



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 15th May 2026

Diary Dates

May

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

June

Year 4 Multiplication Check Window

Monday 1st June- Tuesday 2nd June

June

Year 6 Bikeability Group 1

Tuesday 2nd June

Year 1 Parent Workshop @ 2pm

Wednesday 3rd June-Thursday 4th June

June

Year 6 Bikeability Group 2

Monday 8th June-Tuesday 9th June

June

Year 6 Bikeability Group 3

Assessment Fortnight for children in Years 1-5

Week beginning 8th June

Week beginning 8th June

Year 1 Phonics Screening

Opening comment

This week has been a particularly busy week for our Year 6 children, who have completed their SATs. Throughout the week, the children have shown huge determination and resilience. They have worked incredibly hard and we are so proud of them all- well done Year 6!

It's been fantastic to see the children in other year groups who have also worked hard and shown determination and resilience in other ways, a few examples include Year 3 who have been making sculptures, Year 5 who have been to play their ukuleles at Steeple View and Year 1 who have been improving their accuracy when throwing. Well done to everyone for an excellent week!

Stars of the Week



Attendance Week beginning

11th May 2026

Acorn: 95.33%

Cherry Tree: 97.31%

Maple: 94%

Beech: 96.67%

Hazel: 98.67%

Willow: 96.27%

Oak: 98.91%

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

House Points so far...

Brett: 957

Deben: 945

Orwell: 1071

Gipping: 945

Lark: 1100

Stour: 853

Hazel Class

Hazel Class are thoroughly enjoying their current class text, *Varjak Paw*. They have been learning all about the exciting adventures of a pampered pet cat as he bravely tries to save his family. In writing lessons, the children are currently developing their skills by learning how to write clear and organised explanation texts.

In science, the children have been learning all about electricity. The children began by sorting pictures to identify whether items were battery-powered or mains-operated. They then learned how to create a complete circuit using batteries, bulbs and wires. After this, they examined a range of circuits and discussed whether they were complete or incomplete, explaining how they could be fixed to make them work. At the end of the unit, the children will apply their learning by designing and creating their own torches.



Alongside science, Hazel Class have also been practising for Sports Day, developing their athletic skills in running, jumping and throwing. Finally, the children have been working extremely hard preparing for their Multiplication Tables Check

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.

Sir David Attenborough turns 100!

We would like to thank Friends of Freeman for their kind donation of over 100 flower bulbs to celebrate Sir David Attenborough's 100th birthday. Last Friday, the children enjoyed a special assembly with Mrs Pavey where they were reminded about his incredible work with animals, our planet and the environment, and how we can all help care for our world. We look forward to planting our bulbs as a lasting reminder of this important message.



Sports Day 2026 and Friends of Freeman Colour Fun Run

As previously communicated, we have planned to hold sports day on Wednesday 24th June this year, with children completing their races in the morning. Parents are invited to watch their children in their races. The race times are as follows;

9:00am- Reception, Year 1 and Year 2 children

10:30- Whole School Break

11:00am- Year 3, Year 4, Year 5, Year 6 children.

12:00-1:00 Whole school lunch- parents are invited to bring a picnic and stay in school to have lunch with their children on the field. If you would like your child to have a school lunch that day, it's no problem, the children will be served their lunch, and they can come and eat with you outside!

We please ask that all parents ensure that they either take their rubbish home with them or put their rubbish in the bins that we will have available. Please ensure that you do not bring any alcohol and do not smoke or vape whilst on site.

In the afternoon it will be the Friends of Freeman Colour Fun Run. Parents are also invited to stay to watch and cheer the children on as they get covered in brightly coloured paint! The times each class will be running are as follows;

1:15- Year 5 and Year 6

1:40- Year 3 and Year 4

2:05- Year 1 and Year 2

2:30- Reception

Children will be given an ice pole at the end of their run and once they have taken part, and they will be able to stay and watch the rest of the groups complete their event. Each child will need sunglasses or swim goggles to avoid the paint going in their eyes. If your child would like to get changed at the end of the event, please send them in with spare clothes.

If your child does not want to participate, please do not worry, they will be able to come and watch with their class and they will still be able to enjoy an ice pole afterwards with their friends.

Parents will be able to use the toilets at the Church Hall throughout the day. We look forward to seeing you there!

Friends of Freeman; Upcoming events!



Disco

Thursday 4th June!

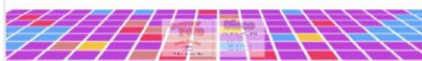
Times:

R,1&2 : 3.15 - 4pm

3&4 : 4.15 - 5pm

5&6 : 5.15 - 6pm

£2.50 includes drinks & sweets to take home!



Summer Fete

Friday 10th July

- Stalls
- Games
- Yr 6 entrepreneur tables
- Bouncy Castle
- Ice cream Van



My Clothing Discount

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

Parking

If you need to use the layby outside the front of the school to park your car, please do not block the gates to the Church. These need to remain clear for access to the Church at all times.

A reminder that parents are able to park in the Village Hall car park for drop off and collection. Thank you.

Under 9 Quad kids

On Tuesday, Miss Gooderham had the pleasure of taking children from Year 3 and Year 4 to Stowupland High School to represent the school in athletics. They had to run 400m, complete a 50m sprint, take part in a vortex throw and do a standing long jump. They showed great teamwork and helped to cheer other people on when they were finding races difficult. A huge thank you to Isabelle and Oscar W who volunteered to let their teammates join in with the 8-person relay whilst they stayed on the sidelines and watched. They showed such good sportsmanship and were able to put other people's feelings before their own. Additionally, well done to Oscar C and Ethan who were also commended on their sportsmanship. We are very pleased to share that the children were placed 3rd out of 5 schools with an amazing 1245 points! Well done to all involved, we are so proud of you all!



SEND Coffee Morning

SEND Coffee Morning
Freeman Primary School

You're Invited!
SEND Coffee Morning- Come and Join Us!
Do you have a child with special educational needs or Disabilities (SEND)? We would love to welcome you to our friendly and supportive coffee morning.

What's it all about

- Find out about our 'Universal Offer' and 'Targeted Support'
- Meet our SENCo
- Chat with other parents and carers
- Ask questions in a relaxed setting
- Share ideas, experiences and support

Event details

- Date- 9th June
- Time- 9.00am
- Location- Freeman Primary School

What to Expect

- A warm and welcoming atmosphere
- Helpful information about SEND support
- Friendly, informal discussions
- Tea, coffee and biscuits provided

What is the Universal Offer and Targeted Support?

The universal offer is everything that is available to all children in school not just those with additional needs. We will also have a look at the targeted support available within school.
We look forward to seeing you!

Everyone is welcome- we hope you can join us!

Please notify the office- admin@freemancpschool.co.uk if you would like to attend.

Mrs Durler warmly invites parents and carers to join the first in a series of coffee mornings focused on a range of SEND topics. Each session has been thoughtfully selected in collaboration with parents. These mornings offer a valuable opportunity to connect with others, enjoy relaxed and informal discussions, and learn more about key SEND issues.

Please indicate your interest by emailing the school office

admin@freemancpschool.co.uk

Additional Support Courses for Parents

Three new courses offered by FACE, separate from the school membership. Full access to all three courses for £6.99/month Complete at your own pace, cancel anytime.



Building Emotional Resilience

Work through six stages of directed exercises to help your child (and yourself) improve emotional resilience.



Facing Defiance

A specific strategy aimed at supporting parents of children aged 5 to 12 with ADHD, ODD or just very challenging behaviour.



You & Your Teen

A skills building course for one parent and one teen (12 years old and above) to learn how they can both improve their communication with each other.

www.facefamilyadvice.co.uk
Online Courses for Parents page
info@facefamilyadvice.co.uk



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 TASTER SESSION

www.netballkids.co.uk

Book a FREE session

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
- Free



...and much more!

Drop in activities 11am - 4pm



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

Book your tickets now and this is the chance to book in when accompanied by a child (see page 204). There is a charge of £15.00 for use of the National Trust car park for non-members.



The Solstice Events

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

MAY 2026

IPSWICH TOWN FOUNDATION

SOCCER SCHOOLS & HOLIDAY CAMPS

Join us this May Half Term for a week packed with football-based fun at locations across the region, including:

IPSWICH BURY ST. EDMUNDS FELIXSTOWE WOODBRIDGE
CLAYDON STOWUPLAND BECCLES 11-16 & GIRLS ONLY
TOWN TOTS BLUEY'S BALLERS YOUTH DISABILITY

With a range of sessions available, visit www.netballkids.co.uk to find out more

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

2024 WINNER

MAY CAMP 2026

Tuesday 26th May - Friday 29th May

VENUES EVERYDAY

- Beaumont Primary School
- Bosmere Primary School
- Broke Hall Primary School
- Ipswich School Sports Centre

EARLY RISERS 8AM-9AM ONLY £5

DAY CAMP 9AM-5PM ONLY £35

EXTRA FUN 5PM-6PM ONLY £5

TUES-THURS MORNING 9AM-12:30PM ONLY £20

HALF DAY AFTERNOON 1:30PM-5PM ONLY £20

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

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

What Parents & Educators Need to Know about ONLINE GROOMING

WHAT ARE THE RISKS?

Online grooming is when someone builds a relationship with a child or young person online to gain their trust for the purpose of sexual abuse, exploitation, radicalisation, or criminal activity – such as county lines or financial scams. According to the NSPCC, police in the UK recorded over 7,000 offences involving sexual communication with a child in a single year – an increase of 89% since 2017/18.

STRANGERS USING FAKE IDENTITIES

Groomers often pose as children or teenagers online to build trust. They may create convincing fake profiles, share photos stolen from real people, or mimic the interests of the child. By pretending to be someone their age, they make conversations feel safe and reliable. Over time, they may ask for personal details, photos, or suggest meeting in person, exposing children to significant emotional and physical harm.

EXPLOITATION THROUGH GIFTS AND FLATTERY

To gain trust quickly, groomers often send gifts, gaming credits, or money. Alongside material offerings, they use excessive compliments, affection, and attention to create emotional dependency. These tactics make children feel valued and special, lowering their defences. Once trust is secured, groomers may escalate their requests, often asking for photos or private conversations, making the child feel pressured or indebted to continue.

GROUP CHATS AS HIDDEN PATHWAYS

Unmonitored group chats on platforms like WhatsApp or Discord provide a cover for groomers. They can watch how children interact, identify those who seem vulnerable, and then move conversations into private messaging. This transition makes detection difficult for trusted adults. The seemingly harmless group setting often masks the presence of predators, giving children a false sense of security.

THE RISE OF SEXTORTION

Sextortion involves pressuring children into sharing explicit content, then blackmailing them for more. Offenders may claim to have hacked a child's device, threaten to share images with friends or family, or demand money. Many victims remain silent out of fear and shame. This growing crime is particularly dangerous because children often feel trapped, believing there's no safe way to escape the situation.

GAMING PLATFORMS AS GROOMING GATEWAYS

Games like Roblox, Fortnite, or Call of Duty, which include live chat features, are frequent targets for groomers. Conversations often begin casually during gameplay and can become manipulative over time. Groomers may offer in-game gifts, credits, or exclusive add-ons to build rapport. Children using headsets or private chat features are especially at risk, as conversations are harder for adults to monitor.

CRIMINAL & RADICALISATION RISKS

Grooming is not always sexual. Some offenders manipulate children into criminal activities such as drug running or online fraud. Others attempt to radicalise young people with extreme ideologies. Groomers often use fear, money, shame, or promises of belonging to control their victims. These forms of exploitation can be just as harmful as sexual grooming, and often leave lasting psychological and social consequences.

Advice for Parents & Educators

KEEP CONVERSATIONS REGULAR

Rather than having one "big talk" about online safety, weave conversations into everyday life. Ask questions about children's online friendships and interests. Share real-life examples to make discussions relatable and encourage honesty instead of secrecy. When children feel comfortable discussing their digital lives, they are far more likely to share concerns or admit when something feels wrong, reducing the chance of risky interactions going unnoticed.

UNDERSTAND THE PLATFORMS CHILDREN USE

Take time to learn about the apps, games, and social platforms children are on. Familiarise yourself with privacy settings, parental controls, and group chat features. Use resources like The National College guides or conduct quick searches to stay updated. By understanding how these platforms operate, you'll be better equipped to set boundaries, guide safe use, and notice any unusual or concerning online behaviour early.

CREATE A "TELL ME" CULTURE

Children often keep silent because they fear being punished or losing access to their devices. Reassure them that coming forward with concerns won't get them into trouble. Emphasise that you are there to help, not judge. Creating a safe, open environment encourages children to speak up if something feels wrong, and helps to ensure they don't suffer in silence when facing potential grooming risks.

STAY ALERT TO WARNING SIGNS

Be attentive to both behavioural and digital red flags. Sudden secrecy, mood swings, or new online contacts may signal a problem. Watch for unexplained gifts, new social media profiles, or changes in sleep patterns. Increased anxiety or reluctance to attend school can also be indicators. Regularly checking in and showing interest in those whom they communicate with online help prevent small issues from escalating into serious risks.