



# FREEMAN COMMUNITY PRIMARY SCHOOL

*From tiny acorns mighty oaks grow.*



**Friday 5<sup>th</sup> September 2025**

## Diary Dates

### September

**Monday 8<sup>th</sup> September**

Year 1&2 meet the teacher

**Tuesday 9<sup>th</sup> September**

Year 3 & 4 meet the teacher

**Thursday 11<sup>th</sup> September**

Year 5 & 6 meet the teacher

**Wednesday 24<sup>th</sup> September**

Individual pupil photos

**Friday 26<sup>th</sup> September**

Harvest festival service at the Church

### October

**Tuesday 7<sup>th</sup> October**

Parent Consultations

**Thursday 9<sup>th</sup> October**

Parent Consultations

**Wednesday 22<sup>nd</sup> October-**

**Friday 24<sup>th</sup> October**

Year 6 Residential

**Friday 24<sup>th</sup> October**

Break up for Half Term

### November

**Monday 3<sup>rd</sup> November**

Children return to school

## Opening comment

Welcome back to a new academic year! The staff and I all hope you had a restful summer break.

As I have walked around the school the last few days, it has been wonderful to see the children in their new classrooms; they have been calm and purposeful and the children have enjoyed being with their new teachers. We also started the week watching the cyclists participating in the Tour of Britain pass the school which the children also enjoyed.

We are looking forward to working with you all this year to support the children in their learning and are looking forward to watching the children continue to grow.

## Attendance Reminder

Please find below a reminder of our registration times which has been shared with you all this week.

Event	All Classes
Gate opens	8.35am
Gate closes	8.45am
Morning register taken	8.45am
'L' code given after	8.45am
'U' code given after	8.55am
Afternoon register taken	1.00pm
'L' code given after	1.00pm
'U' code given after	1.10pm

## Attendance Week beginning

**14<sup>th</sup> July 2025**

Acorn: 94.17%

Cherry Tree: 96.3%

Maple: 91.98%

Beech: 90.12%

Hazel: 98.33%

Willow: 92.26%

Oak: 92.26%

Well done **Hazel** for being this week's winners!

## House Points so far...

We look forward to sharing the first week's totals with you in the next Newsletter.



## Parent Workshops

In the calendar shared with parents at the end of the Summer Term, you may have noticed that there are now Parent Workshops for each year group. These will be in place of class assemblies and are designed for parents to work with their children and support parents in working with their children at home.

Each workshop is going to be based on a skill in either Reading, Writing or Maths that the children are taught in school. The class teachers will model how we teach and support the children in this skill, and then there will be some time for parents to work on that skill with their child. This will hopefully give parents further understanding of the curriculum and how they can support their child at home.

Each workshop will begin at 2pm, unless stated otherwise, and children will be able to go home with their parent or carer, once the workshop has finished.



## PUPIL PREMIUM FUNDING

### Do you receive any of the following?

- Universal Credit with an annual net earned income of no more than £7,400
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part 6 of the Immigration and Asylum Act 1999
- The guarantee element of Pension Credit
- Working Tax Credit run-on (paid for the four weeks after you stop qualifying for Working Tax Credit)
- Child Tax Credit (with no Working Tax Credit) with an annual household income of no more than £16,190

If you can say 'yes' to any of the above you may qualify for Free School Meals (FSM), which triggers Pupil Premium funding

Pupil Premium is **extra Government funding** given to schools for the specific purpose of boosting attainment. Freeman CP School will receive an additional **£1,455 funding per child** which we can use in a variety of ways, including extra support staff and activities, **but we can only apply for this if you claim your free school meals** (even if your child is receiving a lunch at no cost in Reception through to Year 2 or still chooses to have a home packed lunch.)

If your child is in receipt of FSM we can offer financial help towards:

- School uniform
- Breakfast and after-school clubs
- School trips and KS2 residential
- Follow-on music lessons

## Packed lunch reminder

Please be reminded that we are a nut free school. If you make your child a packed lunch or send in their snack, please ensure that it does not contain nut products, as we do have children in school with serious allergies.

Thank you for your understanding.

## Uniform reminder

If you haven't done so already, please ensure that all school uniform, including coats and shoes, are labelled with your child's name. There was a lot of unnamed uniform in lost property, naming uniform means that it can be returned to the correct owner!

Thank you

## Parent Survey

Freeman Community Primary School are very fortunate to be a part of the Partnership for Inclusion of Neurodiversity in Schools (PINS) project this year. The aim of the project is to support schools to develop the whole school inclusive practice we offer for neurodivergent pupils. To be able to provide the best support possible, we need parents to complete a survey so that the support we are offered is tailored to meet the needs of our school.

If you have any time to participate in the survey, which you can access by using the QR code, we would really appreciate it.

Parent/Carer Survey - Partnership  
for Inclusion of Neurodiversity in  
Schools Project



## Cycle Race

On Wednesday morning, the Tour of Britain cycle race came past Freeman Community Primary School. All the children from Years 1 to 6 went outside to cheer them on! The children waved at all the cars and motorbikes that went past and enjoyed hearing the different horns and sirens; one police officer even had a rubber duck and made a duck call as he went by! After this, the children watched and cheered as the cyclists passed, in a very close-knit group, as they continued the race.



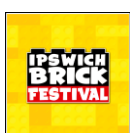
### Ipswich Brick Festival

Saturday, 20<sup>th</sup> September

10.00am – 4.00pm

For further information  
visit:

[www.brickfestivalevents.com](http://www.brickfestivalevents.com)



### Freeman is on Facebook!

We have made the move  
from X to Facebook!

Please follow our new  
Facebook page to stay in  
the loop with all the exciting  
updates, events and  
happenings at Freeman.



### Healthcare Plans and Medication

If your child needs any regular medications,  
including inhalers, please can you ensure  
that they are named and brought in to school  
as soon as possible.

Please, as per the email sent out this week,  
also ensure you complete and return a  
Healthcare plan so that medications can be  
administered. If you need a Healthcare Plan  
or any support in completing it, please do  
not hesitate to ask!

# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College