you.

To book your place, please email Mrs Pinks-  
[pinks.m@stowevalley.com](mailto:pinks.m@stowevalley.com)



## Understanding Your Teenager 4 Week Programme

4 Week Programme for parents and carers at:  
Hill Street Community and Youth Centre Hill Street RUGBY CV21 2NB

On Wednesdays 10am- 12 noon 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> March

The teenage years can be challenging both for parents and teenagers themselves! But teenager's behaviour does not have to be a mystery.

The aim of Understanding Your Teenager 4 week programme is to enhance parent/carers relationships with their teenagers building on parent and carer's understanding of teenage development and behaviours.

Topics covered during the session include: What to expect during this phase, understanding your teen, communication styles and empowering teenagers.

Scan QR code:



To book your place please scan QR Code.

For further information please email:

[ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)

UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

## Solihull Approach Understanding Your Child Parenting Programme

A FREE 10 week Parenting Programme for parents and carers at:

Overslade Community Centre Buchanan Road  
Bilton, Rugby CV22 6AZ

15<sup>th</sup> February 2022 - 17<sup>th</sup> May 2022 10-12 noon

Would you like to know more about.....

- Your child's development - Age and Stage
- Your child's behaviours - Being angry, not getting on with siblings, management and strategies
- Your role as a main carer and how best you can support your child
- Meet other parents - share own experiences



Scan QR Code:



To book your place please scan the QR code.

For further information please email:

[ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)

## Swimming

Year 5 will be going swimming from Monday 28th February, every morning, for 2 weeks. It is really important that all children are given the opportunity to learn to swim, it is a crucial life-long skill to master.

Please can you return the permission slip ASAP, if you have not already done so, and pay on ParentPay.

Please ensure that your child has appropriate swimwear, a towel and a water bottle in a bag with them everyday, for these 2 weeks.

Many thanks for your support with this.

Year 6 will also be going swimming, week commencing 16th May for 2 weeks. They will be bringing a letter home about this soon.



## Change Makers

Change Makers will be returning to Rokeby!  
Sessions will begin on Monday 14th March, and run every Monday, 3.15-4.30pm.

This is a family lifestyle programme, which looks at good nutrition, keeping active and other healthy living topics.

Please register your interest, by emailing Mrs Pinks - [pinks.m@stowevalley.com](mailto:pinks.m@stowevalley.com).



## Rokeby



## Maths

Here at Rokeby, we have been using a fantastic online resource called 'Times Tables Rock Stars', to help develop your child's knowledge of times tables and division facts.



This is used in class and with your support, hopefully at home for all pupils from Year 3 to Year 6 (Year 1 and 2 children also have access at home, but will not currently use it in school). A lot of the rich, interesting maths is all about the multiplicative relationships and these are hard to fully grasp without fluent recall of the tables. For that reason, learning the tables is fundamental in your child's mathematical development.

Time Tables Rock Stars is a fun and interactive way of really building your child's speed and recall of their times tables. The children design their own rockstar avatar and then earn coins and rewards to use in the Rock Star shop.

All children brought home a letter with their log in details and a user guide last half-term, if you need a reminder of the log in details, then please send a Dojo message to your child's class teacher.



Children also have access to Numbots (this targets children who are working within the Key Stage One level). Use the same log in as Times Tables Rockstars, to access Numbots. NumBots is an online game and playing little and often will significantly improve your child's recall and understanding of number bonds and addition and subtraction facts. These are critical foundations in maths, so we are excited by the impact NumBots will have.

Many thanks for your support.

Mrs Allan

### Too Good To Go

The Too Good To Go app is a service where local food shops and eateries sell off any unused/unbought food daily.

For example, The Heart of England Co op have their 'Magic Food Bag' on there for £3.50 and it will contain on average £10's worth of food. Using this service also means less waste for the environment!

### Office Notice

You **must** notify the school if your child is going to be absent. You can do this by calling

**01788 814399**

or emailing

**rokebyprimary@stowevalley.com**

Please notify us before 9.30 on every day of their absence. It is our duty to know where children are each day.