



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.

Friday 28th November 2025

Diary Dates

December

Thursday 4th December

Prospective parent show round for Reception 2026 children

Beech Class Parent Workshop @2pm

Year 5 CET Christmas Concert

Friday 5th December

Year 5 singing to Langham Manor Care Home in school

Wednesday 10th December

Cherry Tree Class Parent Workshop @2pm

Thursday 11th December

Christmas Lunch and Christmas jumper day

Friday 12th December

Oak Class Parent Workshop @2pm

Monday 15th December

Year 5 to Steeple View to sing

Monday 15th and Tuesday 16th December

Year 2 Nativity Performance @2pm

Wednesday 17th and Thursday 18th December

Reception Nativity Performance @2pm

Opening comment

This week the children in Reception, Year 2 and Year 5 have been practising songs for their nativities and performances and have sounded fantastic; anyone watching is certainly in for a great time! Thank you in advance to you all for supporting your children by practising lines and providing costumes. I hope you are looking forward to the performances as much as we are.

It has also been great to see parents and family members in school for the first of our Workshops this term; I hope that they are useful in sharing ideas in how to support your child at home.

Stars of the week



Attendance Week beginning 24th November 2025

Acorn: 99.31%

Cherry Tree: 94.44%

Maple: 93.75%

Beech: 95.93%

Hazel: 98%

Willow: 95.93%

Oak: 97.09%

Well done **Acorn Class** for being this week's winners!

House Points so far...

Brett: 895

Deben: 944

Orwell: 842

Gipping: 946

Lark: 902

Stour: 843

Beech Class

Beech Class had a terrific afternoon toasting marshmallows in Forest School. They learnt fire safety and how pinecones and thistle seeds are excellent natural fire starters. The children learnt how to attend the fire and enjoyed eating their marshmallows as smores. One child said, "This is the best forest school day EVER!" The children also noticed how the Ash leaves grow in opposite pairs, so we practised counting in twos and enjoyed a game of Sticky Weed.



Christmas Raffle £1 per ticket

Lots of rainbow hampers to be won!
Full of goodies from chocolate and sweets to games and gift sets!

All tickets to be returned by Monday 15th December
The big draw to be on Friday 19th December



Christmas Tuck Shop

Sweet Treats from 50p
Christmas Carols
Live draw of the Christmas
Rainbow Hampers!

Friday 19th
3.15pm playground



Merry Christmas





CHRISTMAS LUNCH

11th DECEMBER 2025

Festive Roast Chicken
or
Quorn fillet

Served with Roast Potatoes,
Seasonal Vegetables, Chipolata, Stuffing
Yorkshire Pudding and Gravy

Followed By
Chocolate Brownie Trees with a Dusting of Snow
or Fresh Fruit

LUNCHTIME CO

CET Christmas Concert - Year 5 Only

Year 5 Notice - There are still a couple of spaces available for anyone else wishing to attend the **CET Christmas Concert** at the Corn Exchange in Ipswich on Thursday 4th December 2025. These remaining spaces will be allocated on a first come first serve basis to anyone else consenting on Arbor.

Don't forget about Wraparound Care: The Den!



Freeman Community Primary School's Wrap Around Care is now open!

"The Den"
is now available every school day.

Session times: 3:15pm-4:15pm and 4:15pm-5:15pm

Cost: £5 per session

Tax Free Childcare Accounts can be used.
Parents pay £4 a session, the Government tops up the rest!

Please ask the office for more information

Christmas Lunch Ordering

A reminder that Friday 28th November is the deadline to order your child's school Christmas Lunch on Thursday 11th December. An email with all of the information was sent home on 7th November but, for ease, the link to the order form can be found [here](#).

Please note that the "festive pudding" for dessert has been confirmed as a chocolate brownie with a dusting of snow (icing sugar!)

Parent Governor Vacancy

A reminder that we still have a vacancy for a Parent Governor on the school's governing body.

If you have an interest in education and can commit to one evening, six times a year and occasional visits during the school day, we would be very pleased to hear from you.

Please contact the office for an application form or to discuss the role in more detail.

Reminder About Play Equipment

For the safety of all our children, please ensure that play equipment is not used before or after school. We appreciate your support in keeping everyone safe and happy!

Fidget Toys

Unless a fidget or cuddly toy is specifically listed on your child's Learning Plan or agreed upon with their teacher, please do not send these items into school. If your child requires a fidget toy, it should be quiet and small enough to fit comfortably in their hand. Should the item become a distraction to learning, your child will be asked to put it away.

My Clothing

My Clothing are pleased to be able to offer another discount period that runs until the end of the year. The details are as follows:

Code: 10%myc2025

Expires: 31st December 2025

Acorn and Maple Nativities

Acorn will be performing their nativity on 17th and 18th December at 2pm.

Maple will be performing their nativity on 15th and 16th December at 2pm.

Parents will now have been sent an email to book their tickets on Eventbrite! Please note it is 2 tickets per performance per child. Younger siblings will need a ticket and their own seat.

Breakfast Club and The Den

Please can we ask that if you would like your child to attend either Breakfast Club or the Den, that parents sign up before the session, and only sign up for sessions that you are planning for your child to attend. If you do not book sessions in advance, you run the risk of being turned away if the clubs are oversubscribed. Please be aware that if you sign up for sessions you do not intend to use, it may stop another family from being able to access the clubs. If you have booked a session you know that your child will not be attending, please inform the office so the registers can be adjusted.

Thank you for your continued support.

TTRockstars

Next week, another battle begins commences!

Year 4 and Year 6 will go head-to-head in a week-long times tables competition. Who will come out on top? Let the challenge begin...



Battle of the Bands!

TIMES TABLES ROCK STARS

Year 4 vs Year 6

The next battle will commence on the 1st December - 7th December



Supporting children and young people to manage their emotions

SENDIASS is hosting a relaxed online session for parents and carers exploring ways to help your child to understand and manage their feelings. We will also explore strategies which schools may use, and how they can access advice to enable them to support your child.

The presentation will be delivered by specialist teachers from Suffolk's Social, Emotional and Mental Health Service. This is one of the five Specialist Education Services in Suffolk, which support schools to support pupils with different special educational needs.

The session will explore:

- what your child's behaviour may be communicating
- strategies to support your child
- what can lead to meltdowns and how to support your child during and after a meltdown
- strategies schools may use and how they can access advice to help them support your child.

4th December 2025 10am – 11:30am

[Click to register](#)

'Really informative session and has given me a completely different outlook on how to deal with my son's 'meltdowns.'

'Makes so much sense, really helpful practical advice 😊'

'This was so helpful. Really good practical information that other courses don't always cover.'

[Supporting children and young people to manage their emotions Tickets, Thu 4 Dec 2025 at 10:00 | Eventbrite](#)

Get Ready for the Winter Mini Challenge!

An exciting online reading challenge is coming your way from **1 December 2025 to 20 February 2026**.

Are you ready to take it on?

Click the link below to sign up and start your reading adventure: [Summer Reading Challenge](#)



THE READING AGENCY **Winter Mini Challenge**

Story Garden

Friends of Freeman News!

A huge thank you to Gudgeons Solicitors for their generous donation of £575! Their support means we can purchase two iPads for learning and a real Christmas tree to make our school festive and bright.



GUDGEONS PRENTICE
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2025
Christmas Tree
Sponsor

What Parents & Educators Need to Know about

TIKTOK

AGE RESTRICTION
13+

(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

TikTok's following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £234.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

CONTACT WITH STRANGERS

Between 1.6 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent an average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention span, making it harder to focus on longer tasks such as homework or reading.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



See full reference list on our website

#WakeUpWednesday

The National College