



Respect



Inspire



Achieve

# FREEMAN COMMUNITY PRIMARY SCHOOL

*From tiny acorns mighty oaks grow.*



Friday 6<sup>th</sup> February 2026

## Diary Dates

### 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

### March

**Monday 2<sup>nd</sup> March**  
Reading Challenge deadline

**Tuesday 3<sup>rd</sup> March**  
Acorn Class visit from Little City

**Thursday 5<sup>th</sup> March**  
World Book Day

**Thursday 5<sup>th</sup>, Friday 6<sup>th</sup> and Monday 9<sup>th</sup> March**  
Book fair after school

**Friday 6<sup>th</sup> March**  
Year 6 Parent Workshop

**Tuesday 10<sup>th</sup> March**  
Reception Parent Workshop

**Thursday 12<sup>th</sup> March**  
PINs workshop 3:30pm-5pm

**Tuesday 17<sup>th</sup> March**  
Year 2 Parent Workshop

## Opening comment

This week has been another busy one in school with lots of practical learning happening. The children thoroughly enjoyed learning about recycling this week- more on this later in the newsletter.

With the weather being as changeable as it has been, please can I remind all parents and carers to make sure that children come in to school with a coat- if we can get the children outside, we will! Please can I also ask that all uniform, especially coats and jumpers, are named.

A reminder that our third PINS workshop will be taking place this Thursday, we hope to see you there!

## Stars of the Week



## Attendance Week beginning

### 2<sup>nd</sup> February 2026

Acorn: 92.33%

Cherry Tree: 91.11%

Maple: 98%

Beech: 94.29%

Hazel: 98.67%

Willow: 99.26%

Oak: 96.15%

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

## House Points so far...

**Brett: 960**

**Deben: 894**

**Orwell: 948**

**Gipping: 888**

**Lark: 948**

**Stour: 985**

## Maple Class

**Year 2 have been busy exploring both Science and Art this term!**

In Science, the children have been investigating the properties of different materials. They carried out experiments where they made predictions, recorded their findings, and wrote thoughtful conclusions. As part of their enquiry, they considered which qualities - such as strength, rigidity and waterproofing - are needed for everyday objects to work well. The highlight was testing a variety of materials to discover which would make the best bridge!

In Art, the children have been getting creative with clay. They have learnt how to use the score-and-slip technique to securely join pieces together and have created their own pinch pots and clay tiles using these skills. Alongside their clay work, they have also begun exploring tone and texture through charcoal, chalk, and watercolour, producing some wonderfully expressive pieces.



## Suffolk PINS Project

Partnership for Inclusion of Neurodiversity in Schools

Session 3

### Emotional Regulation:

How to Support Neurodivergent Children with Emotional Processing and Anxiety

This workshop for parents, carers and school staff will explore why neurodivergent children and young people may develop difficulties with their emotions, including anxiety and low mood, and how schools and parents/carers can support neurodivergent children and young people with managing their big feelings.

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?

Thursday 12<sup>th</sup> February- 3.30-5.00pm

## PINS Workshop

We would like to extend our thanks to all the parents and carers who attended our second PINS workshop this week. 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 **Thursday 12 February**. You do not need to have attended the other workshops 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](#)

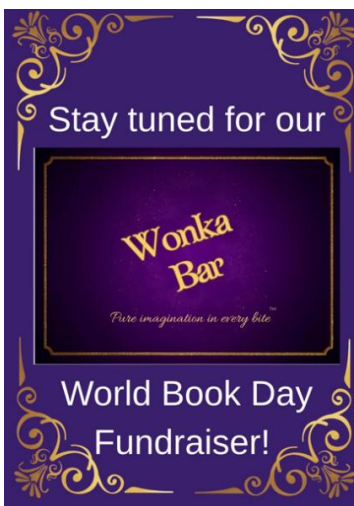


## My Clothing Discounts

My clothing is once again offering their discount on school uniform.

**Code: MYCQ110 - Expires: 31st March 2026**

## Upcoming events by Friends of Freeman



## Thurston Art Competition

Year 5 have entered the art competition at Thurston Community College: A Picture Paints a Thousand words. They had to illustrate a quotation from a favourite book. I'm sure you would agree, they have done an amazing job!



## Recycling Workshops

On Tuesday, we were delighted to welcome Mrs Samantha Oldfield from Mid Suffolk District Council, who spent the day leading a series of inspiring recycling workshops across the school.

Throughout the KS2 sessions, she taught the children what recycling is, why it matters, and how we can all make simple everyday choices to protect and sustain our environment. The workshops were highly interactive, with pupils taking part in a variety of hands-on activities that really brought the learning to life. Year 5 also rolled up their sleeves and carried out a litter-picking session around the school grounds, proudly doing their part to keep our environment clean.

Our Key Stage One and Early Years pupils enjoyed an engaging and age-appropriate assembly, which introduced them to the importance of recycling in a fun and accessible way, and each class in Key Stage 2 had their own workshop. The whole school thoroughly enjoyed the day. The children left feeling inspired, motivated, and eager to put their new knowledge into practice — we now have a school full of enthusiastic recyclers!



## Message from Suffolk Teachers Choir

We have released new Choir workshop dates (starting from 28 February – the first Saturday after half term), and we wanted you to be the first to know.

**Who are we?** Claire, Tom and Tracey, music teachers, who all know the power of singing to lift us up, bind us together and turn a dark day into a much brighter one.

We also know you don't have to be an Ed Sheeran or Olivia Dean to feel good about yourself singing. Anyone can sing, and we want everybody to feel included, so this year we'll be using an element of British Sign Language in some of our songs – which means you can come to sing, or come to sign, or do both!

**Where and when?** We meet on two Saturday mornings per term at Northgate Arts Centre in Ipswich, for a two-hour feel-good session which includes biscuits and time to drink a whole cup of tea/coffee (bring your own insulated mug.....)

**How much?** Book your session online for £8 – or sign up as you arrive for £10. ECT's and ITT students can come for free – spread the word!

**Want to know more?** Join us online for a short meet and greet over Microsoft TEAMS on Tuesday 10 February 4pm – 4.30pm **Join:** <https://teams.microsoft.com/meet/31831569951455?p=0Sbg1V7WpMrozZDOcd>

Meeting ID: 318 315 699 514 55 Passcode: i8K3Fk69

– or book [Suffolk Teachers' Choir](#) for our first session of 2026 on Saturday 28 February 2026 at Northgate Arts Centre, Ipswich, IP4 3DF .

Best wishes and happy singing! From the **Suffolk County Music Service**

## CET Belonging and Inclusion Event

Last Friday, two children from Year 5 went to Trinity Park to represent our school at an event about belonging and inclusion, speaking in front of a room of Headteachers and leaders from across the county. We are so proud of them; they were confident speakers and were fantastic ambassadors of our school.

The children spoke about the things that Freeman do to make them feel like they belong, and that they are included. Some of the things they included in their speeches were that “visitors have been in school to make learning exciting and to inspire us...we often experience something new” and how these were based on interests the children have. They also highlighted the achievements of individuals and group of children in our Monday assemblies. The part that was most powerful, was that the children said, “every adult knows my name, every adult knows me as an individual.”



We are incredibly proud of our school and everyone in it.

*From tiny acorns do mighty oaks grow*



### Valentine's Day Menu



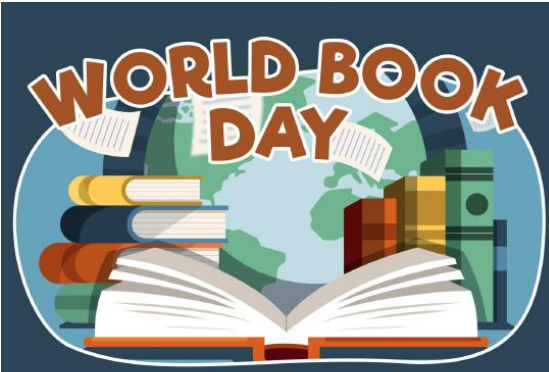
**VALENTINE'S DAY**

THURSDAY 12<sup>TH</sup> FEBRUARY 2026

A delightful selection of  
**Valentines Cupcakes  
& Cookies,**  
freshly homemade  
by your talented kitchen team

LUNCHTIME CO<sup>o</sup>

### World Book Day Menu



**WORLD BOOK DAY**

THURSDAY 5<sup>TH</sup> MARCH 2026

Hagrid's Chicken in a Bun served with Potatoes Wands & Magic Beans  
Matilda's Magic Macaroni Cheese served with Miss Honeys Garden Veggies  
Paddington's Picnic Sandwich

Followed by dessert  
Charlie & the Chocolate Cake  
Or Fresh Fruit pot

LUNCHTIME CO<sup>o</sup>

# **SCHOOL GOVERNOR VACANCY**

**Join Our Governing Body – Make a Difference at Freeman Community Primary School and for the future of Stowupland!**

**Are you passionate about education and eager to make a positive impact in your community?**

Freeman Community Primary School is looking for volunteers to join our governing body as Governors. As a Governor, you'll play a vital role in setting the school's strategic direction, supporting and challenging our leadership team, and ensuring the best outcomes for our pupils.

**This is a voluntary role, open to all individuals from all walks of life.**

## **What We Offer:**

- A chance to develop new skills and gain valuable experience in governance and education
- Ongoing training and support to help you fulfil your role
- The opportunity to work with a committed and friendly team
- The satisfaction of making a difference to children's lives and your local community

## **What We're Looking For:**

- Individuals who are committed, curious, and willing to learn
- Good communicators who are able to work as part of a team
- People who will bring enthusiasm, integrity, and a willingness to support our vision

No previous experience in education or governance is required – just a commitment to helping our school succeed!

**Location: Freeman Community Primary School**

## **Commitments: What we need from you is:**

- 6x evening meetings per year – one each half term
- 3x committee meetings per year – one each term
- Occasional visits to the school to find out more about the learning

**Safeguarding: Freeman Community Primary School** is committed to safeguarding and promoting the welfare of children. All appointments will be subject to satisfactory safeguarding checks including a Disclosure and Barring check.

**How to Apply:** If you are interested in this exciting opportunity to support your local school and shape the future of our pupils, please contact our Office Manager, Jenny Fairburn for more information or to request an application pack.

**Freeman Community Primary School, Church Road, Stowupland, Stowmarket IP14 4BQ.**

**T: 01449 612067 E: [admin@freemancpschool.co.uk](mailto:admin@freemancpschool.co.uk)**

*From tiny acorns do mighty oaks grow*

## 10 Top Tips for Parents and Educators

# SUPPORTING SAFE USE OF AI

Artificial intelligence (AI) is increasingly woven into young people's digital lives. It can offer some educational benefits and day-to-day assistance; however, it also raises concerns about misinformation, privacy, fairness, and safety. This guide provides parents and educators with practical strategies to support young people to navigate AI tools responsibly, and to use them safely and with discernment.

### 1 DEMYSTIFY WHAT AI REALLY IS

Children encounter AI in most online places, including games, streaming platforms, and school tools. Explain that AI uses patterns from past data to make decisions, but it doesn't think or feel like humans. Use age-appropriate examples, like how recommendations on YouTube or Netflix work, to build understanding and prevent false beliefs about AI being all-knowing or alive.

### 2 TALK ABOUT RISKS OF MISINFORMATION

AI can create convincing false information, including deepfake videos, photos, and fake 'facts'. Encourage children to think critically about what they see and read. Teach them to double-check information using reliable sources, to look at images and videos carefully, and to ask an adult if something doesn't seem right.

### 3 DISCUSS DATA AND PRIVACY

Explain that AI systems learn by analysing lots of data, sometimes including personal information. Help young people to be mindful of what they share online and why protecting personal data matters. Model good habits like reading app permissions together or reviewing what's collected by voice assistants like Alexa or Siri.

### 4 ENCOURAGE CREATIVE USE OF AI

Support children, when using AI tools, to explore ideas, make art, or build projects. This fosters confidence, imagination, and independent thinking. When children use AI creatively, rather than just passively consuming it, they are more likely to stay engaged and make thoughtful choices.

### 5 USE AGE-APPROPRIATE AI TOOLS

Not all AI platforms are suitable for children. Choose tools designed for education or creativity, with clear safety policies. Review terms of use and privacy settings, and help children use them in age-appropriate ways. For example, some chatbot tools mimic conversation but should only be used with guidance and boundaries in place.

### 6 USE AI TOGETHER

Exploring AI tools together can help adults understand how they work and spot potential issues. Try co-writing a story with an AI writing assistant or experimenting with an AI art tool. This encourages curiosity, helps you stay informed about the latest AI tools, and allows you to reinforce safe and respectful use while modelling critical thinking.

### 7 SET BOUNDARIES FOR AI USE

Establish when, where, and how AI tools can be used, just as you would with any digital technology. For example, you might agree not to use AI tools to complete school assignments without permission, or to avoid unsupervised use of voice assistants. Consistent boundaries help manage overuse and misuse.

### 8 WATCH FOR OVERRELIANCE

Some AI tools, like homework help apps, may be tempting shortcuts. Encourage children to use AI to support their thinking, not replace it. Celebrate effort and process over perfect answers. Reinforce that mistakes are part of learning and that relying too heavily on AI can limit real understanding.

### 9 TEACH DIGITAL ETHICS AND LITERACY

Help children explore how AI works, where it might be biased, and why ethical thinking matters. Building digital literacy alongside ethical awareness ensures children engage with AI critically, not just conveniently. Help young people to understand that not all people use AI for legitimate purposes; some use it for malicious reasons. Encourage questions about fairness, representation, and who benefits from certain tools; talk about algorithms, echo chambers, and the impact of automation on daily life.

### 10 STAY CURIOUS AND INVOLVED

AI is developing rapidly, and staying informed helps you support the young people in your care. Follow trusted sources for updates and keep the conversation going. If a child brings up a new AI trend or tool, take the opportunity to learn about it together. Showing interest builds trust and strengthens digital resilience.

## 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.

#WakeUpWednesday

The National College