



Respect



Inspire



Achieve

FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 10th October 2025

Diary Dates

October

Wednesday 22nd October-

Friday 24th October

Year 6 Residential

Friday 24th October

Break up for Half Term

November

Monday 3rd November

Children return to school

Flu Vaccinations

Thursday 13th November

Year 6 trip to Duxford

Friday 21st November

Willow Class Parent Workshop

Wednesday 26th November

Hazel Class Parent Workshop

@2pm

Thursday 27th November

Year 4 trip to The Longshed

December

Thursday 4th December

Prospective parent show round

Beech Class Parent Workshop

Year 5 CET Christmas Concert

– more details to follow.

Wednesday 10th December

Cherry Tree Class Parent

Workshop @2pm

Opening comment

There has been a lot of excitement this week as we have been totalling the House Points! It is really impressive to see 3 houses are now over the 1000 mark, and look forward to seeing the final totals before half term.

It has been brilliant to welcome parents back in to school this week for the term's parent consultations, for some it was the first time they have had an in-person meeting. I hope that you enjoyed the opportunity to be able to look at your child's work and meet with the teachers as much we did.

Stars of the week



Attendance Week beginning

6th October 2025

Acorn: 97.98%

Cherry Tree: 95.19%

Maple: 97.74%

Beech: 97.04%

Hazel: 100%

Willow: 97.72%

Oak: 95%

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

House Points so far...

Brett: 1120

Deben: 1209

Orwell: 959

Gipping: 899

Lark: 1030

Stour: 962

World Mental Health Day

The children have been invited to come in to school today wearing yellow to recognise World Mental Health Day. In our assembly today led by Mrs Pavey, the school's Mental Health First Aider, it was fantastic to see a sea of yellow fill the hall. In the assembly, the children learnt about emotions and mental wellbeing.

Take a look at some of the children in their yellow clothes to raise awareness for World Mental Health Day!



Bookopoly Reading Challenge



Thank you to everyone who took part in the **Bookopoly Reading Challenge!**

It's been wonderful to see so many children enjoying their reading and sharing their progress. We're excited to announce the winners of the challenge:

- **Grace** (Year 6)
- **Morgan** (Year 5)
- **Elijah** (Year 4)
- **Billy** (Year 3)
- **Darcey** (Year 2)
- **Oliver** (Year 1)

Congratulations to all our winners—and well done to everyone who got involved!

TTRockstars

TT Rockstars is a fun and engaging online platform that helps children build confidence and fluency in their times tables. Through fast-paced games and challenges, pupils practise multiplication and division facts while earning coins to personalise their rock star avatars. It's a great way to boost speed and accuracy in maths - especially helpful for KS2 and the Year 4 Multiplication Tables Check.

Next week, another battle begins commences!

Year 5 and Year 6 will go head-to-head in a week-long times tables competition. Who will come out on top? Let the challenge begin!

Battle of the Bands!

TIMES TABLES ROCK STARS

Year 5 vs Year 6

$2 \times 2 = 4$
 $3 \times 1 = 3$

$2 \times 2 = 4$
 $3 \times 1 = 3$

The next battle will commence on the 13th October - 19th October

BBC 500 Words: an exciting opportunity

There's a fantastic writing competition you and your child might enjoy taking part in. The BBC's 500 Words contest is now open from 23rd September to Friday 7th November, and it's a great chance to get creative together!

Can your child write a story of up to 500 words?

There are two age categories: **5-7 and 8-11 year olds** and spelling, punctuation and grammar are not marked.

Further information can be found [here](#).



Bury Literacy Festival



This year's Festival runs from Sunday 5th October to Sunday 19th October.



Attendance

As a part of Parent Consultations this year, you will all have been given attendance information for your child/ren for the academic year so far. We monitor attendance rigorously and look to identify any patterns or trends. If we feel that your child's attendance is decreasing, we may ask to meet with you to discuss the support we can offer.

With this in mind, a number of children have been absent from school if they are tired, if they have had a disturbed night's sleep or are feeling under the weather. I would please like to encourage all parents to send your child in to school if this is the case, as this may not mean that they are unwell. If feel you child is in school and we feel that they are struggling, or are unwell enough to attend school we will contact you. Please note that if you leave a message on the absence line, but do not provide a clear reason for your child's absence, we will contact you for further information. Please see the link below for further information from the NHS which advises when your child may be too ill for school;

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

If you do feel you need support in your child's attendance, please do not hesitate to get in contact with the school. We will happily discuss your concerns with you and identify any way in which we can support you.

Thank you.

Polite Reminder

We have been notified that several parents and carers are congregating with their dogs outside the main gates, some of which are barking as children pass by.

Please be considerate to others who may not like, or be wary of dogs, by waiting away from the gate and not standing all together.



Chocolate BINGO

Friday 17th October

3.30-5.00PM

A fun filled family event with a chance to win lots of sweets and chocolate goodies!

£3pp for 5 games! CASH ONLY
pre sale of tickets the week before.
8th, 9th, 10th on the playground at 3pm



🌿 Introducing Our New After-School Club name: The Den 🌿



**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



Applying for a Secondary School

The admissions process is different for children and young people who already have EHC plans. However, if you have requested an EHC needs assessment, or this is underway, do still apply through admissions, as there is no guarantee the assessment will lead to an EHC plan.

[Apply for a secondary school place 2026/2027 - Suffolk County Council](#)

Our web information includes:

[Choosing a school for a child with SEND - Suffolk SENDIASS](#)

[Transition tips \(changing school or key stage\) - Suffolk SENDIASS](#)

[SEN Support - Suffolk SENDIASS](#)

[SEN Information Report - Suffolk SENDIASS](#)

[Preparing for the transition to secondary school for children with SEN – webinar recording](#)

10 Top Tips for Parents and Educators DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT - HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



Wake Up Wednesday

The National College