



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 5th March 2026

Diary Dates

March

Monday 2nd March to Friday 20th March

Assessment week across the school.

Monday 9th March

Book fair after school

Tuesday 10th March

Reception Parent Workshop
2-3pm

Thursday 12th March

PINs workshop 3:30pm-5pm

Tuesday 17th March

Year 2 Parent Workshop 2-3pm

Wednesday 18th March

Year 4 Viking Performance

Friday 20th March

Comic Relief and UV
Workshops

April

Monday 13th April

PD DAY

Tuesday 14th April

Children come back to school

Thursday 16th April

Year 3&4 School Farm and
Country Fair Trip

Monday 20th April

Year 3&4 Meet the Teacher

Opening comment

What a busy week it has been again this week; Acorn have been taking on different roles and playing imaginatively as part of their Little City visit; and the children have worked across the school in their houses for World Book Day, reading a range of books and completing creative activities.

We are still looking for new members for our Governing Body; if you, or someone you may know, are interested and would like more information please do not hesitate to get in touch. It is an excellent opportunity to find out more about how the school works and contribute to the school on a strategic level.

Stars of the Week



Attendance Week beginning

2nd March 2026

Acorn: 95.33%

Cherry Tree: 93.7%

Maple: 97.6%

Beech: 96.3%

Hazel: 97.33%

Willow: 92.96%

Oak: 95.29%

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

House Points so far...

Brett: 388

Deben: 403

Orwell: 400

Gipping: 346

Lark: 390

Stour: 331

Acorn Class

Acorn class had a special treat this on Tuesday, having Little City in to immerse us in role play for the morning. The children had the chance to act out being in the doctor's surgery, vets, supermarket, café, school, building site, dressing up area, hairdressers/nail salon and the post office. Kate from Little City commented on how well behaved the children were and how much kindness they showed to each other with sharing and playing together. It was lovely to watch the children form new friendships and for some of them to step outside of their comfort zone and role play in an area unfamiliar to them. Events like this wouldn't be able to take place without parental support so thank you to the Acorn parents for funding this fun-filled morning for your children.



Suffolk PINS Project

Partnership for Inclusion of Neurodiversity in Schools

Session 4

Neurodevelopmental Diversity Managing Caregiver Stress

Research suggests that stress is common for those caring for and supporting neurodivergent children and young people. This workshop for parents, carers and school staff will explore pressures and stresses that they may have encountered when supporting neurodivergent children and will consider strategies to support with managing caregiver stress.

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 12th March- 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

PINS Workshop

We would like to extend our thanks to all the parents and carers who attended our third 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 fourth and final PINS workshop on **Thursday 12th March 3.30pm-5pm**. 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!

Childhood Neurodivergence Parent/Carer Workshops

Free Upcoming Virtual workshops on Childhood Neurodivergence:

- Understanding and supporting your child when they are hurting themselves
- Supporting your Neurodivergent Family
- Supporting your Child's Social Relationships
- Understanding and Supporting Sensory Needs
- Navigating the Diagnosis Journey
- Supporting Planning, Organising and Remembering

Pre-recorded Workshops and Resources

- Supporting your Child's Education
- Understanding and Supporting Behaviour
- Managing Parental/Carer Stress
- ...And more!



Access here: <https://www.suffolklocaloffer.org.uk/health-and-wellbeing/autism-adhd-and-neurodevelopment/neurodiversity-online-parentcarer-workshops>

Link: [Neurodiversity online parent/carers workshops - Suffolk SEND Local Offer](#)

NHS
Norfolk and Suffolk
NHS Foundation Trust

Save the Date- You're Invited!

Tea, Coffee & Chat

with PINS - Partnership for Inclusion of Neurodiversity in Schools

📅 Date: Thursday 19th March

🕒 Time: 9.45-11.45 am

📍 Venue: Freeman Primary School

Come along for an informal get-together with other parents and carers. This is a safe space to:

- Share experiences
- Hear about PINS and what it means for our school
- Connect with staff and families

What is PINS?

PINS is all about inclusion. It brings together health, education, and parent carer teams to build knowledge and understanding across the whole school - staff, parents, and carers - so every child can thrive.

Everyone is welcome - whether your child is neurodivergent, or you think they might be, or you'd just like to learn more.

We look forward to seeing you! ❤️

Staffing Update

This Easter, we will be saying goodbye to Mrs Briggs, who will be leaving Freeman Primary School. She has been a valued member of our team for 13 years, and her hard work and positivity have made a real difference to the children and staff she has worked with.

Our Freeman family will miss her dearly. We are grateful for everything she has contributed during her time with us and wish her all the very best for the future.

Rainbow Reading Challenge

Well done to all the children who completed their Rainbow Reading Challenge for World Book Day! We are super proud of all the wonderful reading you have been doing - the effort, enthusiasm and dedication you've shown has been fantastic.

Both Mrs Cockle and Mrs Coleman placed all the names into a hat for each year group, and the lucky winners were:

- Jacob** (Acorn Class)
- Eliza** (Cherry-Tree Class)
- Lenore** (Maple Class)
- Alfie** (Beech Class)
- Rudy** (Hazel Class)
- Morgan** (Willow Class)
- Rosie** (Oak Class)



Comic Relief

Friday 20th March is Comic Relief. To support the charity, children are invited to come to school in non-uniform, wearing something red if they can, and bring a suggested donation of £1. Donations can also be made via our [Just Giving](#) page.

We look forward to sharing the total amount raised. In the meantime, more information about the charity and the work it supports can be found on the Comic Relief [website](#).



UV Workshop

Alongside Comic Relief activities, children will also take part in UV Workshops on Friday 20th March. Please ensure they come to school in suitable sportswear, along with their crazy hair and silly socks for the day.



The Den: new procedures

Now the Den has been in place for a while we are reviewing booking procedures, and as of Monday 2nd March, bookings will close at 2.15pm. After this time, you will not be able to book your child(ren) on for that day.

If you have booked your child in to the den but no longer need it on the day, please just collect your child from the playground as usual. You do not need to call the office to let us know.

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

The image is a promotional flyer for "The Den" at Freeman Community Primary School. It features a light-colored background with decorative autumn leaves and small photos of children in a play area. The text is centered and provides details about the service, including session times, cost, and payment options.

Year 4 Performance

Year 4 have been working extremely hard on their Viking performance, and it has been wonderful to see some of the fantastic props taking shape.

The children are very excited and cannot wait to share their work with their families on Wednesday 18th March.



Parent Workshops

Parent workshops will start at 2pm and they will finish at 3pm. These workshops are designed to show you how teachers teach an aspect of reading, writing and maths in school. After spending some time with your child, listening to the teacher, you will complete tasks and activities with your child. At the end of the session, we would like you to exit the hall via the door that leads to the playground. You will wait for your child's teacher to bring your child out to you, with their sibling.

World Book Day!

World Book Day was a huge success! A big well done to everyone who completed the Rainbow Reading Challenge; we are all incredibly proud of the fantastic reading happening both at home and in school.

Yesterday was filled with joy. Celebrating a whole day dedicated to books was truly special. Children joined their houses and rotated around all the teachers, taking part in activities inspired by different books. The tasks were wonderfully crafty and detailed; and we're sure your children arrived home with some brilliant masterpieces to share!

Freeman was bursting with colour too! The children's outfits were so bright and creative that the whole school felt alive - it was almost *blinding* to see!

And of course, we can't finish without a huge thank you to Friends of Freeman for bringing *Mrs Wonka* to our school. The golden ticket chocolate bars were a fantastic surprise, and a big well done to all the lucky winners!



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**

From tiny acorns do mighty oaks grow

10 Top Tips for Parents and Educators

CREATIVE WAYS TO ENCOURAGE READING

Reading regularly has a life-long impact, yet recent data from the National Literacy Trust shows a decline in reading for pleasure among 8- to 18-year-olds, with just 32.7% enjoying it in 2025. Despite growing distractions, there are practical ways adults can spark a love of reading. This guide offers strategies and resources to help inspire young readers.

1 VALUE ALL READING

When we think about reading, it's very easy to picture a young person reading a fictional novel; however, reading is so much more than this. To help them understand, why not show them how to create a 24-hour reading diary? Jot down all reading and then discuss this with them. By doing this, you can demonstrate the many ways we turn to reading.

2 WIDEN THE SELECTION

Once we know reading can be varied, we need to think about the selection of reading material they can access. Visit a shop selling magazines, the library and a bookshop, and consider the range of material that is available within them. Then consider how you might broaden their reading choices, so all young people have access to a wide and varied selection.

3 GIFT A BOOK

One simple way to encourage reading is to make books feel special. Gifting a book adds value and shows it's something to be treasured. Whether it's as a reward or for a celebration like a birthday, let the young person choose a title or pick one you know they will enjoy. You could also include a personal note inside.

4 CONNECT WITH AUTHORS

Meeting authors can certainly spark an interest in their reading material. This might be through a live event in a school/bookshop or by using the wealth of online material that is now available. Encourage young people to look at ways to connect with authors using free resources such as Authorly and Just Imagine's Children's Authors Live.

5 BUILD YOUR KNOWLEDGE

Access training about reading for pleasure to widen your understanding of this topic and, more importantly, how to develop it. Explore a wide range of free resources that can be found online. The more you know, the better placed you are to inspire a love of reading in others.

6 TALK BOOKS

There are times when we need silence to read and focus on our book; however, we know that reading is a social experience, so we must also factor in discussion time. Reading the same book gives two people a connection and the opportunity to voice their thoughts and questions about it. Why not buy two copies of a book and read it together? Start the connection.

7 RECOMMENDATIONS

As well as talking about the content of books, we can share what we are reading or have read recently. This can often act as a trigger for someone else to explore it. How often have you watched a film or series because someone else has recommended it? It's the same with books. If you know the young person well, you can tailor your recommendations and share why you think they'll enjoy it.

8 GO DIGITAL

With the rise in online digital material, we can easily focus on the negatives; however, it also brings a wealth of opportunities. Resources can aid and enhance the reading experience for young people. They can read along with audiobooks, translate, and track their reading goals with resources like PolyIno and apps like Goodreads for older children. Augmented reality books also bring books to life and offer a great way for engagement.

9 RECONNECT

There can come a time when a love of reading seems to disappear. It does not mean it's gone forever; it generally means they have lost the connection. How do we get it back? Find the next piece of reading material that sparks their current interests. The National Year of Reading focus of 'Go All In' captures this well as it is their key theme. As children grow and change, so do their interests. A visit to the local library is a great way to support the reconnection.

10 LEAD BY EXAMPLE

Let them see you reading. If you make time to read, you send a strong message to children: reading matters. Share why you enjoy it. Is it to relax, escape the world, learn something new or to be entertained? When children see reading as a normal and valued part of everyday life, they are more likely to adopt it themselves.