



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 13th March 2026

Diary Dates

March

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

May

Monday 4th May
Bank Holiday

Week beginning 11th May
Year 6 SATs week

Week beginning 25th May
May Half term

Opening comment

It has been another busy week in school. It was wonderful for the school to watch Year 4's dress rehearsal of "Vikings," and to see the children coming in to school with their crazy hair and silly socks for Comic Relief. We hope that all parents have received their child's reports this week and are looking forward to welcoming parents in to school for parent's evening next week.

Stars of the Week



Attendance Week beginning 16th March 2026

Acorn: 97%

Cherry Tree: 93.46%

Maple: 97.6%

Beech: 98.52%

Hazel: 96.67%

Willow: 92.54%

Oak: 95.27%

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

House Points so far...

Brett: 898

Deben: 733

Orwell: 834

Gipping: 746

Lark: 861

Stour: 712

Acorn Class

As part of their Jigsaw PSHE sessions, Acorn were asked to bring in a picture of their family to share with the class. Each child had their picture put onto the big screen and were invited up to the front to talk about their picture and what it means to them. The stories that this sparked were amazing to hear and the other children listened so carefully to each and every child. The smiles on the faces of all children when they saw their family on the board and were able to talk about it, was incredible to see. Such lovely, strong, family bonds being shared amongst the class.

Thank you to all of the parents who supported their child and sent in a photo for them to talk about. The children thoroughly enjoyed it.



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](https://www.suffolklocaloffer.org.uk/health-and-wellbeing/autism-adhd-and-neurodevelopment/neurodiversity-online-parentcarer-workshops)

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.

The Den: available after every school day until 5:15pm!

Don't forget the Den is available after every school day! Bookings can be taken on the day, until 2.15pm. You can book until 4:15pm, or until 5:15pm.

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

PINS Support

Parents of neurodiverse children or those who think that their children may be - there is a PINS support group that you are welcome to join. Please let Mrs Durler or the school office know if you would like to be included (can email requests). This is a non-judgemental parents' group to talk, share and feel supported



Kids Go Free at Banham Zoo and Africa Alive!

Over the Easter holidays, both Banham Zoo and Africa Alive are continuing their "Kids Go Free" promotion! If you purchase tickets before 22nd March (this Sunday) and use the code KIDSGOFREE at checkout, you can get up to three children's tickets free per full paying adult. The tickets are flexi-tickets, so you don't have to pre-book the day you want to go; buy your tickets by 22nd March and go any day you want between Saturday 28th March and Monday 13th April! Please use the links below for more information.

Banham zoo: <https://www.tickets.banhamzoo.co.uk/ticket/flexi-date-ticket>

Africa Alive: <https://www.tickets.africaalive.co.uk/ticket/flexi-date-ticket>

Hazel's performance of "Vikings"

Year 4 did an excellent job performing "Vikings" to the school and to their families this week. The children did an excellent job of learning their lines and songs; thank you to all parent and carers in supporting their children. I am sure you will agree, the children looked the part!



Friends of Freeman Updates!



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

The poster features a basket of colorful Easter eggs, a paint palette, and a bunny. The background is light blue with clouds.



EASTER TUCK SHOP

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

The poster features a white cloud with the text, a bunny, and several decorated Easter eggs. The background is light green with foliage.

My Clothing Discount

From 23–29 March, families can enjoy 15% off all orders* at MyClothing by using the code **SPRING15** at checkout.

(*Offer excludes bundles, events hoodies, and clearance items)

Comic Relief: Crazy Hair and Silly Socks!

There have been an enormous range of crazy hair styles and silly socks in school today! Thank you all for your support in raising money for Comic Relief! A reminder that donations can be made on our [Just Giving](#) page.

Thanks to all who have donated.



UV Dodgeball

All year groups worked with the Gipping Valley Partnership today and took part in some UV Dodgeball games. The children have a great time, and the added face paints created even more excitement! Have a look at our children in action.



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

15 children max per day
Ages 8-11

The Mix Juniors Holiday Club



£25
per child
per day

Date	AM	PM
Tuesday 31 March	Gadget repair	Brickologists
Wednesday 01 April	Easter activities	Netball Kids
Tuesday 07 April	Curious Adventures 'Terrific Test Tubes'	Brickologists
Wednesday 8 April	Netball Kids	Gadget repair

Drop off: 10am
Collect: 2pm

Please bring own
lunch and refillable
water bottle

DO NOT bring fizzy
drinks or anything
with nuts in.

Qualified first aider and
safeguarding lead
present each day.



TO BOOK

Or email
caroline@themixstowmarket.co.uk

You will be emailed the registration form and
BACS details to pay.

SCAN QR CODE



The Mix
127 Ipswich Street
Stowmarket
IP14 1BB

What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as [reporthearmfulcontent.com](https://www.reporthearmfulcontent.com).

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via [childline.org.uk](https://www.childline.org.uk).