



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 26th June 2026

Diary Dates

June

Monday 29th June

Year 5 Culture Day at
Stowupland High School

July

Wednesday 1st July

Sport's Day and Colour Run

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

Monday 20th July

PD Day

September

Tuesday 1st September

PD Day

Wednesday 2nd September

PD Day

Opening comment

This week I have been so proud of all of the children. Given how hot it has been, they have been responsible and mature, making incredibly sensible decisions to ensure that they follow the adult's instructions to keep them safe and cool.

We are very hopeful that Sports Day and the Colour Run will be able to go ahead next week- keep everything crossed- but if we do need to make a decision as to whether to cancel it for any reason, the decision will be made in the best interests of the children. We will do our very best to inform parents as early as possible.

I hope you all have a wonderful, cooler, weekend.

Stars of the Week



Attendance Week beginning

22nd June 2026

Acorn: 96.33%

Cherry Tree: 91.92%

Maple: 83.08%

Beech: 91.11%

Hazel: 91.67%

Willow: 87.73%

Oak: 90.55%

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

House Points so far...

Brett: 698

Deben: 656

Orwell: 688

Gipping: 701

Lark: 703

Stour: 745

Oak Class

Last week, Oak Class prepared their starters for their *Come Dine With Me* meals, with the key ingredient being a vegetable. It was wonderful to see the children working so well together, demonstrating excellent skills and techniques while using a wide range of equipment.



Crucial Crew

This week, Oak Class had the exciting opportunity to attend a Crucial Crew event at The Mix in Stowmarket. The event is designed to prepare children for situations they may encounter as they move into high school. Throughout the day, they learned about a range of important topics, including alcohol, drugs, knife crime, CPR and online safety. It was an incredibly positive and informative experience and the children gained valuable knowledge to support them in the future.



Key Stage One Sport's Festival

Last Friday, Year 1 and Year 2 attended a sports festival run by the Thurston Sports Partnership. It was a lovely morning, filled with a range of fun and active events that kept the children engaged throughout. All of the children took part with great enthusiasm, working together as teams, encouraging one another, and demonstrating excellent sportsmanship.



Under 11s Rounder's Tournament

Last week, children from Year 5 and Year 6 took part in a rounders competition. They competed against a number of local schools and did a superb job throughout. The children showed great teamwork, determination, and enthusiasm in every match, supporting one another and playing with excellent sportsmanship. They represented the school brilliantly and we are incredibly proud of their efforts and achievements.



Cherry Tree Class

Over the last few weeks, Year 1 have been very busy. We have begun a new DT project in which the children are creating a moving toy. First, they worked collaboratively to trial different types of wheels, exploring how to improve them and identifying what does not work. Following this process, the children finalised their designs and covered their boxes, ready for the first layer of paint. They already look great!

Cherry Tree class have also been amazing in the heat. We have started our money unit in maths and have turned our lessons into practical, hands-on experiences. The children have worked out the cost of pancakes and ice creams, visited the Miss Elmer and Mrs Laughlan shops, and spent their money. The highlight of the week has been visiting our very own Cherry Tree Spa, where they used their money knowledge to work out how much treatment cost.

The children have absolutely loved these activities, and it has been wonderful to see their understanding of money develop through simple role play into real-life problem solving.



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 you know, we communicated this week that sport's day has been postponed. It will now be on Wednesday 1st July. Children will complete 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.

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 C@

Friends of Freeman



Summer Fete

Friday 10th July

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



Staffing for 2026-2027

We are very pleased to be able to confirm the teaching staff for next year:

Acorn Class (Reception) – Miss M Gooderham

Cherry Tree Class (Year 1) – Mrs E Pavey

Maple Class (Year 2) – Mrs A Oxley (Monday and Tuesday) and Mrs S Durler (Wednesday, Thursday and Friday).

Beech Class (Year 3) – Mrs J Kydd

Hazel Class (Year 4) – Mrs S Cockle

Willow Class (Year 5) – Miss K Abberley

Oak Class (Year 6) – Mrs C Clarke

Miss Abberley is a new teacher to the school, and we are very much looking forward to welcoming her to the team.

The children will be completing a transition morning next Friday, 3rd July, with their new class teachers. The children will register in their usual classes and will then move to their new classrooms for a morning of activities. They will return to their usual classes in the afternoon.

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!



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. **FREESHIP** at checkout gives free delivery on all orders made between 26-28th June

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

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: Symphony No.4, Carwithen D: Suffolk Suite and Williams 3: Star Wars - Suite for Orchestra! (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, Arts Council England, Music Hub

Thank you to all our colour run sponsors!

Inside Out Personal Therapy

The Crumble Hut

Forever Young

Cook Comfort

Colne Roofing

FLOES UK

FOMO 2026 Fest
Saturday 5th September
Food Museum, Stowmarket

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 CHILD CARE THIS HOLIDAY?

£135pp LIMITED MAP 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

Netball Kids

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 Educators Need to Know about INVOICE FRAUD

WHAT ARE THE RISKS?

Invoice fraud, including payment diversion fraud, occurs when criminals deceive you into paying a fake invoice or redirect a genuine payment into their own bank account. Fraudsters may impersonate suppliers, intercept emails, or send convincing invoices to prompt urgent payment into fraudulent accounts. It is one of the most common and costly forms of financial crime affecting individuals, businesses, and schools.

COMMUNICATIONS CLAIMING URGENCY

Communications that claim to be urgent or highlight late payments may be a key sign. Fraudsters often apply pressure to rush decisions and stop checks. Take a moment to verify the request using trusted contacts before making any payment.

CHANGES TO BANK DETAILS

Receiving messages saying a regular supplier has changed their bank account details can be a warning sign. Fraudsters may impersonate contacts to redirect payments. Always verify changes first using known supplier contact details.

DISCREPANCIES AGAINST PREVIOUS INVOICES

Be wary of invoice details that don't match authentic, previously issued invoices, such as amounts, reference numbers or contact names. Fraudsters often alter small details to avoid detection. Always query any differences using your supplier's contact details.

MINOR EMAIL CHANGES

Look out for slight changes to a supplier's email address, such as extra characters or spelling differences. Fraudsters often use similar looking addresses to appear genuine. Always check the sender carefully and verify any concerns using known contact details before responding or making a payment.

UNEXPECTED PAYMENT REQUESTS

Invoices or payment requests for goods or services you do not recognise can be a warning sign. Fraudsters may send false invoices hoping they will be paid without question. Check records and confirm with the supplier before processing any unfamiliar request.

UNUSUAL LANGUAGE OR TONE

Messages with unusual wording, grammar or spelling compared to your usual supplier communications may indicate fraud. Criminals often copy legitimate messages but may not match the usual tone or style. The rise in artificial intelligence (AI) means errors are no longer as common or obvious. Be cautious and verify the request if anything seems out of place.

Advice for Parents & Educators

VERIFY BANK DETAILS

Always confirm any change to a supplier's bank details before making a payment. Use a trusted phone number or a long-standing contact you have used before, not the details provided in the request. This helps ensure you are dealing with a genuine supplier and prevents payments being redirected to fraudsters.

CROSS-CHECK INVOICES

Compare new invoices with those previously issued by the supplier in question. Check key details such as amounts, bank details, reference numbers and contact information. Differences may indicate fraud, so always investigate and verify anything that does not match before making a payment.

DUAL PAYMENT APPROVAL

Ask a trusted person to review and approve high-value payments. A second set of eyes can help spot unusual details or warning signs that might otherwise be missed. This adds an extra layer of control and reduces the risk of errors or fraudulent payments being processed.

REPORT FRAUD QUICKLY

If you suspect fraud, act immediately. Contact your bank using 159 or their official number and report it to Report Fraud online or by calling 0300 123 2040. Keep all emails and documents. For more guidance, or to register for counter fraud alerts, see DfE counter fraud guidance. You can find the invoice fraud leaflet on the National Crime Agency website.

Meet Our Expert

Evan Williams is a counter fraud manager at the Department for Education. Having led the function there for many years, he now focuses on continual improvement, communication, and innovation. He proudly oversaw the growth of the counter fraud team during the pandemic, having worked in counter fraud for 16 years since starting his civil service career with the National Crime Agency back in 2010.



#WakeUpWednesday

The National College