

Dunchurch Boughton C of E Infant Academy and Nursery

Roots to grow. Wings to fly.

Newsletter number: 20 Date: 06.02.2026

This half term is flying by, it is hard to believe that we only have one week left! This week I have looked at the children's writing books, and it is great to see how much progress the children are making across the school. To look at Owlets floor books alongside the books of our year two children is a reminder of just how much the children learn in their time with us.

Whilst we encourage strong attendance at nursery and at school, and appreciate that parents support this, please can we remind you that children should not be sent into school if they have a temperature, have been sick or if they have diarrhoea. Children should not return to school until they no longer have a temperature, or until it has been at least 48 hours since the last instance of sickness or diarrhoea. This is to prevent illness spreading through children and members of staff, along with the wider community. The NHS provides a [useful guide](#) to support parents when deciding if their child is too ill to attend school. Thank you for your support.

Thank you to everyone who supported Number Day. The children had a brilliant time cracking codes, tackling puzzles, and taking on problem solving challenges. Their enthusiasm was fantastic, and your support really helped make the day fun, creative, and full of mathematical curiosity. Thank you to Mrs Menzies for leading on this in her role as maths lead, it has been a great way to end the week!

Thank you for your ongoing support, wishing you all a lovely weekend.

Suzanne Marson

Headteacher



PUPIL ACHIEVEMENTS THIS WEEK

LEARNING BEHAVIOR – TEAM Crocodile

Little Owls: (Miss Roberts)	Roman	Barn Owls: (Mrs Jones)	kit	Spectacled Owls: (Miss Ansell and Miss Goodwin)	Alfie
Elf Owls: (Mrs Shrimpton & Mrs Rawes)	Isla	Tawny Owls: (Mrs Carrington)	Harvey	Snowy Owls: (Mrs Menzies)	Finley

HOT CHOCOLATE FRIDAY

Little Owls: (Miss Roberts)	Lily	Barn Owls: (Mrs Jones)	Caiden	Spectacled Owls: (Miss Ansell & Miss Goodwin)	Kezzie
Elf Owls: (Mrs Rawes & Miss Shrimpton)	Maeve	Tawny Owls: (Mrs Carrington)	Vedhika	Snowy Owls: (Mrs Menzies)	Niyah

Lunchtime stars

Little Owls: (Miss Roberts)	Florence	Barn Owls: (Mrs Jones)	Piper	Spectacled Owls: (Miss Ansell & Miss Goodwin)	Sienna-Ruth
Elf Owls: (Mrs Shrimpton & Mrs Rawes)	Vinnie	Tawny Owls: (Mrs Carrington)	Freddie	Snowy Owls: (Mrs Menzies)	Karam

Nursery Learner and Lunchtime Star of the Week

Owlets	Learner: Zoe Lunchtime: Arthur	Spotty	Learner: Maahi Lunchtime: Stanley	Stripy	Learner: Bahar Lunchtime: Oscar
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Achievements from home:

Reception: **Aphra, Florence**

Year 1: **Cleo, Callie, Wren, Luca, Selene** Year 2: **Ellie, Sophia**

Mental health

At Dunchurch Boughton C of E Infant Academy and Nursery, we recognise the importance of the promotion of positive mental health and emotional wellbeing for our children and their families. We aim to create an open culture around the discussion of mental health and wellbeing, and to empower our children be able to regulate their emotions.

By implementing the Zones of Regulation (see a previous spotlight) as part of our approach to mental health, we aim to teach our pupils to identify emotions in themselves and others and provide them with bank of strategies to help regulate their emotions and support their wellbeing.

We have two mental health first aiders in school who are available to support with mental health—Mrs Owen and Mrs Marson.

As a school, we work in partnership with [Warwickshire Mental Health in Schools Team](#), [Warwickshire child and family wellbeing service](#)), and [RISE \(CAMHS\)](#) who have a wealth of resources for parents on their websites. Other organisations that we work with and that could support parents can be found on our mental health page on the [school website](#).

Other ways that we promote mental health within school includes:

- promotion of children's mental health week and world mental health day
- a focus on anti-bullying week
- using the school rules and values to promote living well together
- including how to stay mentally healthy and regulate your emotions as part of the cycle of collective worship
- use of the Jigsaw PSHE scheme, including how to stay mentally healthy
- the use of a restorative justice approach in school
- using a PACE (playfulness, acceptance, curiosity, empathy) and emotion coaching approach with children
- targeted support and interventions for those experiencing difficulties

Tips for encouraging positive mental health for children



Establish a good routine to provide structure and security - ensure regular sleep, mealtimes, and downtime to balance their day.



Have open communication in a safe environment - encourage children to express their feelings openly and without judgement.



Promote physical activity to boost their mood and reduce anxiety - activities like dancing, biking and other sports can be both fun and beneficial.



Teach coping skills and how to manage stress - deep breathing, mindfulness and journaling can help to focus on what they can control during challenging situations.



Limit screen time by balancing this with other activities like reading, outdoor play and hobbies - monitor content to ensure it's age-appropriate.

Mental Health In Schools Teams

Information for families

What are MHSTs?

The Mental Health in Schools Teams (sometimes referred to as Mental Health Support Teams) are based in a growing number of schools throughout Coventry and Warwickshire.

Our aim is to support children, young people and their families to achieve positive mental wellbeing.



Version 2: August 2024
RISE/MHST-014

Keep in touch at:  cwrise.com  [CWRise](https://www.facebook.com/CWRise)  [CW_Rise](https://twitter.com/CW_Rise)
 MHST@covwarkpt.nhs.uk

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Who are we?

Mental Health in Schools Teams are based in many Coventry and Warwickshire schools and offer short term support to children and young people who are experiencing symptoms of mild to moderate mental health difficulties. This might include anxiety (for example; separation anxiety, panic), some lower impact obsessions and compulsions, generalised anxiety (worry and social worries) and low mood. We are also able to offer some support for difficulties that might require a more intensive approach and will signpost to other services if we aren't the right people to help.

How do we do this?

We support parents/carers, children and schools using an 'early intervention' approach. This means that we try to respond quickly to problems as they are developing in order to prevent further deterioration and build resilience to prevent problems manifesting themselves in the future. This can be helpful for those who have noticed recent changes in their mental health or those who have not received support before. There are a number of ways in which we can do this:

- **Parent/Carer Work** - we offer 6-8 sessions (usually up to an hour each) and use a blended approach, using video platforms, telephone work and face to face sessions. Our aim is to teach parents/carers 'therapist skills', as the research shows that if parents/carers are taught the skills to work with their children, they bring the expertise in terms of knowing what is likely to work, what may be more challenging and how to best communicate, for the best outcomes. We can offer parents/carers work either in a group setting or as a 1:1 or 2:1 (if both parents/carers are able to attend).

Useful to know

- MHST works through term time and the school holidays. Young people and families can access support via video platforms, telephone-based sessions and some community settings (some schools are also staying open over the holidays and may be able to provide suitable spaces).
- Your information remains confidential. As an NHS service, we are obliged to maintain the confidentiality of information that has been shared with us either by young people, parents/carers or schools. We have conversations with parents/carers and young people in our first meeting about how this works and when we might need to share certain information and with whom (this is because we have a duty of care to keep young people safe which may mean needing to discuss risk or safety issues with others as part of this process). We usually communicate with the young person's GP after assessment and at the end of treatment as part of their complete medical records.
- We are not an emergency service. As part of the Rise Early Help, our purpose is to provide support that prevents further deterioration by intervening quickly. If young people are experiencing a mental health episode that causes concern about their immediate safety, we advise either contacting your GP or the RISE crisis service:

NHS 111

Select the Mental Health Option

For more information about Mental Health in Schools Teams, visit: cwrise.com/mhst

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How to access help

- If you would like additional information or support, or just want to discuss concerns about your child, please contact the Mental Health Lead at your child's school. They will discuss a referral with you which will be sent to our team, who will then be in touch. The school may also raise concerns with you if they notice signs of difficulties and should seek yours and your child's consent to make a referral. A referral should not be made to us without parent/carer (and preferably also the child/young person's) consent.
- The team will review the referral and if we think we can help, we will be in touch to arrange an assessment. This will be a conversation with you and your child to gain an understanding of what is happening and to agree a plan to move forward. As part of the assessment (and during treatment) we also use 'Routine Outcome Measures' - these are standardised questionnaires that can help to identify and monitor specific signs and symptoms. We usually ask parents/carers and young people to complete these, and they may differ in the responses.
- We know it can be a worrying time for parents and carers. We aim to work together with you as a family without judgement using a supportive, collaborative and problem-solving approach.



- **'Whole School Approach'** - in schools, we deliver staff training, hold classroom workshops and help to develop a "whole school approach", to include the school community and all aspects of school life. This approach aims to promote resilience, problem solving and develop coping strategies to support good mental health.
- **Individual low intensity cognitive behavioural therapy** - using a guided self-help approach, together with the young person, we make a 'toolbox' of strategies which equips the young person with skills to build their emotional resilience. We encourage young people to reflect on and adapt thinking patterns and behaviours that may be contributing to their difficulties. We help them identify healthy coping mechanisms which support young people to feel more empowered. We usually offer between 6 – 8 1:1 sessions.
- **Individual high intensity cognitive behavioural therapy** - we are able to offer access to more intensive CBT which means a higher number of treatment sessions enabling therapy with a greater level of detail and complexity. High intensity therapists are able to work with the anxiety disorders referenced above, in addition to Obsessive Compulsive Disorder (OCD), Social Anxiety, Post Traumatic Stress Disorder (PTSD) and Health Anxiety.



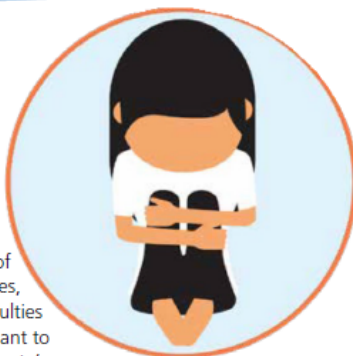
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Working with Anxiety

Anxiety is a completely normal reaction to threat or danger. When anxiety impacts our daily lives that's when therapeutic support can be helpful. Symptoms of anxiety can be different for everyone. Typical signs of anxiety can be withdrawal, avoidance of usual activities, tummy aches, headaches, worrying, difficulties with sleep and being reluctant to be away from home or parents/carers.

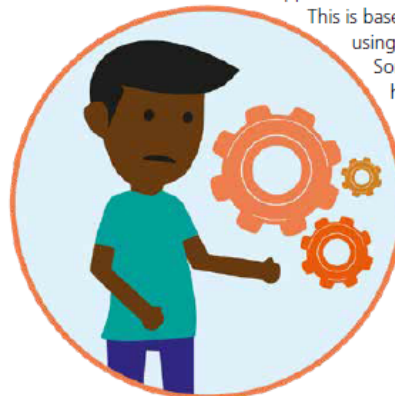
MHST can offer specific education around anxiety as well as guided self-help which may include graded exposure (gradual 'facing the fear'), worry management, understanding and managing panic, problem solving and challenging the negative thinking that often triggers and maintains anxiety.



Working with low mood

It is natural to experience periods of feeling low, particularly in response to difficult circumstances in our life. When low mood persists or starts to interrupt daily activities it is important to know how to manage symptoms and prevent this from getting worse. Typical signs of low mood could include tearfulness, withdrawal, lack of motivation and energy, sleep problems, irritability, changes to appetite and lack of enjoyment. MHST can offer education to support better understanding of what is causing and maintaining symptoms of low mood as well as the evidence-based treatment advised for managing symptoms of low mood, which is an approach called 'behavioural activation'.

This is based around the concept of using activity to improve mood. Sometimes it can also be helpful to teach strategies to challenge the negative thoughts associated with low mood.



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Upcoming Dates:	
9th—15th February	Children’s Mental Health Week During collective worships, and within some classroom learning, children will be learning how to keep themselves mentally healthy.
Tuesday 10th February	Year 1 Walk round the village Details on DoJo. If any parents can accompany the walk please contact the school office to let them know.
Tuesday 10th February	Safer Internet Day Children will be learning about keeping safe online during the day, including our moto of ‘Bee Safe’.
Thursday 12th February	Passport to world views afternoon The children will be learning about the festival of Losar.
Friday 13th February	Year 2 pancake making Children in year two will be making pancakes to mark Shrove Tuesday over half term. Please ensure we are aware of all allergy information.
Tuesday 24th February	Stand up to bullying day Children will be learning about what bullying is and isn’t as part of collective wor-ship.
Thursday 26th February	Parents Evening Bookings go live. Book your parent’s evening slot from 8pm today, using information sent home from the school office.
Thursday 5th March	World Book Day! Children are invited to come to school dressed as their favourite book character. There will be more exciting events taking place over the course of the week, more information to follow.
W/C 9th March	Science week Throughout science week, the children will take part in a variety of hands-on ex-periments, exciting investigations, and themed activities tailored to their year group. We’ll also be focusing on the importance of asking questions and thinking like scientists.
Friday 13th March	Mother’s Day service—Year 2 parents Year two Mums, or a female representative in their place, are welcome to join their children for a Mother’s Day year group collective worship. Please enter the school via the school office for a 2:30pm start in the school hall. Only one adult per child please.
Friday 20th March	Passport to world views afternoon Children will be learning about the festival of Eid al Fitr.
Wednesday 25th March	Parents Evening—day 1 You are invited to come into school for a 10 minute slot to talk about your child’s progress so far this academic year. Please book your slot via the information re-ceived from the school office from 8pm on Thursday 26th February. Appointments are available from 3:30 pm—6:30pm.

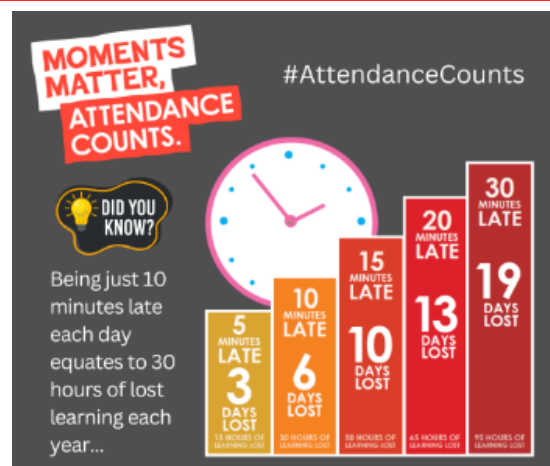
Upcoming Dates:

Thursday 26th March	Parents Evening—day 2 You are invited to come into school for a 10 minute slot to talk about your child's progress so far this academic year. Please book your slot via the information received from the school office from 8pm on Thursday 26th February. Appointments are available from 3:30 pm—6:30pm.
Friday 27th March	Passport to world views afternoon Children will learn about the festival of Rama Navami.
Friday 17th April	Return to Reception Parents invited to visit Reception at 2:15pm to see their child learn in the reception environment. A chance to see just how far they have come! One parent per child please.

Lunches Spring Half Term

Autumn Winter 2025/2026		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE 03.11.25 24.11.25 15.12.25 05.01.26 26.01.26 16.02.26 09.03.26	Option One	Plant Balls in Tomato Sauce with Rice	Beef Lasagne with Garlic Bread	Roast Chicken, Stuffing, Roast Potatoes and Gravy	NEW Chicken Biryani	Fishfingers with Chips & Tomato Sauce (Salomon Fish Fingers Available)
	Option Two	Autumn Vegetable Lasagne	Beetroot and Lentil Burger in a Bun with Potato Wedges	Vegetarian Wellington with Roast Potatoes and Gravy	NEW BBQ Sausage Pasta with Garlic Bread	Cheese and Bean Pasty with Chips and Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Cheese and Crackers	NEW Apple Crumb Cake with Custard	Fruit Medley	Jelly with Mandarins	Syrup Sponge with Custard
WEEK TWO 10.11.25 01.12.25 22.12.25 12.01.26 02.02.26 23.02.26 16.03.26	Option One	Classic Cheese and Tomato Pizza with Wedges	Spaghetti Bolognaise	CHICKEN SHACK BBQ Chicken or Quorn with Seasoned Potatoes and Sweetcorn Salsa	Meatballs in Tomato Sauce with Rice	Fishfingers with Chips & Tomato Sauce
	Option Two	Mild Mexican Chilli with Rice	Vegan Spaghetti Bolognaise		Creamy Chickpea and Coconut Curry with Rice	Cheese Whirl with Chips and Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	NEW Gingerbread Cookie	Chocolate and Beetroot Brownie with Chocolate Sauce	Fruit Salad	Sticky Toffee Apple Crumble with Custard	Vanilla Shortbread
WEEK THREE 17.11.25 08.12.25 29.12.25 19.01.26 09.02.26 02.03.26 23.03.26	Option One	Macaroni Cheese	NEW Chicken Enchilada Bake with Paprika Wedges	Sausage with Roast Potatoes and Gravy	Caribbean Mild Caribbean Chicken with Golden Rice	Fishfingers with Chips & Tomato Sauce
	Option Two	NEW Chef's Special Lentil Curry with Rice	Tomato Pasta	Vegan Sausage and Roast Potatoes with Gravy	Caribbean Stew with Golden Rice	Red Pepper Frittata with Chips & Tomato Sauce
	Vegetables	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day
	Dessert	Oaty Cookie	Pear Crumble with Custard	Fruit Salad	NEW Jamaican Ginger Cake with Custard	Cornflake Tart
MENU KEY Added Plant Protein Wholemeal Vegan Chef's Special						
Available Daily: - Freshly cooked jacket potatoes with a choice of filling - Fresh Bread - Daily salad selection – Fruit						
ALLERGY INFORMATION: If you would like to know about particular allergens in foods please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.						

		
Little Owls	Elf Owls	Snowy Owls
94.0%	96.2%	97.7%
		
Barn Owls	Tawny Owls	Spectacled
98.9%	96.8%	98.7%



PE Days

Children should wear their P.E. kits to school on the following days. On other days, normal uniform should be worn.



Monday	Tuesday	Wednesday	Thursday	Friday
Barn Owls Tawny Owls	Elf Owls Little Owls	Snowy Owls Spectacled Owls	Snowy Owls Spectacled Owls	Barn Owls Tawny Owls

After School Clubs: Spring Term 1

Monday	Tuesday	Wednesday	Thursday	Friday
Martial Arts Rec—Y2 3:20-4pm	Spanish Y1-Y2 3:20—4:20pm	Football Y1-Y2 3:20– 4:45pm	Football Y1-Y2 3:20-4:45pm	Musical Theatre Rec—Y2 3:20—4:20pm
Arts and Crafts Rec-Y2 3:20-4:15pm	Bounce and Beat Rec—Y2 3:20-4:20pm	Construction Rec-Y2 3:20-4:15pm	Cooking Rec-Y2 3:20-4:15pm	

TERM DATES

Spring term 2026

Start of term: Monday 5th January

Half term: Monday 16th February to Friday 20th February

Teacher training day: Monday 23rd February

End of term: Friday 27th March

Summer term 2026

Start of term: Monday 13th April

Half term: Monday 25th May to Friday 29th May

Teacher Training Day: Monday 1st June

End of term: Friday 17th July

Teacher Training Day (Disaggregated): Monday 20th July

For Warwickshire school term dates please [click here](#).

CHRISTIAN VALUE THIS HALF TERM



LEARNING BEHAVIOUR THIS HALF TERM

Tough Tortoise



- *I am brave and have a go at different things.
- **I can persevere and keep going even when it is difficult.
- ***I can show resilience. I bounce back and try again to learn from my mistakes.

The Diocese of Coventry Multi Academy Trust Vacancies

Please see below some of our current vacancies within the Trust. Please click on the links for more information and how to apply.

Senior Site Supervisor - <https://mynewterm.com/jobs/2901/EDV-2026-DCMT-54726>

Governance Officer – Clerk to AGC's - <https://mynewterm.com/jobs/2901/EDV-2026-DCMT-00555>

BOOK OF THE WEEK

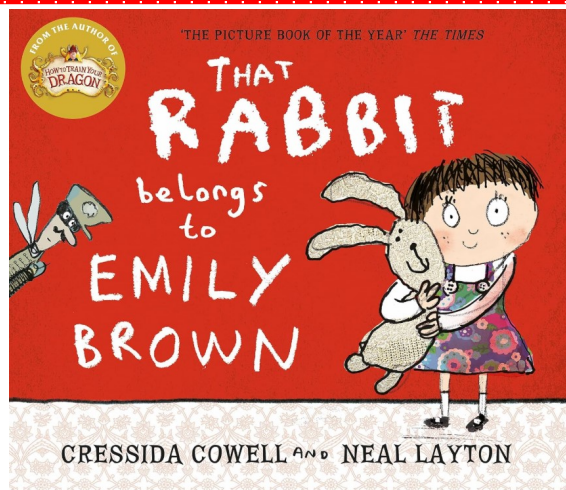
Title: That Rabbit Belongs to Emily Brown

Author: Cressida Cowell, **Illustrator:** Neal Layton

Recommended by: Mrs Hillman

Many children have a snuggly toy that is precious to them and in the case of Emily Brown that is Stanley, her old, grey rabbit. Emily takes Stanley on her many imaginative adventures but watch out, Queen Gloriana is wanting Stanley for herself! She will use everything in her power, The Army, The Navy and even The Air Force to get Stanley however Emily is not willing to negotiate for her treasured companion. One night, when Stanley is stolen, Emily has had enough. She visits the Queen with a Rat - a - tat - tat on her door for a change and just in time ... Bunnywunny is unwell. Emily helps the Queen find a toy of her own to cherish and love so that she can take Stanley home.

Emily is a strong, feisty character willing to protect what she loves so her adventures with Stanley may continue.



Pancake Day is coming! Join us at St Peter's Dunchurch for a fun family Pancake Party, Tuesday 17th 4:30pm - 6pm.

Planning to come? Letting us know by a quick email helps us to prepare: dunchurchstpeters@gmail.com





Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Children's Mental Health Week: 9th-15th Feb

Kindness

Kindness means being friendly, generous, and considerate to others. It's all about showing care and respect through our actions and our words.

Random Acts of Kindness Day is celebrated each year on **February 17th**, however you can practice random acts of kindness all year round!

Ideas for random acts of kindness

Here are some easy ideas to spread kindness:

- Give compliments – A genuine compliment can make someone's day brighter.
- Hold the door open for someone.
- Share a smile – Smiling at people can help to boost their mood.
- Send a thank you note – Write a note of appreciation to someone who has helped you.
- Be a good listener – Sometimes, all someone needs is someone to talk to.
- Help your teacher – Offer to hand out something to the class or do something to help them.
- Ask someone how their day is going – Asking someone about their day can make them feel cared for and happier.
- Pick up a piece of litter.
- Offer to help someone at home.

Why is being kind important?

Kindness is contagious! When you show kindness, it inspires others to do the same.

When you are kind to someone, it can help them to feel happy, it can brighten their day and boost their mood.

Kindness can help to make schools, homes and communities more welcoming and friendly. When people are kind, everyone feels more comfortable which can lead to better relationships and friendships.

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.

COLLECTIVE WORSHIP

In collective worship we have learnt about the festival of Candlemas and why it is important to Christians. We have also read some stories linked to emotions, and used the Zones of Regulation to discuss how the characters are feeling, along with ideas of how to get ourselves back into the green zone.

ZONES OF REGULATION

The ZONES of Regulation

Blue Zone Sad Bored Tired Sick	Green Zone Happy Focused Calm Proud	Yellow Zone Worried Frustrated Silly Excited	Red Zone Overjoyed/Elated Panicked Angry Terrified

E-SAFETY TIP OF THE WEEK :

Screentime...

Screentime is classed as any time spent in front of a screen, so it includes everything from watching tv to completing homework on a laptop. Whilst there is no recommended screentime (except for under two, which is zero), it is important that we find a balance. Screentime can obviously be beneficial, both for educational and entertainment purposes, however it is important to be aware of the risks, such as:

- Eye strain.
- Disrupted sleep.
- Less time for other activities and being outdoors.
- Affects our attention span.



Click on [Family Information Service](http://www.warwickshire.gov.uk/children-families) for a wide range of information to support families, or to request support.
www.warwickshire.gov.uk/children-families



Connect for Health

Find lots of useful links click [here](#).



Warwickshire Local Authority SEND newsletter can be found here. [Click link](#)

NON-UNIFORM DAY

WEAR WHAT YOU LOVE!

Friday 13th February

— (The day before Valentine's Day) —

Children are invited to come to school wearing

♥ **their favourite clothes** ♥

- ♥ Something comfy
- ♥ Something colourful
- ♥ Something fun
- ♥ Something they love

Suggested donation: £1

★ ★ (All donations go to the PTA) ★ ★



Let's celebrate being **kind, happy,** and ourselves! ♥ ♥

CREATE, CODE AND XPLORE THIS FEB HALF TERM

Give your child a head start in the digital world with
ComputerXplorers Holiday Camps.

Children learn without even realising it as they build, design
and experiment with technology. A brilliant mix of
imagination, learning and confidence building.

Ages:
5-13

From:
£30-£35 per session

Location:
Houlton Schl, Rugby, CV23 1ED

Dates:
16th - 20th February

THE ACTIVITIES

We cover many
subjects including:

Coding
Robotics
Lego WeDo
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App Design
Animation
Web Design
3D Cad & Print

LIMITED SPACES

book today - <https://tinyurl.com/5n7pd5a5>
or contact warwickshire@computerexplorers.co.uk

Preparing children for the future



TJ SPORTS ACADEMY HALF TERM HOLIDAY FUN MULTI-SPORTS CLUB

TJ SPORTS ACADEMY is back in the
holidays for **3 DAYS** of action-packed
sporting **FUN ! Monday 16th February,**
Tuesday 17th February, and Wednes-
day 18th February . Letters have been
handed out at the Junior and Infant
schools. Thank you to everyone who has
signed up already ! There are still spaces
remaining on all of the days, letters are
available from either school office or my-
self (Mr James). We are **SUPER EXCIT-**
ED for this one with all our usual sports
and brand-new **PRIZES !**
ANY FURTHER QUESTIONS PLEASE
DONT HESITATE TO CONTACT US.

PHONE- 07979800418 EMAIL-
tjsportsacademy1@gmail.com

allsorts

CELEBRATING
16
YEARS
IN BUSINESS

0-12

Jan/Mar 26 **for parents and children**

IN THIS ISSUE

HALF-TERM FUN

Young Cook - yummy omelette

Clubs & Classes
for the whole family

Get Crafty
Valentine's Day & Mother's Day

PLUS

School Notice Board & why schools
need the support of PTAs &
Community Volunteers



click on www.allsortsmag.com

PLAYGYM & PRESCHOOL CLASSES AT RUGBY GYMNASTICS CLUB

Weekday classes available for 18 months - 4 years

Contact: Gill@rugbygymnasticsclub.co.uk

01788 542617

Kilsby Lane, Rugby, Warwickshire. CV21 4PN



WEEKLY DODGEBALL CLUB!

Wednesdays | 6-7pm

Bilton Junior School!

All Children Welcome!
(Ages 5-11)

Monthly Subscription
£25
Starting from March 2026

**FIRST
SESSION
FREE!**



Email or call to find out more

akcoaching2020@gmail.com

07725 876 612





Useful Contact Information



Family Information Service

Providing information, advice and one-to-one support for families with children & young people aged 0-25.
New Free Tel: 0800 408 1558
Tel: 01926 742274

Email: fi@warwickshire.gov.uk
www.warwickshire.gov.uk/fis

Warwickshire's Child and Family Well-being Service

Tel 0300 247 0072
or email:

wcfw.contact@hcrgragroup.com

Warwickshire Health Visiting Well Baby drop in Clinic

Tuesdays: 9:30am - 11:00am

at Claremont Children and family Centre

Self-weigh drop in

9:30am - 12:00pm

Mondays at Claremont

Friday's at Boughton Leigh

Breastfeeding Support Drop-in

Group for Babies and Toddlers

Wednesdays: 10:00am-11:30am

at Claremont Children & Family Centre

ROSA Drop in Clinic for those impacted by sexual violence

Contact Claremont Children & Family Centre for more details.
Tel: 01788579488

Warwickshire Family Connect

For concerns about a child's wellbeing
Tel: 01926 414144

Early Support

Drop ins at the CFCs

Long Lawford Tues - 2.00-4.00pm

Claremont Weds - 2.15-4.15pm

Boughton Leigh 9.30-11.30am

Family Support Help Line

Monday to Friday: 9.00am to 4.00pm

Tel: 01926 412412

www.warwickshire.gov.uk/childrenandfamilies

Midwives

Maternity advice,

The Owen Building, St. Cross Hospital

Tel: 01788 663184

Adult and Community Learning

<https://warwickshire.gov.uk/acl>

Tel: 01926 736392

Speech and Language

Therapy Preschool Team

Tel: 01788 555107

HCRG Sexual Health & Contraception

Drop-in

4th Monday of the month at

Claremont CFC 1.45-3.45pm

4th Monday of the month at

Boughton Leigh CFC

9.30-11.30am

Interested in volunteering?

please contact

sarah.lancaster@barnardos.org.uk



WHAT'S ON GUIDE

Rugby Children & Family Centres

February Half Term

Rugby Children & Family Centres (CFC)

Boughton Leigh Children & Family Centre

Wetherell Way, Rugby,

CV21 1LT Tel: 01788 570347

Claremont Children & Family Centre

Claremont Road, Rugby,

CV21 3LU Tel: 01788 579488

Long Lawford Children & Family Centre

Holbrook Road, Long Lawford,

Rugby, CV23 9AL Tel: 01788 561313

Email: rugbycfc@barnardos.org.uk

Website

<https://coventryandwarwickshire.barnardos.org.uk/children-and-family-centres/rugby/>



CHILDREN & FAMILY CENTRE

Rugby Borough Children and Family Centres (CFC)

16th - 20th February 2026



Monday

Walk-in Wardrobe

Pre-loved clothes for 0-5's

9.30am to 11.30am

Toy Library

9.30am to 11.30am

Claremont CFC

Baby Time

Non-walkers from birth

10.00-11.00 am

Claremont CFC

Baby Self-Weigh

Drop in

9.30am-12pm

Claremont CFC.

Baby Time

Non-walkers from birth

1:30pm-2:30pm

Long Lawford CFC

Tuesday

Family Time

Aimed at 0-8years

10.00am to 11.30am

Boughton Leigh CFC

Baby Time

Non-walkers from birth

10.00am to 11.00am

The Barn @ Houlton

(CV23 1AL)

Family Time

Aimed at 0-8yrs

1.30-3pm

Long Lawford CFC

Baby Time

Non-walkers from birth

1:30pm-2:30pm

Boughton Leigh CFC

Wednesday

Little Stars

For children with additional

needs

10.00am to 11.00am

Claremont CFC

Baby & Toddler

Time

Aimed at 0-4yrs

1.30-2.30pm

Cawston

Community Hall

(CV22 7GU)

Thursday

Family Time

Aimed at 0-8yrs

10.00-11.30 am

Claremont CFC



To view all our sessions

scan the QR code or follow

the link:

<https://rugbycfc.eventbrite.com>



Friday

Baby Self-Weigh

Drop in

9.30am-12pm

Boughton Leigh CFC.

All centres open

8.30am-4.30pm

for any enquiries

Saturday

Saturdays

Next Saturdays

sessions

14th February

14th March

10-11.30am

Claremont CFC



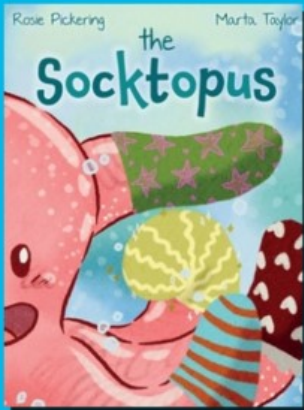
Please note the changes in times to some of the groups from our regular term time timetable

Dunchurch Community Hub & Library

The National Year of Reading 2026

Storytime & Creative Fun

with Children's Author, Rosie Pickering

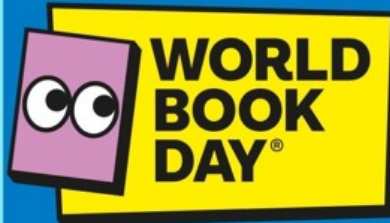


A fun storytime and arts & crafts session for kids aged 2-7.

Half-term
Thurs 19th Feb
10:30 - 11:30am



In partnership with Hunts Bookshop, come and collect your FREE book for World Book Day by using your tokens.



Thurs 5th
March
3:00 - 4:30pm