



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 12th June 2026

Diary Dates

June

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 and Colour Run

Thursday 25th June

Year 2 Parent Workshop @2pm

July

Tuesday 7th July

Year 6 Performance: Peter Pan
Year 1 and 2 trip to Foxborough Farm

Opening comment

Although it has been a very wet week, I have had several visitors to my office this week from several different classes to share amazing work; moments like these are the highlight of my week! Across the school, the children continue to focus well on their work and are progressing well. When they visit, the children are always polite and respectful and are so proud to share their achievements with me; it is a real privilege to share this time with them. What is most noticeable it how much they progress in such a short period of time. I am so proud of each and every child- well done everyone, keep up the hard work!

Stars of the Week



Attendance Week beginning

8th June 2026

Acorn: 98.21%

Cherry Tree: 95%

Maple: 99.62%

Beech: 97.04%

Hazel: 98.33%

Willow: 95.91%

Oak: 96.36%

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

House Points so far...

Brett: 368

Deben: 342

Orwell: 350

Gipping: 321

Lark: 414

Stour: 338

Maple Class

The children spent some time in the classroom exploring the work of the artist Andy Goldsworthy. They then went outside to collect their own natural materials, such as rocks, twigs and leaves, and used these to create their own sculptures inspired by his work. They had a great afternoon enjoying the sunshine. Some children chose to work independently, while others worked in pairs or small groups. All of the children were highly engaged and produced some fascinating artwork.

The second set of pictures shows our work in maths this week. The children have started a new unit on position and direction and have been exploring turns. They can now recognise and describe turns using mathematical language such as quarter, half or full turns, as well as clockwise and anti-clockwise. We began by practising these turns using our own bodies, before moving on to using paper plates to explore how objects can be turned.

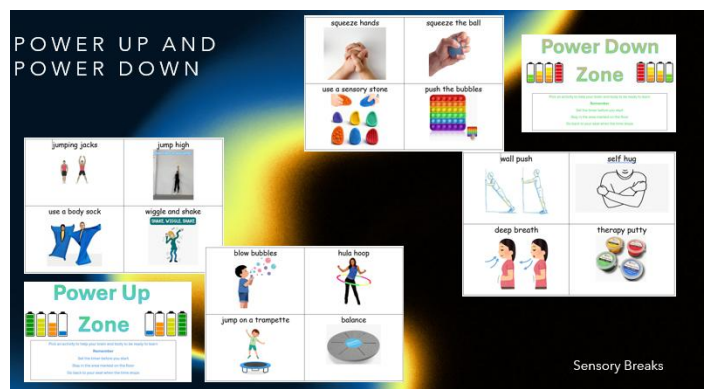


Introducing our Power Up and Power Down Zones

Year 2 have recently been trialling our new Power Up and Power Down Zones, and following their success, we are delighted to introduce them across the whole school as part of our universal offer.

The idea is simple: we think of our bodies as batteries.

In order to learn and feel our best, our energy levels need to be “just right.” When our battery is too full, we may feel over-excited, silly, or frustrated. When it is too low, we might feel tired, sad, or unwell.



These zones give children the opportunity to take a short 5-minute break when needed. They can choose to:

- Power up if they need more energy and focus, or
- Power down if they need to calm and regulate their emotions

Each zone is equipped with carefully selected resources to support these needs and help children return to learning ready and settled.

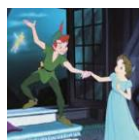
We are excited to see how this approach supports all pupils in managing their emotions and wellbeing throughout the school day.

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!

SPORTS DAY



Wednesday 24th June

Beef Burger in a Bap
or

Quorn Sausage in a Roll
Crispy Fries
Veggie Sticks

Followed by an Iced Lolly

LUNCHTIME CO

Helping an ADHD Child with Homework



FREE one hour online session for parents
Thursday 25th June 7pm - 8pm

Join us online to get some advice on how to help your
ADHD child start and complete their homework.

Book on the PARENTS - Live Talks page
facefamilyadvice.co.uk

Friends of Freeman



Summer Fete

Friday 10th July

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



SEND Coffee Morning

A big thank you to all the parents who attended our first SEND coffee morning. It was a relaxed and informal gathering where we shared information about our universal offer, answered questions, and created an opportunity for parents to connect and share experiences with one another. The feedback was overwhelmingly positive, and we are delighted that so many of you found it helpful. We look forward to hosting another coffee morning in the Autumn term and hope you will be able to join us again.



New Website

We are excited to share our new website with you and can't wait for you to explore it. Please take a look and let us know what you think! It is easy to navigate and includes a wide range of useful information about the school and has lots of updated pictures of the children.

Freeman Community Primary School - Home

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 CIRCLE 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 O, 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

10 Top Tips for Parents and Educators

BUILDING SCHOOL-READY LANGUAGE SKILLS

Oral language is fundamental to children's learning, literacy, and social and emotional development, with long-term impacts. As language develops rapidly between the ages of three and six, early, evidence-based support is essential. This guide offers practical ways to help the children in your care become confident communicators, including through proven approaches such as the DfE-funded NELI programmes available to settings in England.

1 BUILD ORAL LANGUAGE

Support children to use language, not just hear it. Give them the time to talk, respond, ask questions, and share their ideas. Everyday conversations, shared activities, and reading together help children practise both speaking and listening. At nursery or school, programmes such as NELI can help build their vocabulary, storytelling, attention, and listening skills, helping children grow in confidence as communicators.

2 SUPPORT LISTENING SKILLS

Help children to listen and follow simple instructions during everyday routines. Break instructions down into short, manageable steps and check their understanding. For example, say, "Please put your coat on," rather than giving them several instructions at once. Strong listening skills support learning, attention, and participation at school.

"PLEASE PUT YOUR COAT ON"

3 GROW THEIR VOCABULARY

Talk with children about the world around them, naming objects, actions, and feelings. Use a wide range of words during everyday activities such as shopping, cooking, and playing. Repeating and explaining new words help children understand and use vocabulary more confidently, supporting their comprehension and communication.

4 SHARE STORIES TOGETHER

Read storybooks together regularly and talk about characters, events, and illustrations. Ask simple questions such as "What's happening here?" and validate children's responses with positive feedback. Acting out stories together, asking open questions, and giving children the chance to be the storyteller can all support their narrative skills and confidence.

5 NAME DIFFERENT FEELINGS

Help children learn to express themselves by talking about different feelings and naming them clearly, such as happy, sad, or angry. Visuals and role play can support their understanding of this. Being able to express their feelings verbally helps children build positive relationships with adults and peers, reduces frustration, and supports their social development as they prepare for school.

6 WORK WITH SETTINGS

Strong communication between home and the nursery, school, or early years setting can help children feel more confident and supported. Parents can visit the setting with their child before they start, helping them become familiar with the environment and key adults. Educators can share relevant information with families and colleagues, so each child's needs are understood. Newsletters can also help families continue language learning at home.

7 SPOT LANGUAGE NEEDS

Children develop their language and communication skills at different rates, so early conversations between home and settings are important. If parents have concerns, they should speak to their child's nursery, school, or early years setting. Educators can use tools such as LanguageScreen, included in the NELI programmes, to build a profile of a child's speaking and listening skills and help identify suitable support.

8 EVIDENCE-BASED SUPPORT

Prioritise language and literacy approaches that are underpinned by robust research evidence. Evidence-based programmes help ensure children receive support that is more likely to make a meaningful difference. The Education Endowment Foundation (EEF) provides guidance on the strength of evidence behind different strategies, supporting informed decision-making and effective use of school time and resources.

9 MEET INDIVIDUAL NEEDS

Settings can use evidence-based assessment tools to understand children's language skills and identify where support may be needed. These tools support SEND reforms, and strengthen whole-setting language development, helping children receive support that reflects their individual communication needs.

10 TAKE PART IN RESEARCH

Research trials can give schools, early years settings, and families a valuable opportunity to contribute to evidence construction and future policy. Parents may be asked to give consent, share feedback, or support activities at home, while educators help deliver and monitor approaches in practice. The EEF often has trials that settings can join, including whole-class oral language programmes designed to support children's communication development.