



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 5th June 2026

Diary Dates

June

Monday 1st June-Friday 12th June

Year 4 Multiplication Check Window

Monday 8th June-Tuesday 9th 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

Wednesday 10th June

Year 5&6 rounders competition
(select children only)

Tuesday 16th June

Reception trip to Jimmy's Farm

Wednesday 17th June

Reception Parent workshop @2pm.

Friday 19th June

Year 4 Parent Workshop @ 2pm

Monday 22nd June

Year 6 Crucial Crew Visit

Wednesday 24th June

Sport's Day

Thursday 25th June

Year 2 Parent Workshop @2pm

Opening comment

Welcome back to the final half term of this academic year, how are we here already? The school has been a hive of activity this week; Year 6 have been completing Bikeability, Year 1 have had a Parent Workshop, and a huge number of children attended the Friends of Freeman School Disco last night.

A special mention goes to Year 4 this week. They completed their Multiplication Tables Check this week. I was so impressed with the mature attitude they demonstrated towards it. They were focussed and clearly all tried their best. Well done Year 4, we are very proud of you!

Stars of the Week



Attendance Week beginning

1st June 2026

Acorn: 94.67%

Cherry Tree: 91.15%

Maple: 95.38%

Beech: 96.67%

Hazel: 95.33%

Willow: 88.85%

Oak: 95.64%

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

House Points so far...

Brett: 163

Deben: 159

Orwell: 178

Gipping: 145

Lark: 168

Stour: 164

Oak Class

This week, Oak class have been fortunate enough to participate in Bikeability. Throughout the sessions, the children have been developing their cycling skills, learning how to ride safely on the road and gaining confidence in different traffic situations. They have shown great enthusiasm and responsibility, listening carefully to the instructors and supporting one another. It has been wonderful to see their confidence grow, and they should all feel very proud of their efforts.

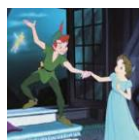


Year 6 Performance

As we approach the end of the year, Year 6 have begun preparing and practising for their exciting performance of **Peter Pan**. The children have been working hard to learn their lines, songs and stage directions, showing great teamwork and enthusiasm throughout.

The performance will take place on **Tuesday 7th July**, with two showings: an afternoon **performance at 1:45pm** and an evening **performance at 6pm**. We look forward to welcoming you and sharing this wonderful production with you.

More information regarding tickets will be shared with you soon 😊



Spare Uniform

If your child has borrowed any spare uniform from school, please can we ask that it is washed and returned. Our supplies are starting to run a little low!

If any parents have any spare uniform in smaller sizes (Reception particularly) that they are able to donate, please bring them to the front office.

Thank you in advance for your support

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, 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!

We look forward to seeing you there!

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

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!

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

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

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 always remain clear for access to the Church.

A reminder that parents can park in the Village Hall car park for drop off and collection.

Thank you.



Friends of Freeman



Summer Fete
Friday 10th July

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

Stowupland Pre-School & The Mighty Oaks



Staffing Update

Sadly, at the end of this term, we will be saying goodbye to Mrs Burson, and Mrs Larke.

Mrs Burson has been a valued member of our team. Her contributions have made a difference, and she will be greatly missed by both staff and pupils.

Mrs Larke has been super kind and incredibly nurturing, always putting the children at the heart of everything she does. She will be greatly missed by everyone in our school community.

We would like to thank them all for their hard work and wish them the very best for the future.



PE Kit Reminder

Please can I remind all parents of our PE Kit, there are several children coming into 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.

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



The Den: Pick up

When collecting your child from The Den, please come to the front entrance of the school and press the black doorbell, this is positioned just above the light switch. This will alert the after-school club staff that you have arrived.

Thank you for your cooperation.



My Clothing Discount

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

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

Suffolk COUNTY MUSIC Service

Start your next adventure

Join a County Music Group and unlock opportunities you'll never forget.

With bespoke programmes for Suffolk's finest young musicians playing at a high-level, our County Music Groups offer exciting performance opportunities throughout the year at prestigious venues.

Repertoire for all ensembles next season is yet to be decided but SYO hope to perform Bruckner's Symphony No.4, Carver's D, Suffolk Suite and Williams J- Star Wars - Suite for Orchestral "subject to player-availability"

For more information and how to join visit:
suffolkcountymusic.co.uk/take-part/county-music-groups

Supported using public funding by:
Suffolk County Council, Department for Education, ARTS COUNCIL ENGLAND, Music HUB



Arc Sen Family Support CIC

Coffee mornings
Monday Sudbury
Salvation Army hall, station road 10.30-12.30

Wednesday Mildenhall
Jubilee centre, 10-12

Thursday Bury St Edmunds,
Bay Tree Cafe St Johns street 10-12

Advocacy service
Support in meetings at school and local authority
Advice On EHCP's
Advice in DLA
Behaviour support
Sleep support
Pretty much anything SEN

Contact us on
jellybeam33@outlook.com
Find us on Facebook Arc Sen Family support CIC

LOOKING FOR OUTSTANDING CHILDCARE THIS HOLIDAY?

£135pp LIMITED HAF PLACES

Themed around a popular musical or play, a Little Voices Theatre Week is packed from start to finish with a mix of creative activities that will help your child:

- burn off energy
- release tension
- build confidence
- learn new skills
- make new friends

and, most importantly, have loads of fun!

Don't miss out! Limited spaces available. Book now to secure your child's spot.

AUGUST 25TH - 28TH
STOWUPLAND HIGH SCHOOL,
STOWMARKET, IP14 4BQ
9:30am - 4pm (early drop off from 8:45am)

For more information and to book:
07362 429298
suffolk@littlevoices.org.uk
www.littlevoices.org.uk/suffolk

OPEN TO ALL CHILDREN AGED 4+ YEARS OF AGE (NOT JUST LITTLE VOICES PUPILS)

Little Voices BIG FUTURES

There's no getting bored on our watch!

DRAMA & SINGING LESSONS OF DISTINCTION

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

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 ALLERGIES & ANAPHYLAXIS

An allergy is an overreaction of the immune system to a food or substance that's usually harmless. Symptoms can be mild, but for some people they can be very serious. This is known as anaphylaxis.

HOW TO SAY ANAPHYLAXIS: ANA-FIL-AX-IS

ALLERGIES AND ANAPHYLAXIS

- Mild allergy symptoms are treated with antihistamines.
- Anaphylaxis is treated with adrenaline, which is administered via an adrenaline device, injected into the outer upper thigh or using a nasal device.
- Anaphylaxis is a medical emergency and a threat to life.



WHAT ADRENALINE DOES

Adrenaline reduces swelling, opens the patient's airways and raises their blood pressure. Patients must go to hospital for monitoring, as the reaction could return.

TWO DOSES:
0.15 mg or 0.3 mg



ANAPHYLAXIS SYMPTOMS

AIRWAY

Symptoms include swelling in the throat, tongue or upper airways; tightening of the throat; a hoarse voice; and difficulty swallowing.



BREATHING

Symptoms include persistent cough; sudden onset of wheezing; breathing difficulty; and noisy breathing.



CIRCULATION

Symptoms include pale and clammy skin; dizziness; feeling faint; sudden sleepiness; tiredness; confusion; and loss of consciousness.



In extreme cases of anaphylaxis, there could be a dramatic fall in the patient's blood pressure. The patient may become weak and floppy, and have a sense of something terrible happening. Any of the ABC symptoms listed above may lead to collapse and unconsciousness and, on rare occasions, be fatal.

TOP 14 FOOD ALLERGENS:

(However, be aware people can be allergic to anything.)



NON-FOOD ALLERGENS:



LINKS TO FURTHER RESOURCES - Scan the QR codes to find out more



AllergyWise*



EpiPen



Jext



ADRENALINE AND AADs

Meet Our Expert

Anaphylaxis UK is the only UK-wide charity operating solely for the growing numbers of people at risk of serious allergic reactions and anaphylaxis. While there's no treatment or cure for anaphylaxis, we believe that by providing information, training and support, there's a brighter future for people living with serious allergies.

