



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.

Friday 5th December 2025

Diary Dates

December

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

Year 2 Nativity Performance @2pm

Tuesday 16th December

Year 2 Nativity Performance @2pm

Wednesday 17th December

Reception Nativity Performance @2pm

Thursday 18th December

Reception Nativity Performance @2pm

Friday 19th December

Dick Wittington Pantomime in school (children only)

Last day of school before the Christmas Break

Opening comment

Nativity practice in Reception and Year 2 is now in full swing; the children are working really hard to learn their lines and the words to the songs. Thank you in advance to all parents and carers who are supporting their children in this. Some of our Year 5 children were an asset to our school as they performed at the Corn Exchange in Ipswich as part of the Children's Endeavour Trust Christmas Concert last night. They sang beautifully as a group as well as part of a larger ensemble of groups of children from all eight schools in the Trust. Well done! We are very proud of you! We look forward to sharing more on the festivities in school next week!

Stars of the week



Attendance Week beginning

1st December 2025

Acorn: 86.87%

Cherry Tree: 94.07%

Maple: 98.83%

Beech: 97.78%

Hazel: 95.67%

Willow: 94.44%

Oak: 97.09%

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

House Points so far...

Brett: 1043

Deben: 1246

Orwell: 1072

Gipping: 1217

Lark: 1172

Stour: 1105

Maple Class

In Year 2 Design Technology lessons, the children have been busy designing and building their own Ferris wheels. They explored the properties of different materials to decide which ones were most suitable for the task. Each Ferris wheel included key components such as an axle, axle holders, a wheel, a sturdy frame, and pods. To finish, the children decorated their wheels creatively to make them eye-catching and unique.



Beech Class

We have been learning a lot in our music lessons in Beech Class. We've been learning to play the recorder, which involves understanding the pulse, rhythm and pitch. We have learned how to hold our recorders, and how to blow into them properly, so we make a pleasant sound. We've learned some notes and how to read them on a music staff. We have had great fun playing our first songs on the recorder!



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



Inces

Inces are pleased to be offering 25% off all original items, both in store and online.

This is a great incentive to purchase any additional school uniform you may need!



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?

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



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.

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.



**Notice: Village Hall Car Park – Thursday, 11th
December**

Please be aware that the Village Hall car park will be very busy next Thursday (11th December) between **7:00 am and 9:00 am** due to a large number of Anglian Water vans. There may be some spaces available around the back, but parking will be limited. If you are travelling to school that morning, please plan accordingly.

Thank you for your understanding.

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](#)



Suffolk PINS Project

Partnership for Inclusion of Neurodiversity in Schools

Session 1

**Neurodevelopmental
Neurodiversity:**

What Every School and Parent Needs to Know

What is neurodiversity? What is autism, ADHD and learning disability? Does a child need a diagnosis to get support? This introductory workshop for parents, carers and school staff will answer these questions and introduce where schools and parents/carers can find advice and guidance for supporting their neurodivergent children and young people.

These sessions may contain some recorded content which has been developed by the Psychology in Schools Team, Norfolk and Suffolk NHS Foundation Trust, and will be facilitated by the Suffolk Neurodiversity Inclusion Facilitators, part of Early Intervention Child and Adolescent Mental Health Services. Please note that this is largely an information giving workshop so could feel content heavy for some.

When & Where?

Wednesday 10th December 3-30-5.00pm

Christmas Cards

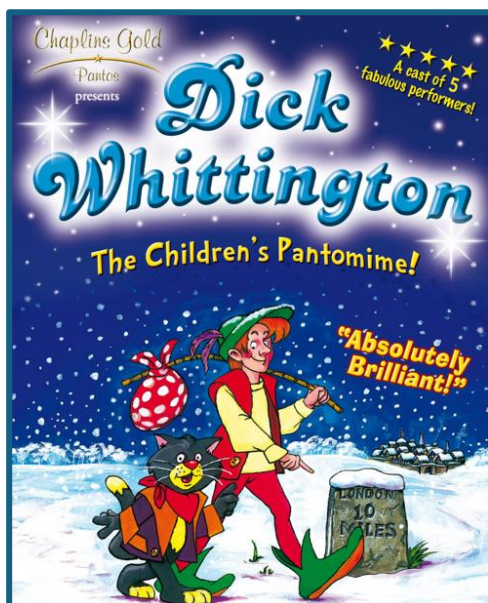
If your child is bringing in a Christmas card in for children in other classes, please can you make sure you include the child's class on the envelope. This will make it easier to match cards with their rightful owners!

Thank you.

Friends of Freeman News

We're thrilled to announce that a pantomime is coming to our school this year! Thanks to your generous donations, we've booked a **Dick Whittington** performance for the **last day of term**.

A huge thank you for your continued support; this wouldn't be possible without you! We hope all the children enjoy this festive treat.



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar – Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

