



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 13th March 2026

Diary Dates

March

Monday 19th March

Assessment week across the school.

Tuesday 17th March

Year 2 Parent Workshop 2-3pm

Wednesday 18th March

Year 4 Viking Performance

Friday 20th March

Comic Relief and UV Workshops

Tuesday 24th March

Parent Consultations

Thursday 26th March

Parent Consultations

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

Tuesday 21st April

Year 5&6 Meet the Teacher

Thursday 23rd April

Year R, 1&2 Meet the Teacher

Opening comment

Thank you to all parents who came to the book fair at the end of last week and beginning of this week; we look forward to sharing our success with you very soon.

Please can I encourage all parents to read the information about the UV workshops and Comic Relief in this newsletter; we are looking forward to seeing some crazy hairstyles next week; I am sure that the children will also have a great time in their workshops!

We hope you have a restful weekend, and enjoy the sunshine on Saturday!

Stars of the Week



Attendance Week beginning

9th March 2026

Acorn: 97.67%

Cherry Tree: 92.59%

Maple: 95.6%

Beech: 98.15%

Hazel: 98.67%

Willow: 94.05 %

Oak: 99.28%

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

House Points so far...

Brett: 712

Deben: 562

Orwell: 622

Gipping: 515

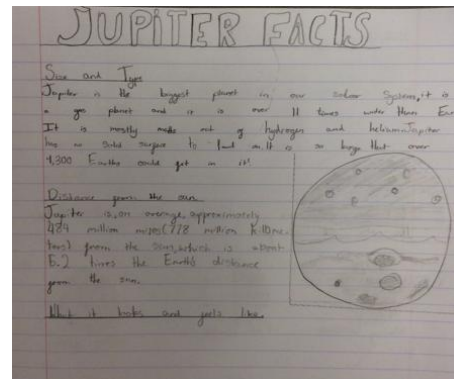
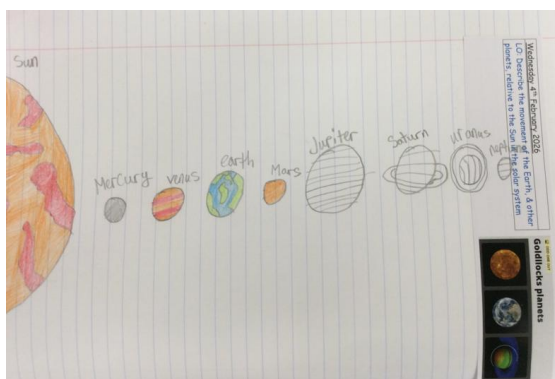
Lark: 631

Stour: 543

Willow Class

In Science, Year 5 are learning about the Earth and Space. First, they learnt about the Solar System, then those chose a planet each to research. The children discovered how many moons it had, how long it takes to orbit the sun and interesting facts compared to planet Earth. In the playground, the children pretended to be the Sun, Earth and Moon to learn how they orbit in relation to one another. Next, Year 5 learnt about the phases of the Moon and how day and night are caused by the Earth's rotation every 24-hours.

World Book Day came to Forest School last week and Mothering Sunday this week. The children used clay and nature to create a famous book character for the rest of the class to guess. Can you spot Roderick from Diary of a Wimpy Kid and The Hungry Caterpillar? Some children practised their sawing and drilling skills and used their creativity to make gifts.



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/carers 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 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! ❤️

UV Workshop

Alongside Comic Relief activities, children will also take part in UV Workshops on Friday 20th March. The children can come in non-school uniform for Comic Relief, but please ensure it is suitable sportswear, along with their crazy hair and silly socks for the day.



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](#).



Comic Strip Awareness

SENDIASS is hosting a relaxed online session for parents and carers exploring how comic strip drawing can be used in school and at home to help children and young people develop social understanding.

The presentation will be delivered by specialist teachers from Suffolk's Communication and Interaction Service. This is one of the [Specialist Education Services](#) which support schools to support pupils with different special educational needs.

The session will explore:

- How drawing can support children and young people to better understand their own feelings and other people's feelings in social situations.
- Examples and practical ideas to build your confidence in creating and using your own comic strip drawings.

17th March 2026 10am – 11am

[Click here to register](#)

What parents have said about this session:

'Thank you so much, this has been incredibly helpful and supportive.'

'This was really useful, clear and simple and something I hope to use with my son. Thank you!'

<https://www.eventbrite.co.uk/e/comic-strip-awareness-tickets-1976624624461?aff=oddtcreator>

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.



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

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.

Trips

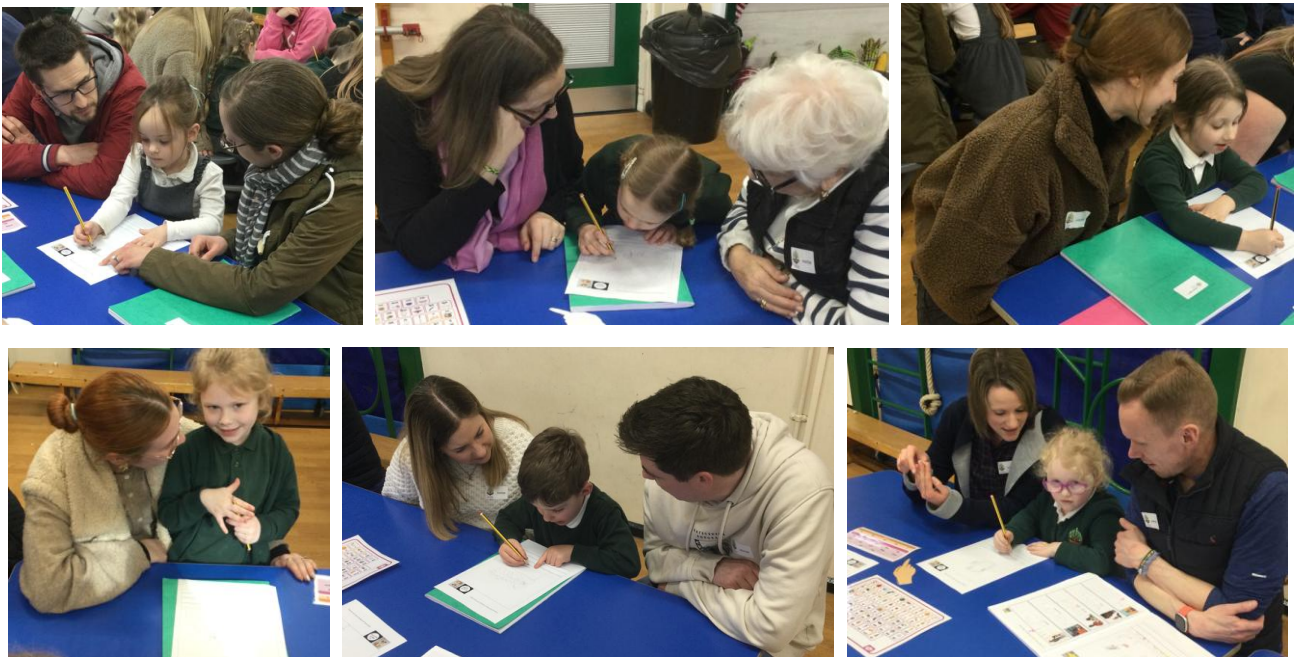
We are delighted to have several exciting trips planned for some classes during the summer term. If you have received an email about a trip for your child, we kindly ask that you review and respond to it as soon as possible so we can ensure full payment is received and the trip can go ahead.

If you anticipate any difficulty or delay with making a payment, please contact Mrs Coleman.

Acorn's Parent Workshop

It was wonderful to see so many parents attend Acorn Class's first parent workshop today. Everyone had the chance to learn about Drawing Club and how it supports children's writing in Reception. The children were so proud to share their beautiful work with their families—showing off their use of finger spaces, full stops, capital letters, and their fantastic phonics knowledge to spell lots of words.

A huge thank you to Miss Gooderham for organising such an enjoyable and engaging workshop!

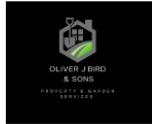


PTA Updates!

**Thank you for supporting
our Wonka Bar sales!
We are excited to share
that we raised over £600!
A huge thank you once
again to our sponsors!**



HAIR BY
Sophie Clark



COLOURING COMPETITION

Easter Egg Special

FREE EVENT -
One chocolate egg winner in each class
Winners announced in Monday 23rd
Celebration Assembly

DUE IN 23.3

EASTER TUCK SHOP

27th March
3.15pm on the playground
treats from 50p
cash only

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

What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVOD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College