



# FREEMAN COMMUNITY PRIMARY SCHOOL

*From tiny acorns mighty oaks grow.*



**Friday 9<sup>th</sup> January 2026**

## Diary Dates

### January

#### **Friday 9<sup>th</sup> January**

Year 5/6 Chess tournament  
@combs  
(more details to follow).

#### **Monday 12<sup>th</sup> January**

Class photographs  
Yr5 and Yr6 meet the teacher

#### **Tuesday 13<sup>th</sup> January**

YR, Yr1 and Yr2 meet the teacher

#### **Thursday 15<sup>th</sup> January**

Yr 3 and Yr4 meet the teacher

#### **Tuesday 27<sup>th</sup> January**

Year 3 Parent Workshop

#### **Wednesday 28<sup>th</sup> January**

PINs Workshop 3:30pm -5pm

### February

#### **Thursday 12<sup>th</sup> February**

PINs workshop 3:30pm-5pm

#### **Friday 13<sup>th</sup> February**

Last day before half term

#### **Monday 23<sup>rd</sup> February**

Return to school

## Opening comment

Welcome back! The staff and I all hope you had a great Christmas break, and a Happy New Year.

We are looking forward to the new term and everything we have planned which has already started with an inspiring music assembly, more details on this later. This term we look forward to welcoming parents into school again for our Parent Workshops, where parents and carers get the chance to learn alongside their children, and our Year 4 Parent Assembly.

A reminder that this year's class photos are now taking place on **Monday 12<sup>th</sup> January**. All children will need to come in to school in full school uniform, including jumpers, please.

## Attendance Reminder

Please find below a reminder of our registration times which were shared with you at the beginning of the year.

Event	All Classes
Gate opens	8.35am
Gate closes	8.45am
Morning register taken	8.45am
'L' code given after	8.45am
'U' code given after	8.55am
Afternoon register taken	1.00pm
'L' code given after	1.00pm
'U' code given after	1.10pm

## Attendance Week beginning

### 5<sup>th</sup> January 2026

Acorn: 97.5%

Cherry Tree: 93.52%

Maple: 94.71%

Beech: 100%

Hazel: 97.5%

Willow: 92.13%

Oak: 95.63%

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

## House Points so far...

We look forward to sharing the first week's totals with you in the next Newsletter.

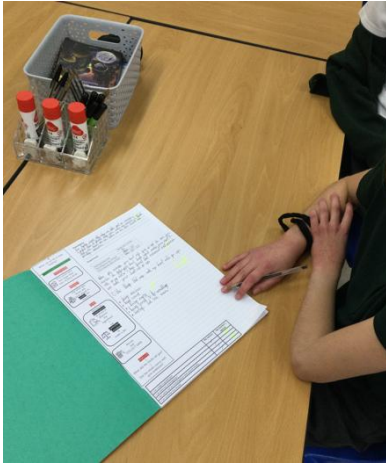


## Oak Class

Oak Class have been investigating the circulatory system in science. They've learned about the components of blood, identified the parts of the heart and explored its functions. In addition, they discussed ways to keep their hearts healthy.



In this lesson, students were challenged to prove or disprove the hypothesis: "Our heart rate only increases during exercise." They designed their own scientific experiments to investigate this claim and thoroughly enjoyed discovering and counting their pulse.



## Suffolk County Music Service Assembly

On Wednesday, we welcomed the Suffolk County Music Service to our school for a fantastic assembly all about music and instruments. The session was wonderful - captivating, uplifting, and truly inspiring for many of our pupils. Children had the opportunity to listen to a variety of instruments being played, and they even recognized and sang along to some familiar tunes!

Suffolk County Music Service offer musical instrument lessons. If this is something you are interested in for your child, please contact the office for more information.



## The Den: our afterschool club

The Den, led by Mrs Kell, Miss Donovan, and Miss Vickers, offers a wide range of fun and creative activities including arts and crafts, LEGO building, colouring, yoga, movie time, support with homework, outdoor play (weather permitting), planting, and so much more!

It's a lively, engaging space where children can unwind, explore, and enjoy themselves after the school day. We also provide healthy snacks such as fruit, vegetables, bagels or toast to keep them fuelled and happy!

**The club runs in two sessions: 3:15–4:15pm and 4:15–5:15pm**

Each session is priced at **£5 per hour**.

If you're using the government's **Tax-Free Childcare scheme**, you'll only need to pay **£4 per hour**, and the government will contribute the remaining amount. This is the same cost as the other clubs we offer!

Additionally, it runs every day that school is open!



Snacks  
Support with homework  
LEGO  
Yoga and Dance  
Movies  
Painting  
Gardening  
Sports  
Arts and Crafts



## PINS Workshop

**Suffolk PINS Project**  
Partnership for Inclusion of Neurodiversity in Schools

Session 2

### Learning and Executive Functioning: How Parents and School Staff Can Work Together to Support Neurodivergent Children

This workshop for parents, carers and school staff will explore cognitive differences in childhood such as planning, organising and remembering things. The workshop will consider how these differences can impact on day-to-day life and give advice on how schools and parents/carers can support their children and young people with cognitive differences.

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.

#### When & Where?

Wednesday 28<sup>th</sup> January 3.30-5.00pm

#### How do I book my place?

Please email the school office if you will be attending and if you require a free childcare place in 'The Den'.  
[admin@freemacpschool.co.uk](mailto:admin@freemacpschool.co.uk)

We would like to extend our thanks to all the parents and carers who attended our first PINS workshop. It was wonderful to see so many of you there. The session provided a valuable opportunity for parents and staff to come together, share perspectives, and gain a deeper understanding of both the challenges and the positives experienced on each side.

We would like to invite you to join us for our second PINS workshop on Wednesday, 28th January. You do not need to have attended the first workshop to take part, as each session is designed to stand alone. To support parents, we are pleased to offer a free childcare place in *The Den* for the duration of the workshop.

Please get in touch with the office to book your space!

## 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](#)



## Staffing Update

I'm delighted to share that we have welcomed new members to our wonderful Freeman Community:

Miss Elmer will be supporting Year 1 in the mornings and Year 2 in the afternoons each day.

Mrs Hearn will be working with Year 5 in the mornings and Year 2 in the afternoons on Monday, Tuesday, and Thursday.

Miss Laughlan will be based in Year 1 in the mornings and delivering interventions in the afternoons on Tuesday, Wednesday, and Friday.

Mrs Cole who is now joined our MDSA team.

## Meet the Teacher

Next week, you'll have the opportunity to meet your child's teacher. During these sessions, you'll learn about what your child will be covering throughout the spring term and receive practical ideas on how to support their learning at home. You'll also have the chance to ask any questions you may have.

We believe these meetings are extremely valuable for understanding your child's learning journey and for strengthening communication between home and school.

### Below are the dates for each class's 'Meet the Teacher' session:

Monday 12<sup>th</sup> January @ 3:15pm: Year 5 and Year 6.

Tuesday 13<sup>th</sup> January @ 3:15pm: EYFS, Year 1 and Year 2.

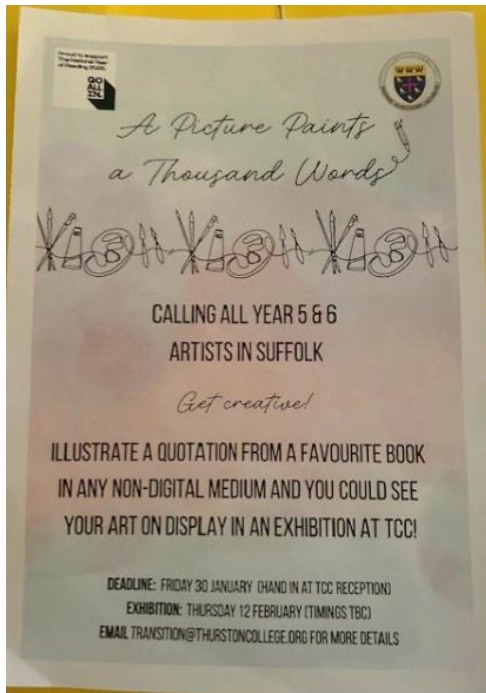
Thursday 15<sup>th</sup> January @ 3:15pm: Year 3 and Year 4.

## Inces of Stowmarket

You may have seen in the local news recently that after 58 years serving the local community Inces in Stowmarket have announced that they are closing. Inces have been stocking our school uniform for as long as we can remember and remaining uniform they hold is available to purchase at a discounted price both in store and [online](#).

Freeman Community Primary School uniform will still be available from "My Clothing" at the following [link](#). We are sure that you will all join us in thanking the team at Inces for their many years of service to our local community.

## Art Competition



## Nativity Costume Donations

If you have any nativity costumes that you will no longer need and would like to donate them to the school, we will gratefully accept them. We are hoping to build up a bank of costumes that we can offer to families in the future to borrow.

Thank you very much in advance!



## Snowy Start to 2026

We kicked off the new year with a blanket of snow, and everyone at Freeman was thrilled!



# 10 Top Tips for Parents and Educators

## ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

### Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday

The National College