



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 19th June 2026

Diary Dates

June

Monday 22nd June

Year 6 Crucial Crew Visit

Monday 22nd June

Reward Day for Lark house

Wednesday 24th June

Sport's Day and Colour Run

Thursday 25th June

Year 2 Parent Workshop @2pm

Monday 29th June

Year 5 Culture Day at
Stowupland High School

July

Tuesday 7th July

Year 6 Performance: Peter Pan

Year 1 and 2 trip to Foxborough
Farm

Wednesday 8th July

Year 3&4 Multisport Festival

Friday 10th July

Summer Fete

Friday 17th July

Year 6 Leaver's Assembly@
9am

Opening comment

There has been a lot going on at Freeman this week! Acorn Class had a wonderful trip out to Jimmy's Farm and held a Parent workshop; Willow have taken part in the WCIT festival at Trinity Park; children from Willow Class and Oak Class have taken part in a Rounders tournament; Cherry Tree Class and Maple Class have taken part in a Sports festival and, finally, Hazel Class have also hosted a Parent workshop. In all of these events, the children have been a credit to the school. Thank you and well done to all!

We are looking forward to welcoming parents and carers to Sports Day and the Colour Run next week. It looks like the weather is warming up, so please send your children in to school with a sun hat, a water bottle which is filled with water (not squash or juice, please) and sun cream already applied.

Stars of the Week



Attendance Week beginning

15th June 2026

Acorn: 98.97%

Cherry Tree: 96.92%

Maple: 96.15%

Beech: 97.41%

Hazel: 95.33%

Willow: 94.05%

Oak: 96.36%

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

House Points so far...

Brett: 564

Deben: 546

Orwell: 540

Gipping: 545

Lark: 606

Stour: 568

Acorn Class

Acorn class had a fantastic time at Jimmy's Farm on Tuesday. We learnt all about the 5 senses and how different animals use them in different ways. We also looked at some animals we had never seen before, like a raccoon, an anteater and a rhea and learnt about how they have very strong senses in some areas, but very weak senses in other areas. All the children particularly enjoyed watching Basil the anteater sniff out his banana and open it by himself. The children were a credit to the school and showed exemplary behaviour from beginning to end, and this was also picked up on by staff at Jimmy's Farm, who said they were the most well-behaved class they had seen in a long time. Thank you again to our parent helpers and to Mr Page for a fantastic day out!



Year One and Two Success!

Year One all received *Star of the Week* for their fantastic phonics assessment - well done!
Both Year One and Year Two also received their very own published books, showcasing their drawings and writing - how amazing! ★ 📖

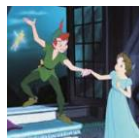


Year 6 Performance

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



Suffolk Neurodiversity Support Service

Specialist support for children and young people aged 5-18 who have autism and/or ADHD.

We offer specialist support to children and young people aged 5-18 who have autism and/or ADHD. Alongside this, we provide guidance and practical help for their parents and carers. Our holistic, child-centred approach focuses on emotional wellbeing, understanding individual needs and developing practical support strategies. We aim to help families feel understood, reassured and empowered as they navigate their own unique journey.

[Suffolk Neurodiversity Support Service - Kids](#)

Year 6 Leaver's Assembly

Year 6 Leavers' Assembly will be on **Friday 17th July at 9am**. Parents and carers are warmly invited to join us as we celebrate the achievements, memories, and successes of our wonderful Year 6 pupils as they prepare to move on to the next stage of their journey. It promises to be a special and memorable occasion, and we look forward to seeing you there!

Staffing Update

Unfortunately, we will be saying goodbye to Mrs Wescomb at the end of this term. She has been a wonderful member of our Freeman team, and we will be very sad to see her go.

However, she has secured a teaching position at another school, and we are so pleased for her and wish her every success in her new role. 😊

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



My Clothing Discount

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

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 CIRCLE AND MORE.

FROM £11 A TICKET

COME AND CONNECT WITH YOUR LOVED ONES

#THE SOLSTICEEVENTS

WWW.THESOLSTICEEVENTS.COM

Previous attachment

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 3: Star Wars - Suite for Orchestra! "subject to player availability"

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

Supported using public funding by:

Suffolk County Council, Department for Education, Arts Council England, Suffolk Music Hub

Thank you to all our colour run sponsors!



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
jellybean33@outlook.com
Find us on Facebook Arc Sen Family support CIC

LOOKING FOR OUTSTANDING CHILDCARE THIS HOLIDAY?

£135pp LIMITED HALF 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 - 29TH
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 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

ROBLOX

WHAT ARE THE RISKS?

Roblox is an online platform where users can play and create games known as 'experiences' made by other users. Roblox has a large UK audience. ITV News has reported that millions of people in Britain use the platform regularly, with children forming a significant proportion of its users. The sheer scale of it makes it extremely difficult to moderate effectively, creating risks for unsupervised children, though a June 2026 update has improved things greatly.

A PLATFORM RATHER THAN A GAME

Roblox differs from traditional video games in that it hosts millions of user-created experiences rather than a fixed set of developer-produced content. Each experience is self-rated by its creator rather than independently age-rated in advance, as is the case with PEGI-rated games. With millions of user-created experiences, moderation is largely automated which means that inappropriate content may reach younger players and have a harmful effect.

RISK OF ADDICTION

Roblox encourages repeated and extended play. Many experiences are made of short tasks, rewards, and progression systems that can prompt users to keep playing for longer periods of time. Some games also use reminders, daily rewards, or timed events to encourage frequent logins. These designs can make it difficult to stop playing. Spending long periods online may affect sleep, schoolwork, or other activities if boundaries are not in place.

IN-GAME SPENDING

Roblox is free to play, but many experiences and cosmetics include optional purchases using Robux, the platform's virtual currency, to get advantages in games. This business model is common across online games, but reporting has highlighted cases where children have spent large amounts of money unintentionally or without understanding the real-world cost.

MATURE CONTENT

With much of Roblox's moderation automated through AI and creators self-certifying suitability, inappropriate content frequently appears on the platform. Some experiences may include content intended for older players. As of June 2026, Roblox defaults to only showing games from trusted developers to under 15s, following tests with older players to filter out riskier content. But these automated systems are not infallible, and younger players may encounter content you deem unsuitable.

COMMUNICATION WITH OTHER USERS

Roblox includes text and voice features that allow players to chat in shared game spaces. While the platform uses automated filters and moderation tools, media investigations have found that inappropriate and potentially harmful messages can still get through. There are risks that children could be targeted by groomers. In a June 2026 update, Roblox changed its default settings to prevent under 8s from chatting entirely, with gradual relaxation of restrictions between the ages of 9 and 15. The platform plans to use facial age-estimation technology to enforce these rules.

Advice for Parents & Educators

USE PARENTAL CONTROLS

Roblox's parental controls provide an important starting point. Linking a child's account to an adult account allows parents to apply spending controls, limit communication features, and review recent activity. Regular supervision, use of parental controls, and conversations with children about what they see online can help reduce the risk of exposure to inappropriate content.

CONSIDER LIMITING OR DISABLING CHAT

Although Roblox has introduced tighter age-based chat restrictions, some parents and educators may prefer to disable chat entirely to avoid the risk of stranger danger. This is the default for under 8s, but can be applied for any account up to the age of 15. Children can still play games while communicating with friends they know through other platforms, such as Discord.

PLAY TOGETHER WHERE POSSIBLE

Playing Roblox with a child can help adults understand the types of experiences available, how monetisation works, and how children interact online. This shared engagement can also make it easier for children to raise concerns if something feels wrong. Parents and educators should monitor all games played on Roblox due to its largely self-rating nature.

ENCOURAGE OPEN CONVERSATIONS

Many Roblox experiences are creative and age appropriate, and for many children, the platform is an important way to socialise with friends. Rather than banning it outright, parents and educators should talk openly with children about online safety, spending, and how to respond to inappropriate behaviour.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, and the BBC.



#WakeUpWednesday

The National College