



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.

Friday 1st May 2026

Diary Dates

May

Monday 4th May
Bank Holiday

Week beginning 11th May
Year 6 SATs week

Wednesday 13th May
Year 5 visit to Steeple View to play Ukuleles

Friday 15th May
Year 6 leavers photos

Wednesday 20th May
Year 5 visit to Cambridge Museum of Archaeology and Anthropology

Week beginning 25th May
May Half term

June

Monday 1st June
Children return to school

Monday 1st June-Friday 12th June
Year 4 Multiplication Check Window

Monday 1st June- Tuesday 2nd June
Year 6 Bikeability Group 1

Tuesday 2nd June
Year 1 Parent Workshop @ 2pm

Opening comment

It has been lovely to see the sun shining throughout the week. That has meant that this week, the children have been able to make great use of the field at break times and lunch times. Thanks to the Friends of Freeman, the children have been able to eat outside using picnic blankets, which they have thoroughly enjoyed. Now that the weather has improved, we will be getting the children on the field as much as possible.

This week, I have had several children visit me to show their amazing work as well as children calling me over to see their work when I have visited classes which has been a real highlight. It is lovely to see the children proud of what they have achieved. Keep up the hard work!

Stars of the Week



Attendance Week beginning 27th April 2026

Acorn: 97%
Cherry Tree: 96.15%
Maple: 97.59%
Beech: 91.85%
Hazel: 98%
Willow: 91.79%
Oak: 95.27%

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

House Points so far...

Brett: 557
Deben: 493
Orwell: 618
Gipping: 462
Lark: 560
Stour: 489

Maple Class

In PE this term, the children are benefiting from weekly sessions with a specialist cricket coach who joins us every Friday. These sessions focus on developing key cricket skills such as throwing, catching, batting and teamwork. The coach provides expert guidance and encouragement, helping to build the children's confidence, coordination and enjoyment of the game while promoting an active and healthy lifestyle.



In maths, we are exploring directional and positional language, such as left, right, forwards, backwards, above and below. The children are applying their learning through practical, hands-on activities where they give and follow instructions using accurate mathematical vocabulary. This approach helps to deepen their understanding and supports problem-solving, teamwork and clear communication skills.



PE Kit Reminder

Please can I remind all parents of our PE Kit, there are several children coming in to school wearing other clothing such as football tops, or patterned jumpers. Children should be wearing a plain white t shirt, black or navy-blue shorts/jogging bottoms, and a plain black or blue jumper. Please do not allow your children to wear a hoody for PE, as this can present with a safety risk.

A number of children are also wearing jewellery to school. Please can I remind parents that your children should not be wearing jewellery such as necklaces, bracelets or fashion earrings. On PE days, earrings should be removed before coming to school, or your child should have tape with them to cover their earrings up as again, this does present as a safety risk.

Thank you for your understanding.

Sports Day 2026

We have planned to hold sports day on Wednesday 24th June this year, with children completing their races in the morning.

We would like to invite parents to watch the children's races (times to be confirmed) and stay in school to have a picnic lunch with your children.

In the afternoon, the children will then complete a Sponsored Colour Run, please find more information about this below.

If sports day needs to be cancelled due to adverse weather, we have a back up date planned for Wednesday 1st July.

My Clothing Discount

Use code **INTAKE26** at checkout to enjoy 10% off all orders until 31st July



Friends of Freeman; Sponsored Colour Run

We're excited to welcome back our much-loved Sponsored Colour Run this summer! To help make the event even more successful, we're looking for local business sponsors who would be featured across our communications while supporting fundraising for our village school. If you work for, or know of, a company that might like to get involved, we'd love to hear from you.

We're also on the lookout for parent volunteers to help on the day - especially those who don't mind getting a little messy! Please get in touch if you'd like to be part of the fun.

Speak to Mrs Oxborrow at school or email megan@friendsoffreeman.co.uk



You matter. What matters to you?

Your voice can make a difference.

Please answer the following question in whatever format you feel most comfortable with – hand written, typed, drawn or a voice note.

'If you had a magic wand to change one thing for young people, what would you change?'

What difference would that make?'



Ages 3 - 25 years
Deadline 20th May
Digital responses to lucy@themixstowmarket.co.uk
Paper responses can be dropped off or posted to
The Mix, 127 Ipswich Street, Stowmarket, IP14 1BB
Exhibited from 15th June

You Matter!

You matter. What matters to you?

The Mix is a youth work charity supporting young people across Suffolk. Your voice is really important to us.

Please answer the following question in whatever format you feel most comfortable with - hand written, typed, drawn or a voice note.

'If you had a magic wand to change one thing for young people, what would you change? What difference would that make?'

Details:

- Please include your initials and age with your answer.
- Deadline for responses by 20th May.
- Exhibited from 15th June
- Digital files can be emailed to lucy@themixstowmarket.co.uk.
- Hard copies can be dropped off or posted to Lucy Currell, The Mix, 127 Ipswich Street, Stowmarket, IP14 1BB.
- If you are a school in Stowmarket we can come and collect, please let us know.

Guidance for parents/carers/teachers:

- The question is very broad intentionally. We don't want to influence their answers. However, if a young person is struggling to answer the question these points might help:
 - There is no right or wrong answer. We want to hear what really matters to them, not what they think they should say or what they think we want to hear.
 - Their response doesn't have to be achievable by them or anyone else (but of course could be), just a hope or a dream.
 - It can be a very short answer, or long and descriptive.
 - Give them time to digest the question - it doesn't have to be profound, just from the heart.

If a young person does a drawing, or their handwriting isn't fully legible, please pop a note with it to tell us what it says. We'd love to see their individuality.

We are hoping to gain as many responses from young people across Mid Suffolk as possible. Their voices and what matters to them, matters to us. It will help to inform our three-year strategy and what work we deliver to truly be impactful to our young people.

The responses will be exhibited in The Mix from the week of Crucial Crew (15th June), Jubilant! Festival Friday (19th June) and throughout the summer. We welcome young people and the community to come and see what matters to them.

This is a wonderful opportunity for young people to have a voice which can make a difference. Their anonymous answers will be very powerful and will be seen by over 1000 young people just in the first week with Crucial Crew and Jubilant! visits. We hope young people want to participate and that it proves helpful, interesting and insightful to you as a parent/carer/teacher to find out what matters to your young people too.

Thank you in advance for your participation.

Art Club

The children at art club had a monster themed session recently, one activity they did was printing using tinfoil and a spray bottle of water allowing the bright colours to mix they created some ombre style monster pictures. The other activity was messy monsters, the children chose various colours of wool to create their shape after adding eyes the monsters went through the laminator creating their final product which would look brilliant on a window.



Gather and Grow Family
12th July
10am - 4pm
Stowupland Suffolk

ALL THE GOODNESS FROM GATHER AND GROW BUT FOR FAMILIES. A CALM, MINDFUL FAMILY DAY OF CONNECTION, CREATIVITY AND TOGETHERNESS. NOT ENTERTAINMENT, BUT SPACE TO SLOW DOWN AND TRULY BE TOGETHER.

MINDFULNESS WORKSHOPS, SPACE TO BE, STORYTELLING, DRUM CURCLE AND MORE.

FROM £11 A TICKET

COME AND CONNECT WITH YOUR LOVED ONES

@THE.SOLSTICEEVENTS 

WWW.THESOLSTICEEVENTS.COM



Organisers of
OFFICE SCHOOL PARTY & GARDEN FETE

FREE PARKING 

THE SUFFOLK SHOW 2026
WEDNESDAY 27 MAY & THURSDAY 28 MAY

A FUN FAMILY DAY OUT!

UNDER 15s GO FREE

SCAN ME 

www.suffolkshow.co.uk

Flatford Nature Day- May Half

Flatford Nature Day Tuesday 26th May 2026

Visit Flatford for our May half-term Nature Day

Join in for free, nature-themed activities and crafts including:

- Pond dipping
- Bug hunting
- Tree trails
- Making nature's colour palette
- Using a solar telescope



Drop in activities 11am – 4pm



Enjoy the outdoors around Flatford for the day. There will be something for all the family!

Flatford Estate, Flatford, Suffolk, IP19 6EJ. For more information, visit www.flatfordestate.co.uk



OPEN TRIALS

TRIALS IN:
PETERBOROUGH
CAMBRIDGESHIRE
HERTFORDSHIRE
SUFFOLK
SURREY



SCAN HERE TO BOOK



PARENTS AND CARERS TOGETHER

“Supporting you, supporting your child”

Suffolk Support for parents and carers of children and young people with mental health issues

www.parentsandcarerstogether.co.uk

Helpline number (07856) 038799 (not 24/7)

Support group for parents and carers of children and young people with mental health issues

✉ parentsandcarerstogether@gmail.com



Suffolk Parent Carer Forum

Invites parents and carers to our

Reasonable Adjustments Workshop for Parents and Carers

Kindly provided by Unique Neuro Wellness Ltd.

Thursday 7th May 10:30 - 11:15

This is a virtual meeting hosted on Microsoft Teams and requires registration. If you would like to participate and share feedback, please email info@suffolkpcf.co.uk to register your interest



Working towards a brighter future for Suffolk's children and young people



Suffolk Parent Carer Forum



SAVE THE DATE

MID SUFFOLK OPEN EVENT

An opportunity to meet professionals and find out about services, voluntary and support groups.

Stowmarket
United Reformed Church

Wednesday 17th June 2026

10AM – 1PM

More information to follow nearer the time

☎ 01473 760933

✉ info@suffolkpcf.co.uk

🌐 www.suffolkpcf.co.uk

📘 [FACEBOOK.COM/SUFFOLKPCF](https://www.facebook.com/suffolkpcf)

Premier Holiday Club- May Half Term



PREMIER HOLIDAY CLUBS

MORE fun, MORE friendships, MORE smiles during the MAY HALF-TERM!



YOUR LOCAL MULTI-ACTIVITY CLUBS...

Fairfield Infant School
Tuesday 26th - Friday 29th May 2026
Reception - Year 6
9:00am - 3:30pm £34.50 £27.60
8:00am - 5:30pm £46.50 £36.40
Automatic 20% discount until 12th May 2026

St Peter & St Paul's CofE Primary School
Tuesday 26th - Friday 29th May 2026
Reception - Year 6
9:00am - 3:30pm £34.50 £27.60
8:00am - 5:30pm £46.50 £36.40
Automatic 20% discount until 12th May 2026

Rushmere Hall Primary School
Tuesday 26th - Friday 29th May 2026
Reception - Year 6
9:00am - 3:30pm £34.50 £27.60
Automatic 20% discount until 12th May 2026

*Venues marked with 🏡 are Ofsted registered and accept children's vouchers

Kyson Primary School
Tuesday 26th - Thursday 28th May 2026
Reception - Year 6
9:00am - 3:30pm £34.50 £27.60
8:00am - 5:30pm £46.50 £36.40
Automatic 20% discount until 12th May 2026



Looking for something exciting this May?

Whether your child enjoys energetic sports, exciting games, or hands-on arts and crafts inspired by their favourite cartoons - our Holiday Clubs are perfect for active minds and imagination this half term.

📍 Premier Education South Suffolk
📧 premedsuffolk

Book now for an unforgettable half-term!



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 MANAGING EXAM STRESS

At some point in their education, most young people will encounter exam stress, which can affect their mental, emotional, and physical wellbeing. Mental health charity YoungMinds estimates that 87% of pupils experience exam-related stress. This highlights the importance of supporting young people to manage exam pressure effectively, maintain perspective, and protect their overall wellbeing during these periods.

1 PRACTISE WORKLOAD WISDOM

The build-up to exams can feel overwhelming, with competing demands on time and energy. Encourage young people to reflect on whether their workload is realistic and allows them time to rest and recharge. Support them in creating a manageable revision timetable that includes regular breaks and occasional days off. Remind them that plans can be adjusted if they feel overwhelmed, helping to reduce the pressure and prevent burnout.

2 CLEAR UP THE CLUTTER

A cluttered workspace can reduce focus and increase stress levels. Encourage young people to keep their study area tidy and organised, with clearly arranged notes and materials. A calm, dedicated space can support concentration and create a more relaxed mindset. Adding colour, mind maps, or creative elements can also make revision feel less daunting and more manageable.

3 MASTER THE MATERIALS

Revision can feel particularly stressful if young people are unsure where to begin. Help them confirm key study topics and materials, ensuring they're using accurate and relevant resources. Reducing uncertainty can help them feel more in control of their learning. Reassure them that they don't need to know everything perfectly, as building their understanding over time is what matters most.

4 GET CREATIVE WITH NOTES

Writing out detailed notes, rather than relying only on bullet points, can strengthen their understanding and retention. Encourage young people to turn these notes into flashcards for regular review and repetition. Feeling familiar with their material can boost their confidence and reduce anxiety during exams. This approach can help them feel more prepared and less likely to panic under pressure.

5 USE VISUAL MEMORY AIDS

Visual resources can make learning more effective and reduce their frustration when information feels difficult to grasp. Encourage the use of diagrams, videos, sticky notes, and colour coding to reinforce key ideas. Creating simple mnemonics can also make information easier to remember. Using a variety of methods can help prevent mental fatigue and keep revision feeling fresh and manageable.

6 BUILD A TECH TOOLKIT

Technology can be a valuable supporting tool during exam preparation when used in a balanced way. Educational websites, revision platforms, and subject-specific videos can help explain complicated topics clearly, reducing the risk of confusion or stress. Encourage young people to use these tools to support – rather than overwhelm – their learning, and to take regular breaks from their screens to protect their wellbeing.

7 KEEP REVISION ENJOYABLE

Revision is often more effective when it feels engaging and varied. Encourage young people to incorporate humour, real-life examples, or creative approaches into their learning. Mixing study methods, including light physical activity such as short walks, can also improve their mood and focus. Enjoyable revision experiences can help reduce stress and make the process feel more positive and sustainable.

8 USE ACTIVE STUDY METHODS

Active revision techniques can help young people feel more confident and in control of their learning. Strategies such as spaced repetition and active recall, including self-testing or explaining concepts aloud, can highlight both their strengths and areas for improvement. This clarity can reduce last-minute panic and support a calmer, more prepared approach to exams.

9 USE AI THOUGHTFULLY

AI tools can support revision by making learning more personalised and manageable. Young people can use them to generate practice questions, summarise information, or break down topics into simpler steps. Used carefully, these tools can reduce overwhelm and save time. Remind young people to check AI information with trusted sources to ensure its accuracy and build confidence in their understanding.

10 PRACTISE WITH ONLINE TOOLS

Online revision platforms can help young people test their knowledge and track their progress. Many offer quizzes, flashcards, and practice papers aligned with exam boards. Encourage regular self-testing – including timed activities – to build up familiarity with exam conditions. Becoming more comfortable with the format of exams can reduce anxiety and help young people approach them with greater confidence.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of Social Enterprise UK's 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

