



# FREEMAN COMMUNITY PRIMARY SCHOOL

*From tiny acorns mighty oaks grow.*

**Friday 27<sup>th</sup> February 2026**

## Diary Dates

### March

**Monday 2<sup>nd</sup> March to Friday 20<sup>th</sup> March**

Assessment week across the school.

**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 2-3pm

**Tuesday 10<sup>th</sup> March**

Reception Parent Workshop 2-3pm

**Thursday 12<sup>th</sup> March**

PINs workshop 3:30pm-5pm

**Tuesday 17<sup>th</sup> March**

Year 2 Parent Workshop 2-3pm

**Friday 20<sup>th</sup> March**

Comic Relief and UV Workshops

### April

**Thursday 16<sup>th</sup> April**

Year 3&4 School Farm and Country Fair Trip

## Opening comment

Welcome back to the second half of the Spring Term, all of the staff and I hope you had an excellent half term. Although it is short, there is a lot planned into this half term including World Book Day, Comic Relief, a visit from Little City for Acorn Class and a UV workshop has been planned for the whole school to participate in. We look forward to sharing photos from these events with you.

I had the pleasure of taking Lark House out for their additional break this week; their reward for being the winning house last half term. The race is already on to see who will win this half term!

## Stars of the Week



## Attendance Week beginning

**23<sup>rd</sup> February 2026**

Acorn: 99.67%

Cherry Tree: 92.96%

Maple: 99.2%

Beech: 98.52%

Hazel: 96.67%

Willow: 97.41%

Oak: 92.36%

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

## House Points so far...

**Brett: 195**

**Deben: 208**

**Orwell: 212**

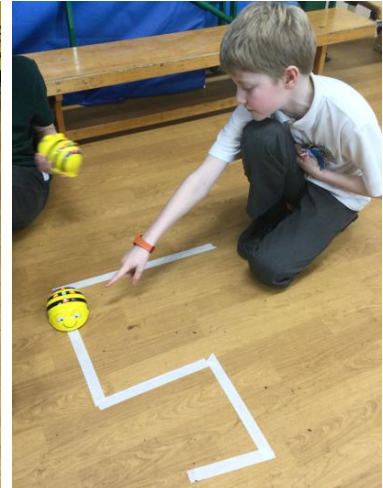
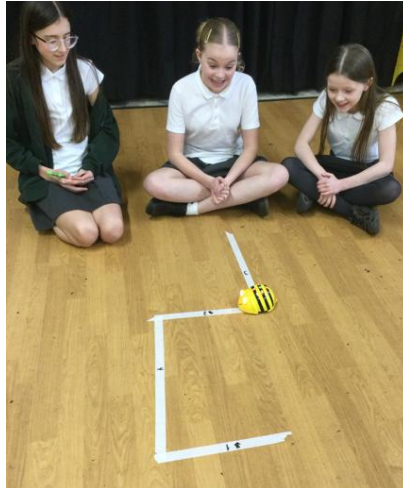
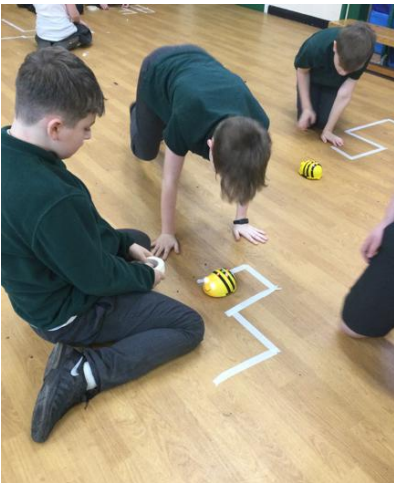
**Gipping: 162**

**Lark: 189**

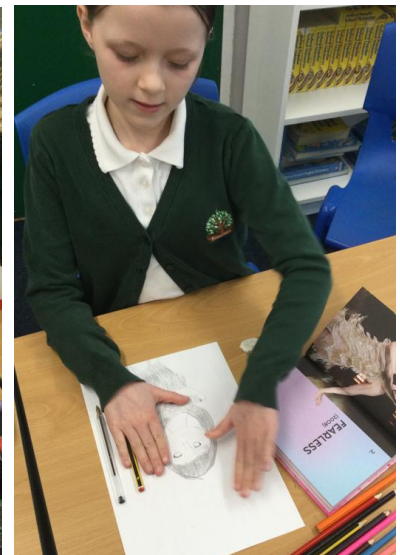
**Stour: 164**

## Oak Class

Year 6 have been busy developing their Python programming skills this week. They have been exploring key concepts such as syntax, nested loops and identifying logic errors. To support their understanding of sequencing and instruction-following, the children also used Beebots to practise programming routes using a variety of challenges.



In our study of artists this week, Year 6 explored Paula Rego's powerful artwork '*The Dance*'. The children examined the painting closely, discussing its possible meanings and describing what they noticed using formal artistic elements. They made thoughtful inferences, drawing on their own experiences to justify their ideas. Inspired by the themes and details within the artwork, the children then developed their own narratives, creating imaginative stories based on elements found in the painting.



## 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 12<sup>th</sup> 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](mailto: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 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 fourth and final PINS workshop on **Thursday 12<sup>th</sup> 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

NHS  
Norfolk and Suffolk  
NHS Foundation Trust

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/carer workshops - Suffolk SEND Local Offer](#)**

## ❖ Save the Date- You're Invited! ❖

Tea, Coffee & Chat

with PINS – Partnership for Inclusion of Neurodiversity in Schools

📅 Date: Thursday 19<sup>th</sup> 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! 💖

## Extra Information

Following the first tea, coffee and chat session earlier in the year to promote the PINS workshops that would be taking place, some parents have continued to keep in contact with each other. They have recently met with Mrs Durler to ask questions and communicate some of the things parents have been discussing.

Now that the children are coming in from 8.35am straight into school, teachers are not on the playground to speak to first thing in the morning. If you need to get a message to your class teacher, we encourage the use of your child's planner to record the message. When your child comes in to school, they will then be able to pass their planner on to their class teacher to see the message. Please also use planners to record any changes in who is collecting your child at the end of the school day.

Each term, there is a period planned where children will be completing more formal assessments. In the Autumn term these assessments are completed by Years 2 to 6, and in the Spring and Summer term assessments are completed by Years 1 to 6. To support the children, and parents, in being ready for these and knowing when they will be happening, they will be indicated in the dates section of the newsletter. Please note that assessments are completed over a period of time and time is included for children who are absent to complete any outstanding assessments. The assessment window for the Spring Term begins next week and will end on Friday 20<sup>th</sup> March.

We hope that sharing this information with you is helpful. Please let us know if you have any further questions.

Over time, we are also planning to share more information with you about our curriculum and how it is structured.

## World Book Day

A reminder that Monday, 2nd March, is the deadline to return completed Rainbow Reading Challenges. We have received many entries already but if you haven't yet done so, there is still time to be in with a chance of winning a £5 Scholastic Book Voucher to spend at the Book Fair.

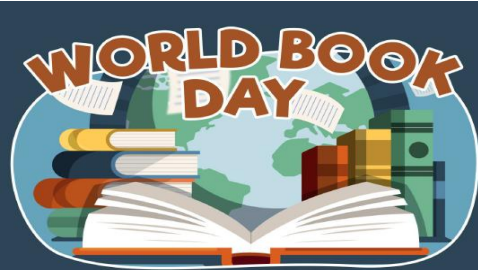
We are looking forward to celebrating World Book Day next Thursday and hope to see many of you dressed in your rainbow colours at our Book Fair which also starts next Thursday.

## Change of Lunch Options

On Thursday 5<sup>th</sup> March we will be serving The Lunchtime Co's special World Book Day menu, please see poster attached again for reference.

To avoid serving chicken twice next week, Tuesday's lunch option will be pork sausage or Quorn sausage in a baguette with potato wedges.

## Menu Update



**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 Honey's Garden Veggies

Paddington's Picnic Sandwich

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

LUNCHTIME CO

## Friends of Freeman Event



**Wonka Bar**

£3 a bar

Will you be a winner?

**Golden Ticket**

## The Den: new procedures

Now the Den has been in place for a while we are reviewing booking procedures, and as of Monday 2<sup>nd</sup> 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

## 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.

## Comic Relief

Friday 20th March is Comic Relief. This year's campaign is focusing on the theme **"Take Yourself Funny for Money"**. To support this, children are invited to come to school with crazy hair and/or silly socks for a suggested donation of £1. Please visit our [Just Giving](#) page to donate. We look forward to updating you with how much we raise. The Comic Relief [website](#) has more information on the charity.

Also on Friday 20th March, children will be taking part in UV workshops so will need to be wearing appropriate sportswear with their crazy hair and silly socks on this day.

# **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*

# What Parents & Educators Need to Know about ADULT ANIMATED CONTENT



## WHAT ARE THE RISKS?

Bright, bold, and widely shared, adult animated content is more popular than ever, but not always what it seems. These videos, which may appear cartoonish and harmless, often contain strong language, explicit themes, graphic violence, or dark humour. Many are accessible through platforms like YouTube, TikTok or streaming services, where filters may not catch them in time.

### MISLEADING VISUAL STYLE

Many adult animations mimic the colourful, exaggerated look of children's cartoons. This can easily mislead not just children, but also adults, into thinking they're suitable for younger viewers. Without watching the content fully, parents or educators might approve a show or video that contains explicit jokes, graphic imagery, or highly inappropriate language, all disguised beneath a playful and fun visual style.

### EXPOSURE TO HARMFUL THEMES

A number of adult animated shows and online videos explore mature or disturbing themes, such as addiction, trauma, abuse, self-harm, or violence, and often do so in a stylised or humorous way. Younger viewers may not have the emotional maturity to process this content, leading to confusion, distress, or the normalisation of very serious issues that should be discussed in a supported context.

### RISK OF DISTRESS AND FEAR

Some adult animations, especially horror-based content or 'creepypasta' style stories, include disturbing imagery, unsettling music, and sudden scares. These videos sometimes feature distorted versions of well-known children's characters, such as Sonic the Hedgehog or Peppa Pig, in frightening or violent scenarios. Children can be negatively affected if they come across this unexpectedly, leading to sleep disturbances, anxiety, or long-lasting fears, especially if children have existing worries or sensitive personalities.

### INFLUENCE OF EDGY HUMOUR

Dark, edgy humour is common in adult animation and often includes jokes about topics like racism, mental illness, or abuse. When children hear these jokes, they may repeat them without fully understanding their meaning. This can lead to inappropriate behaviour in school or online spaces, and in some cases, it can reinforce harmful stereotypes or desensitise children to real-world injustice and discrimination.

### ALGORITHMIC RECOMMENDATIONS

Video platforms are designed to keep users watching by suggesting similar content. If a child watches one mature animation, they may quickly be shown more, including even darker or more extreme videos. These recommendations are based on viewing patterns, not age-appropriateness. Without strict settings in place, this can lead to a rapid spiral into unsuitable, upsetting, or even harmful content online.

### DESENSITISATION TO VIOLENCE

Stylised violence in animation is often exaggerated and cartoonish. Repeated exposure to it can reduce a child's emotional response to harm, making aggression or cruelty appear entertaining or acceptable. Over time, children may become less empathetic or more tolerant of harmful behaviours in real life, especially if they see others online reacting with humour, memes, or praise for violent characters or scenes.

## Advice for Parents & Educators

### LEARN WHAT CHILDREN ARE WATCHING

Take time to ask children what they're watching and who their favourite creators are. Sit down and watch a few videos to get a full understanding. This helps you spot inappropriate content early and shows children that you're interested and engaged in their online world, not just policing it.

### USE PLATFORM SETTINGS WISELY

Make use of built-in safety tools like content filters, restricted mode, and age settings on platforms such as YouTube, Netflix or TikTok. Turn off auto-play where possible and regularly review what children are being recommended. Although these settings aren't foolproof, they add an important layer of protection and help reduce the risk of children encountering disturbing or adult content accidentally.

### TALK ABOUT WHAT'S APPROPRIATE

Keep communication open and non-judgemental. Talk about why certain themes or jokes are not appropriate for children, even if they appear in animated form. Help children understand that just because something is popular or shared widely, it does not mean it's suitable or safe. If they've seen something upsetting, respond calmly, offer reassurance, and explain things in an age-appropriate way.

### ENCOURAGE CRITICAL THINKING

Help children think carefully about what they watch. Talk about the difference between fictional exaggeration and reality, while helping them question why certain content is made. Is it informative, entertaining, or meant to shock? This builds digital resilience and encourages them to make safer choices in future, rather than simply following viral trends or peer pressure to watch mature content.

### 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 workforce and managing compliance. We offer memberships and packages to help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

#WakeUpWednesday

The National College