



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.

Friday 8th May 2026

Diary Dates

May

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

I hope you all enjoyed the bank holiday weekend. As I have walked around this week it has been evident that the children are becoming more and more resilient and determined in their learning; children in Year 3 have been developing their skills in tennis, Reception have demonstrated resilience in writing to give some examples. This week's celebration assembly saw Stars of the Week for learning in many different subjects- well done to all!

As you may know, next week is SATs week for our Year 6 children. Our Year 6s have shown a huge amount of determination and resilience; they have worked incredibly hard and we are incredibly proud of them. Good luck next week Year 6- we are all behind you!



Attendance Week beginning 27th April 2026

Acorn: 95%

Cherry Tree: 88.94%

Maple: 94.5%

Beech: 94.91%

Hazel: 94.58%

Willow: 85.19%

Oak: 96.82%

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

House Points so far...

Brett: 768

Deben: 753

Orwell: 846

Gipping: 714

Lark: 891

Stour: 700

Beech Class

Beech Class have started their science investigations of light and dark. We have been learning about sources of light, which include natural and artificial sources. We have explored how things look with the absence of light and have learned that some living creatures create their own light; this is called bioluminescence. We have learned that some things emit light and some reflect light. We will be investigating how light travels and how light reflects off of some surfaces.



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.

Out of School Achievement!

We have previously shared with you some of the school's achievements outside of school. This week, we have been told that Franklin and Huey in Year 5 will be playing in the Suffolk Under 10's cup final on Saturday 9th May for Needham Phoenix. They have worked extremely hard as a team this season and have not lost a cup game to get to the final. The team have only existed for 2 years, so this is a massive achievement! Along the way, they have beaten far more established teams. Well done boys, we wish you lots of luck for the final and look forward to hearing how you get on.

If your child has any achievements outside of school you would like to be shared in the newsletter, please let us know. It is wonderful to be able to share how well our children get on both in and outside of school!

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.

Chess Equipment has arrived at Freeman!

Earlier this year, we shared with you that Noah in Year 6 had secured the school some chess boards and timers. We are very pleased to confirm that 10 chess boards have arrived, along with 10 sets of weighted chess pieces and two books. We will be looking to offer children the opportunity to participate in a chess club at lunchtime in the second half of the spring term. More details are to follow. Below is Noah with some of the equipment we have been sent. Thank you Noah for all of your hard work in securing the equipment for the school, it will be appreciated for a long time to come!



SUPERHERO DAY

THURSDAY 21ST MAY

Power Up Chicken Nuggets
or Vegetable Nuggets
Served with
Kryptonite Curly Fries,
Lightning Carrot Bolts & Cucumber Moons

Followed by
Energy Ring Mini Doughnuts & Chocolate Universe Sauce
or
Super Fruits

LUNCHTIME CO[®]

KICKS & TRICKS

Activity Camps

Ofsted Registered Venue
★★★★★

FREE SPACES WITH THE
HOLIDAY Activity

MAY CAMP 2026

Tuesday 26th May - Friday 29th May

VENUES EVERYDAY

- Beaumont Primary School
- Bosmere Primary School
- Broke Hall Primary School

EARLY RISERS
8AM-9AM
ONLY
£5

DAY CAMP
9AM-5PM
ONLY
£35

EXTRA FUN
5PM-6PM
ONLY
£5

TUES-THURS

- Ipswich School Sports Centre

HALF DAY

- MORNING**
9AM-12:30PM
ONLY
£20
- AFTERNOON**
1:30PM-5PM
ONLY
£20

For more information visit:
www.kicksandtricks.co.uk
info@kicksandtricks.co.uk

2024 WINNER
2024 WINNER

SCAN ME

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



...and much more!

→ Drop in activities from 10am - 4pm



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

Book your 'Flatford' tickets in advance to ensure you have a place. Tickets are £3.50 per person. Tickets are available from 10am on Tuesday 26th May. Tickets are available from 10am on Tuesday 26th May. Tickets are available from 10am on Tuesday 26th May.



Netball play sessions Stowmarket

Classes for: 2-3.5yrs | 3.5-5yrs | 5-7yrs | 8-11yrs

Come join us at 'Netball Kids' for exciting classes where you can learn new skills, improve your game, and make awesome friends!

Book a FREE session



BOOK A FREE TASTER SESSION

www.netballkids.co.uk



"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

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

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

Premier Holiday Club- May Half Term

PREMIER HOLIDAY CLUBS

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

Book today premier-education.com

Excellent Trustpilot

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 a 'CofE' label are CofE schools 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.

Facebook Premier Education South Suffolk
Instagram @premiereducation

Book now for an unforgettable half-term!

Excellent Trustpilot

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

HELPING NEURODIVERGENT CHILDREN NAVIGATE THE ONLINE WORLD

Neurodivergent people tend to be early adopters of technology, and many influential innovators in this space are neurodivergent themselves. It's therefore likely that a neurodivergent child or young person may be drawn to the online world from an early age. This isn't a concern in itself, but understanding both the benefits and potential risks is essential. Here are ten key considerations to support safe and positive online experiences for neurodivergent children.

1 TREAT ONLINE LIKE THE REAL WORLD

You wouldn't allow a child to cross a road without guidance – you'd hold their hand, use a pedestrian crossing, and model safe behaviour. In the same way, a neurodivergent child's first experiences online should be supported by an adult who can guide and explain safe and responsible digital behaviour to them from the outset.

2 MODEL RESPONSIBLE USE

Children learn from what they see. Show all children, regardless of neurotype, what responsible internet use looks like. Reflect on your own use of social media and AI. Consider how often you use them and your own understanding of these platforms. Talk openly about when and why you use these tools, helping all children develop a balanced and informed approach.

3 KNOW YOUR LIMITS

Current government guidance suggests no sole screen use below the age of two, with a maximum of one hour per day for two- to five-year-olds. Screen time can support communication and connection when shared with an adult. However, passive watching can affect neurodivergent children's attention and language skills. Focus on the type of content they watch, encouraging slower-paced and meaningful material rather than fast-paced, overstimulating content.

4 CONSIDER AGES AND STAGES

For older children and teenagers, agreed limits are important. Screen time can be beneficial, but it should form part of a balanced lifestyle. Neurodivergent children may find online communication easier than real-world conversation, supporting their social interaction. However, it shouldn't be their only option. Encourage a range of activities, including creative play, physical exercise, and opportunities for real-world connections.

5 KEEP CONVERSATIONS OPEN

Discussions about online safety should begin early and continue as children grow. However, neurodivergent children may worry about getting things wrong or being misunderstood, meaning these kinds of conversations should feel open and fair, rather than like a lecture. If a child encounters a problem – such as a scam or inappropriate content – they need to feel able to speak to a trusted adult without fear of judgement or embarrassment.

6 BUILD YOUR KNOWLEDGE

You aren't expected to be an expert, but it's important to stay informed about the platforms, games, or apps neurodivergent children use in order to provide practical support. Social media platforms have age limits, and many apps and games offer parental settings that can control access. Schools and families should work together to understand these tools, helping neurodivergent children use them safely while keeping up to date with new features and changes.

7 SET CLEAR BOUNDARIES

Children and young people often know more about current technology than adults, meaning it's important to recognise that controls may be bypassed. Clear, predictable boundaries should be used, based on trust and consistency. Involving children in discussions that affect them helps them feel heard. This is particularly important for neurodivergent children, who may respond strongly to perceived unfairness.

8 UNDERSTAND AI CONTENT

The internet now includes large amounts of AI-generated content, including images, videos, and stories. These can be difficult to identify. Children should be encouraged to question what they see and check the information using trusted sources. Neurodivergent children may interpret content literally, meaning adult guidance is important in helping them recognise what's real and reliable – and what isn't.

9 EXPLAIN AI LIMITATIONS

AI isn't the same as a search engine. It generates responses based on prompts and patterns, and its accuracy depends on how it's used. Sometimes, it produces incorrect or unrealistic information, known as 'hallucinations'. Both adults and children need to understand this and learn how to check information carefully using reliable and trusted sources.

10 CLARIFY AI RELATIONSHIPS

AI can feel conversational and personal, but it's not capable of real relationships. It learns from patterns in user input rather than human understanding. Some neurodivergent children may experience a sense of connection with AI chatbots, particularly if they find social situations challenging. It's therefore important to explain that these are simulated conversations and aren't a substitute for real, human relationships.