



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 23rd January 2026

Diary Dates

January

Tuesday 27th January
Year 3 Parent Workshop

Wednesday 28th January
PINs Workshop 3:30pm -5pm

February

Thursday 12th February
PINs workshop 3:30pm-5pm

Friday 13th February
Last day before half term

Monday 23rd February
Return to school

March

Thursday 5th March
World Book Day

Friday 6th March
Year 6 Parent Workshop

Tuesday 10th March
Reception Parent Workshop

Thursday 12th March
PINs workshop 3:30pm-5pm

Tuesday 17th March
Year 2 Parent Workshop

Opening comment

I have really enjoyed walking around school this week; there have been lots of movement going on. Reception did some excellent maths using a log and frogs; I was so impressed with their reasoning, Year 1 children did an excellent job learning to weave, Year 2 have been investigating how materials can change, Year 3 have been dividing using tens sticks and ones, Year 4 have had a visitor in to learn more about dental hygiene, Year 5 have been researching the skills they would need for their dream jobs using the new iPads and Year 6 have been litter picking!
A huge thank you to the Friends of Freeman and their fundraising to enable the school to buy a set of 30 iPads!

Stars of the Week



Attendance Week beginning

19th January 2026

- Acorn: 94.67%
- Cherry Tree: 98.52%
- Maple: 92.69%
- Beech: 92.86%
- Hazel: 98.33%
- Willow: 91.85%
- Oak: 94.74%

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

House Points so far...

- Brett: 626**
- Deben: 566**
- Orwell: 632**
- Gipping: 598**
- Lark: 603**
- Stour: 615**

School Council Sustainability Project

During the Autumn term, two of our School Council representatives took part in a Trust-wide Zoom call, bringing together pupil leaders from all schools within our trust. The focus of the meeting was sustainability and exploring ways we can promote positive environmental action in our own school. Together, the children decided to organise a **litter-picking day**, recognising it as a practical way to support sustainability and care for our community.

On Tuesday, we welcomed **Nick Elliot** from Mid Suffolk Council, who delivered an engaging assembly on the importance of not littering and looking after our environment. Following this, Year 6 headed outside in groups of eight for a 15-minute litter pick around the school grounds. It was incredible to see how much they collected in such a short time - **a whole bag full!**

Moving forward, each class will be given an opportunity to take part in regular litter-picking sessions around the school to continue this important work. In addition, we will be appointing a team of **Year 6 Litter Picker Monitors** to help champion our environmental efforts. We take great pride in our school environment, and we are committed to doing our part to protect it.

Furthermore, **Grace and George** in Year 6 took part in an additional Trust Zoom meeting, where they shared their experiences of the litter-picking day with School Council representatives from other schools.



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
Gymnastics
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 28th 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

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](#)



Parking

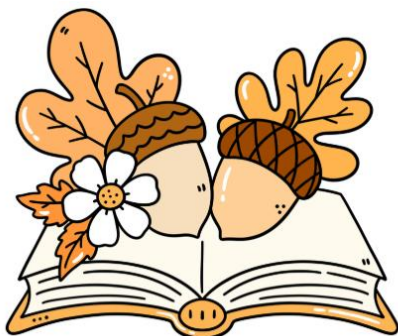
We would appreciate your support please by not double-parking side by side other cars in the layby out the front of school as this causes congestion and can be dangerous. Please also be reminded not to park blocking the school or church gates as access is required at all times.



My Clothing Discount

My clothing are once again offering their discount on school uniform. **Code: MYCQ110**

Expires: 31st March 2026



Accelerated Reader

Children in Years 3–6 complete a quiz on each book they read before choosing a new one.

Some parents have requested the link again so that children can quiz at home.

Your child's login details can be found in their planner. Here is the link for Accelerated Reader:

<https://login.renaissance.com/12d2c6cb-548c-47de-ac28-193e7d39d69f?state=15f6d0e7-366a-4416-a995-04a039026d35>

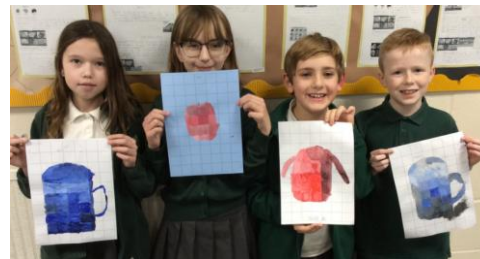
U9 Indoor Athletics

Sixteen of our Year 3 and Year 4 pupils took part in the U9 Indoor Athletics event, enjoying a fantastic afternoon of running and relay races, alongside a variety of field events. A special well done to **Mia (Year 3)**, who achieved the longest triple jump out of all the girls competing, and to **Ethan R (Year 3)**, who recorded the highest vertical jump among all the boys. We are very proud of everyone who took part!



Hazel Class

As well as learning how to multiply numbers, read and answer questions about our class book (The Girl Who Stole an Elephant) and write an adventure story, Hazel class have had fun in their science and art lessons this term. In Art, the children have been studying paint and mixed media, and recently they have been learning about tints and shades. In this week's lesson, they applied their new skills to paint a simple object, mixing a range of tints and shades to create the effect of three dimensions. As you can see, the results look absolutely fantastic!



In Science, we have been learning about the digestive system and, in particular, exploring teeth. We discovered how many baby teeth we have and that adults typically have 32 teeth. We also learned about the different types of teeth and their functions. To build on this, we carried out an investigation to observe what happens to tooth enamel when exposed to different drinks such as Lucozade Sport, Dr Pepper, milkshake and water. We then linked this to a session with Mrs Pizzey, one of our parents, who taught us how to take good care of our teeth.



What Parents & Educators Need to Know about

ROBLOX

WHAT ARE THE RISKS?

Roblox is an online platform where users can play and create games known as 'experiences' made by other users. Roblox has a large UK audience. ITV News has reported that millions of people in Britain use the platform regularly, with children forming a significant proportion of its users. The sheer scale of it makes it extremely difficult to moderate effectively, creating risks for unsupervised children.

A PLATFORM RATHER THAN A GAME

Roblox differs from traditional video games in that it hosts millions of user-created experiences rather than a fixed set of developer-produced content. Each experience is self-rated by its creator rather than independently age-rated in advance, as is the case with PEGI-rated games. With millions of user-created experiences, moderation is largely automated which means that inappropriate content may reach younger players and have a harmful effect.

MATURE CONTENT

With much of Roblox's moderation automated through AI and creators self-certifying suitability, inappropriate content frequently appears on the platform. Some experiences may include content intended for older players. While Roblox has tools to restrict access based on age settings, these systems are not always perfect. Younger players are likely to encounter content you may deem unsuitable.

IN-GAME SPENDING

Roblox is free to play, but many experiences and cosmetics include optional purchases using Robux, the platform's virtual currency, to get advantages in games. This business model is common across online games, but reporting has highlighted cases where children have spent large amounts of money unintentionally or without understanding the real-world cost.

RISK OF ADDICTION

Roblox encourages repeated and extended play. Many experiences are made of short tasks, rewards, and progression systems that can prompt users to keep playing for longer periods of time. Some games also use reminders, daily rewards, or timed events to encourage frequent logins. These designs can make it difficult to stop playing. Spending long periods online may affect sleep, schoolwork, or other activities if boundaries are not in place.

COMMUNICATION WITH OTHER USERS

Roblox includes text and voice features that allow players to chat in shared game spaces. While the platform uses automated filters and moderation tools, media investigations have found that inappropriate and potentially harmful messages can still get through. There are risks that children could be targeted by groomers. In response, Roblox has announced changes to how chat works. The platform plans to use facial age-estimation technology to restrict chat access between adults and children they do not know.

Advice for Parents & Educators

USE PARENTAL CONTROLS

Roblox's parental controls provide an important starting point. Linking a child's account to an adult account allows parents to apply spending controls, limit communication features, and review recent activity. Regular supervision, use of parental controls, and conversations with children about what they see online can help reduce the risk of exposure to inappropriate content.

CONSIDER LIMITING OR DISABLING CHAT

Although Roblox is introducing tighter age-based chat restrictions, some parents and educators may prefer to disable chat entirely for younger children. Children can still play games while communicating with friends they know through other supervised platforms.

PLAY TOGETHER WHERE POSSIBLE

Playing Roblox with a child can help adults understand the types of experiences available, how monetisation works, and how children interact online. This shared engagement can also make it easier for children to raise concerns if something feels wrong. Parents and educators should monitor all games played on Roblox due to its self-rating nature.

ENCOURAGE OPEN CONVERSATIONS

Many Roblox experiences are creative and age appropriate, and for many children, the platform is an important way to socialise with friends. Rather than banning it outright, parents and educators should talk openly with children about online safety, spending, and how to respond to inappropriate behaviour.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College