



# FREEMAN COMMUNITY PRIMARY SCHOOL

*From tiny acorns mighty oaks grow.*



**Friday 12<sup>th</sup> December 2025**

## Diary Dates

### December

#### Monday 15<sup>th</sup> December

Year 5 to Steeple View to sing

Year 2 Nativity Performance @2pm

#### Tuesday 16<sup>th</sup> December

Year 2 Nativity Performance @2pm

#### Wednesday 17<sup>th</sup> December

Reception Nativity Performance @2pm

#### Thursday 18<sup>th</sup> December

Reception Nativity Performance @2pm

#### Friday 19<sup>th</sup> December

Christmas Church Service (children only)

Dick Wittington Pantomime in school (children only)

Last day of school before the Christmas Break

### January

#### Monday 5<sup>th</sup> January

PD Day – no children in school.

#### Tuesday 6<sup>th</sup> January

All children return to school

## Opening comment

Christmas is in full swing in school; the children have been rehearsing nativities and singing Christmas carols for performances and our Christmas Service at the Church next week, all of which sound wonderful. This week we have also had Christmas dinner and Christmas jumper day (more on this in this newsletter!) which the children thoroughly enjoyed.

Thank you in to all parents and carers for supporting the festivities in school and supporting your children in learning songs and lines. We look forward to welcoming lots of you in to school next week for the Acorn and Maple nativities!

## Stars of the week



## Attendance Week beginning

### 8<sup>th</sup> December 2025

Acorn: 91.53%

Cherry Tree: 95.38%

Maple: 94.53%

Beech: 95.93%

Hazel: 98.33%

Willow: 97.04%

Oak: 92.73%

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

## House Points so far...

**Brett: 1270**

**Deben: 1436**

**Orwell: 1302**

**Gipping: 1459**

**Lark: 1379**

**Stour: 1267**

## Cherry Tree Class

It's been an exciting and busy few weeks in Year 1! We've explored 2D and 3D shapes in maths, discovered hidden numbers within 9, and enjoyed diving into our new class book *The Storm Whale*. Using our artistic skills, we created beautiful wool-wrapped shapes, and we were thrilled to welcome families to our very first workshop.

To top it all off, we celebrated Christmas Jumper Day with lots of festive fun!



## Let's Celebrate Christmas

Yesterday, we celebrated Christmas Jumper Day in festive style with a delicious Christmas roast lunch prepared by Nicky and Ria in the kitchen! The children loved showing off their Christmas jumpers, and eating lots of yummy food!



## Christmas Raffle and Tuck Shop

Thank you so much for your generous donations towards the Christmas Hampers – they look absolutely fantastic! If you'd like the chance to win one, don't forget to grab a raffle ticket. Full details are listed below. Don't forget the Christmas Tuck Shop will be on the playground next Friday!



### 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**

### 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.

### 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.

### 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



### Spring Term- PE Days

Please find below the PE days for next Spring Term. Children will need to come in to school in the correct PE kit on these days; long hair needs to be tied back and earrings removed.

Acorn- Monday pm and Wednesday pm

Cherry Tree- Wednesday pm and Friday pm

Maple- Tuesday pm and Friday pm

Beech- Monday pm and Thursday pm

Hazel- Monday pm and Thursday pm

Willow- Monday pm

Oak- Thursday pm and Friday pm



## CET Christmas Concert

Last Thursday, children from year 5 went to the Corn Exchange in Ipswich to perform in the CET Christmas concert. The children had some time in the afternoon to rehearse and performed to an audience of parents, staff and governors from each of the schools.

We are incredibly proud of our Year 5 children, they sang beautifully and put on a fantastic performance. They were a credit to the school.

Well done Year 5!



## 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](#)



## Change of menu

Wednesday 17<sup>th</sup> December

Option 1: Meat pizza

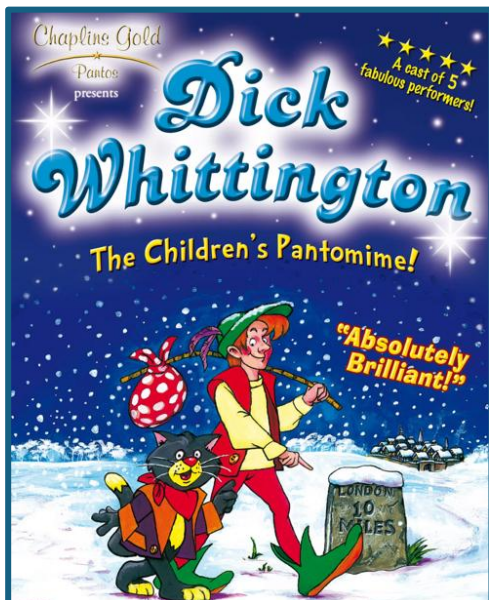
Option 2: Margherita pizza

Both served with diced potatoes

## 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.



# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is when we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be cautious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



Are you sure?

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

It makes sense that you would feel this way, it is understandable. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



## Meet our expert

This guide has been written by Anna Beteman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Young GP  
Young Minds <https://youngminds.org.uk/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/the-number-1-a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>

