



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 3rd July 2026

Diary Dates

July

Tuesday 7th July

Year 6 Performance: Peter Pan
1:45pm and 6pm

Year 1&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

Thursday 3rd September

First day back at school

Opening comment

What a busy week it has been in school! Year 5 attended Culture Day at the High School, getting a taste of High School life; it has been transition morning today, with all children meeting their new class teachers in preparation for September, and it was Sports Day and the Colour Run on Wednesday! A huge thank you to all parents who came to support their children Wednesday; the children did fantastically in their races and the Colour Run was enjoyed by all. An enormous thank you to the Friends of Freeman for organising the Colour Run and supporting the school throughout the whole of Sports Day. Hopefully, the children will have memories that they will treasure for some time.

Stars of the Week



Attendance Week beginning

29th June 2026

Acorn: 99.67%

Cherry Tree: 91.15%

Maple: 94.23%

Beech: 92.22%

Hazel: 93.33%

Willow: 91.85 %

Oak: 92.81%

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

House Points so far...

Brett: 949

Deben: 887

Orwell: 984

Gipping: 920

Lark: 925

Stour: 977

Sport's Day

On Wednesday, we held our Freeman Sports Day. It was a wonderful day filled with enthusiastic competition, fantastic sportsmanship, and plenty of smiles. We are incredibly proud of every child who took part - whether they were competing in races or supporting by helping to organise equipment and hand out stickers.

We would also like to extend a huge thank you to all of our staff. Without the time and effort you dedicate to organising events and supporting the children, days like this simply wouldn't be possible.

Finally, thank you to all the families and friends who attended. It was lovely to see so many picnics and smiling faces throughout the day and at lunchtime; we truly appreciate your support.



Colour Run

We would like to say a huge thank you to the PTA for organising this year's Colour Run. It was a fantastic afternoon that was thoroughly enjoyed by both the children and their families.

We are incredibly grateful to everyone who sponsored the event – your generosity has helped raise an amazing amount of money for the school. From the photographs, it's clear to see just how much fun was had, with everyone enjoying a truly colourful experience!



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

Under 9s Rounder's Tournament

This week, children from Year 3 and Year 4 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.



Active All Stars
Time to shine!



SUMMER CAMPS

TUESDAY 18TH AUGUST
WEDNESDAY 26TH AUGUST
9.30AM – 12.30PM
COMBS FORD PRIMARY SCHOOL

OPTION 1 FOOTBALL CAMP
AGES 7–12 YEARS
★ SKILLS ★ FUN ★ TEAMWORK

OPTION 2 GYMNASTICS
AGES 6–11 YEARS
★ CONFIDENCE ★ FLEXIBILITY ★ FUN

Learn Play Shine!

COST £15
SIBLINGS £13

Follow us on Instagram
active all stars Suffolk

We can't wait to see you there!

LIMITED SPACES! BOOK NOW!

Mental Health Support

Space to Grow information evenings



Virtual sessions

What is the session about:

6pm – 8pm

Tuesday 28th July or

Monday 3rd August

- Delivered by the Mental Health Support Team
- Understanding childhood anxiety and how modern life can affect children's confidence and resilience
- Understanding how changes over the past few decades has impacted parent/carer anxiety and wellbeing
- Understanding the role of play and independence in building resilience
- Simple and practical strategies you can put in place over the holidays to help your child manage their worries and grow in confidence

Please let your school know if you would like to attend one of these sessions as we have limited places



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](#)

BATHAM ZOO

KIDS GO FOR £1

SUMMER HOLIDAYS
BOOK BY 17 JULY

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

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

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!

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

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



#WakeUpWednesday

The National College