



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.

Friday 27th March 2026

Diary Dates

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

Tuesday 21st April
Year 6 SATs worries drop-in clinic at lunch time

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

June

Monday 1st-4th June
Year 6 Bikeability
(more details to follow)

Opening comment

It has been wonderful to see so many parents and carers in school this week for parent consultations. It's been a great opportunity to see the children's work, and I hope you agree that all of the children have continued to work hard throughout this term. We are all very proud of the children and everything that they have achieved.

The staff and I wish you all a relaxing Easter Holiday, and we look forward to seeing the children back in school on Tuesday 14th April.



Attendance Week beginning 23rd March 2026

Acorn: 96%

Cherry Tree: 92.69%

Maple: 95.2%

Beech: 97.41%

Hazel: 91.33%

Willow: 89.18%

Oak: 97.09%

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

House Points so far...

Brett: 1088

Deben: 865

Orwell: 1016

Gipping: 944

Lark: 1033

Stour: 885

Oak Class Art work

Oak Class have been busy in their Art lessons learning about different Artists and art styles. In their lesson about Pop Art they created the pieces below. The children used their sketch books to plan what they were going to paint, and thought carefully about their colour placement.



15 children max per day
Ages 8-11

The Mix Juniors Holiday Club

the MIX X

£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

The Mix

the MIX X

SENDIASS in Suffolk

Do you support a young person with SEND?

Discover what activities, support and advice are available for your young people in the local area with a free, informal chat with The Mix and SENDIASS.

Monday 23rd March
12:30pm - 2:30pm

The Mix, Stowmarket, IP14 1BB

Hosted by The Mix alongside SENDIASS.

Cherry Tree Class

Year 1 have been learning about mass. The children have used the new maths equipment to explore and compare the mass of items in our class, identifying which were heavier and lighter than others.



The children have also been sewing during our DT lessons. The children demonstrated lots of perseverance and they were very proud with their final outcome!



UNICEF Rights Respecting Schools

Say hello to our new Rights Champions, who wrote superb application forms and were selected to join the Rights Steering Group! They will be joining our current Rights Champions in looking at ways to promote children's rights in school and identify ways to raise funds for charity. The children were awarded their badges in assembly this week.



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)

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.

Child and Adolescent Mental Health Parent Workshops

NHS
Norfolk and Suffolk
NHS Foundation Trust

Free virtual workshops:

- Understanding and Supporting Self-Harm
- Supporting your child to Manage Big Feelings
- Tools for Managing Worry and Uncertainty
- Supporting Teenagers with Emotions
- Supporting your child with Bereavement
- Supporting your child/Adolescent with Anxiety
- Managing Changes and Transitions as we enter the summer holidays



Access here: <https://nsft.uk/Workshops>

Link: https://www.eventbrite.co.uk/o/psychology-in-schools-team-nsft-32627846273?utm_source=Twitter&utm_medium=social

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)

Meet the Teacher Sessions

Our Meet the Teacher sessions will return after the Easter Holidays; this session will share with you what your child will be learning over the next term and any way in which you can support at home. Meet the Teacher sessions will be held in your child's classroom straight after pick up at the end of the day.

Please see the dates on the first page to find out when your child's session is.



Neurodiversity Celebration Week! – information for families



The Children and Young People's Engagement Hub Team in the local authority have created a series of videos and resources with young people about being neurodivergent. They have been exploring "What makes you uniquely you":

- <https://thesource.me.uk/home-page-the-source/neurodiversity/>

Everyone is unique and different, and we're pleased to share our animation for children and young people: 'Feeling different in school or college':

- <https://youtu.be/7G1XnT4B22o>

Links:

<https://youtu.be/7G1XnT4B22o>

<https://thesource.me.uk/home-page-the-source/neurodiversity/>

Friends of Freeman Updates!



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.

A poster for Freeman Community Primary School's Wrap Around Care. The text reads: "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 poster includes the school logo and small photos of children in the den.

FOF Easter Colouring Competition Winners

Well done to all of the children who took part in Friends of Freeman's Easter Colouring Competition; there were loads of entries. There were so many egg-cellent entries that the winners were drawn at random in our Celebration Assembly on Monday. Well done to our winners! Enjoy your Easter treats!



Well done, Brett!

Brett House are this half term's winning House with an amazing 1088 house points! The children will be rewarded with their non-uniform day and additional play after the Easter Break, we will email parents and carers to communicate when this will be.

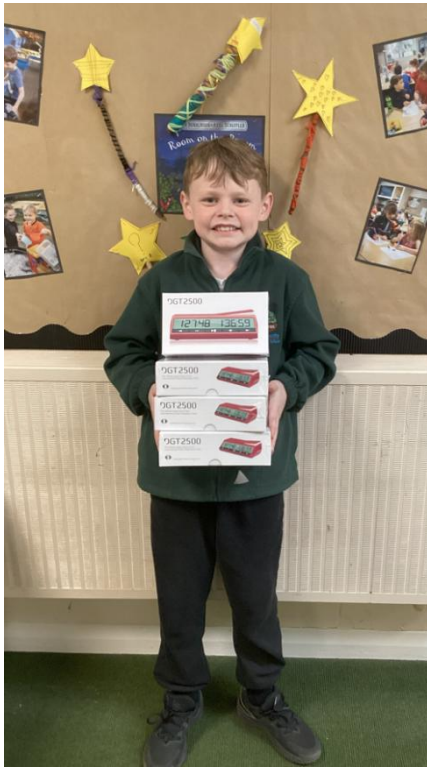
Well done Brett!

Book Fair Update

Thank you to everyone who visited this term's Scholastic book fair. It was lovely to see so many of you there and the children excited with their new books and stationery items. We are pleased to report that we received rewards from Scholastic to the amount of **£553.62!** This is a fantastic amount of money to be able to spend on new books for the children.



New Chess Equipment for Freeman!



A huge thank you goes to Noah, in Year 6, who has recently written to the Chess Federation. He wrote a bid for the equipment to start up a Chess club in school; his bid was successful and the school have received 4 Chess timers. There are also 10 chess sets and some books on their way!

Well done, Noah, and thank you!

Comic Relief Update

It was great to see so many children in school on Red Nose Day sporting their crazy hair and silly socks and we hope you enjoyed the photos published in last week's newsletter. Thank you to everyone who kindly donated to this fundraiser, we are pleased to confirm total funds raised for the charity of **£174**.



Easter at The Regal

EASTER AT THE REGAL
COME AND VISIT US THIS EASTER HOLIDAYS FOR AN EGGCELLENT DAY OUT!

There are **9 hidden letters** on this flyer! Find them all to spell out the secret word, and claim your prize when you come to the Regal this Easter holidays!

Scan me to see what's on!

@theregalstow | 01449 612825

WHAT'S ON

FAMILY FILMS

<p>THE SUPER MARIO GALAXY MOVIE </p> <p>The Super Mario Galaxy Movie follows Mario, Luigi, Princess Peach, and Toad as they embark on an adventure into outer space to confront Bowser Jr. and rescue Bowser.</p>	<p>THE MAGIC FARAWAY TREE </p> <p>A modern adaptation of Enid Blyton's beloved children's book series, following a family that discovers a magical tree leading to fantastical lands, helping them reconnect.</p>
<p>HOPPERS </p> <p>Animal lover Mabel seizes an opportunity to use a new technology to 'hop' her consciousness into a life-like robotic beaver and communicate directly with animals.</p>	<p>PROJECT HAIL MARY </p> <p>Project Hail Mary follows a schoolteacher-turned-astronaut, who must save Earth from an alien threatening the Sun, forming an alliance with an alien named Rocky.</p>
<p>ZOOTROPOLIS 2 </p> <p>Detectives Judy Hopps and Nick Wilde find themselves on the twisting trail of a mysterious reptile who arrives in Zootropolis and turns the mammal metropolis upside down.</p>	<p>FOUND ALL THE LETTERS? SPELL OUT THE SECRET WORD HERE!</p> <p>_____</p> <p>_____</p> <p>_____</p>

Pocket Money Movies £2.30 per ticket

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

SUPPORTING CHILDREN TO MANAGE CONFLICT EFFECTIVELY

Disagreement is a natural part of human interaction. This can seem particularly true when dealing with the sensitive issues that arise for secondary-aged pupils. This guide brings you 10 top tips which can help prevent conflicts arising or mitigate their impacts when they do.

1 INSPIRE RESPONSIBILITY

The best approaches to conflict resolution are restorative. This means that rather than adults imposing their own solutions on children who have had a disagreement, they should work with them. Allowing them to handle it can feel empowering to young people and will hopefully teach them to manage their own disputes as they move towards adult life.

2 ACTIVELY LISTEN

Remember to give every child the opportunity to voice their opinion, regardless of their age, stage of development, special educational needs, or other individual requirements. This can be done using a variety of different communication methods. For example, some children find it easier to express how they're feeling using pictures and drawings, while some prefer to write their ideas down.

3 BE CURIOUS

Demonstrating how to approach conflicts with a mature and empathetic mindset can set a good example to children, which can prove a useful skill for them later in life. Model this by asking inquisitive-yet-respectful questions about the issue at hand. Really try to understand where all parties are coming from, and share information between them when and where appropriate. This should encourage young people to mirror your behaviour, teaching them to be curious about the other sides of a conflict, and thus being more willing to hear them out.

4 PROMOTE DIFFERENCES

Children and young people may come from a range of different backgrounds and cultures or have protected characteristics which may cause them to see things from various angles. Having a school and community culture which celebrates and embraces diversity in all things - including diversity of opinion - means people are more likely to feel heard and understood.

5 BE SUPPORTIVE

Discussions may be sensitive or, in some cases, even trigger negative emotions. Pupils may have mixed feelings about the issue at hand. They could be nervous or anxious before even coming to the table to talk about it. Try and create a space where all parties feel safe, welcome and comfortable. Allow breaks and time-outs if the conversation gets heated, to prevent anyone from saying something they might later regret.

6 MENTALLY PREPARE

Think of how you can approach the conflict in a calm and regulated manner. Consider taking some extra time to prepare beforehand and finding somewhere quiet to relax. Even if you're not directly involved with the conflict, mediating can be a stressful experience in its own right. Make sure you're hydrated, fed and comfortable, and do the same for the young people involved. These may seem like insignificant factors, but it's important to remember that physical discomfort can trigger dysregulation, which can make it much harder to have a calm, productive conversation.

7 GET YOUR FACTS STRAIGHT

Make sure you have all the facts, figures and timelines of the situation prior to the discussion. This should be done as objectively as possible with the aim of resolving the ongoing issue. You may want to risk assess any problems that may arise and look for possible solutions during your preparation time.

8 STICK TO THE POINT

Make the reason for, and purpose of, any meetings or communications clear prior to setting them up. Provide an agenda. Act as a neutral chairperson who can keep all parties on track. Make sure everyone has a chance to air their concerns about the issue being discussed and try to avoid talking about unrelated incidents. Close off with some action points, detailing what everyone can do to resolve the conflict.

9 BE SOLUTION FOCUSED

It's often said that the art of diplomacy is about giving others ladders to climb down. This means the main aim of any meeting or correspondence should be finding mutually acceptable and amicable solutions. Parents, carers, teachers and pupils should be aware there may need to be a compromise for the common good - and, most importantly, the good of the children you're supporting.

10 DON'T IGNORE OR AVOID CONFLICT

No one benefits from allowing concerns and grievances to fester, as this can lead to further division and mistrust, and ultimately doesn't help the children involved. Use our tips to open meaningful lines of communication. These should help you find a suitable resolution and minimise the number of conflicts you're faced with mediating overall.

Meet Our Expert

Catrina Lowri is a neurodivergent former SENCO and advisory teacher. She founded her company, Neuroteachers, to improve inclusion for neurodivergent people. She works with nurseries, schools, colleges and businesses providing consultancy, training and mentoring to create belonging and understanding for people with the full range of neurotypes.



#WakeUpWednesday

The National College