



FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.



Friday 10th July 2026

Diary Dates

July

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

This week has continued to be a busy one in school; Years 1 and 2 have had their trip to Foxburrow Farm, and Year 6 have completed 3 performances of their production to Peter Pan; 1 to the school and 2 to parents. I would like to commend the Year 6 children on the production, they did an amazing job of learning a lot of lines and songs, and really were a credit to the school and their families. Well done Year 6, we are proud of you.

To end the week we have the Friends of Freeman Summer Fete today, which I hope I will see many of you at, and then we are in to the final week of the year!

Stars of the Week



Attendance Week beginning

6th July 2026

Acorn: 96.9%

Cherry Tree: 95.38%

Maple: 98.08%

Beech: 100%

Hazel: 94.98%

Willow: 93.33%

Oak: 96%

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

House Points so far...

Brett: 1099

Deben: 1007

Orwell: 1147

Gipping: 1047

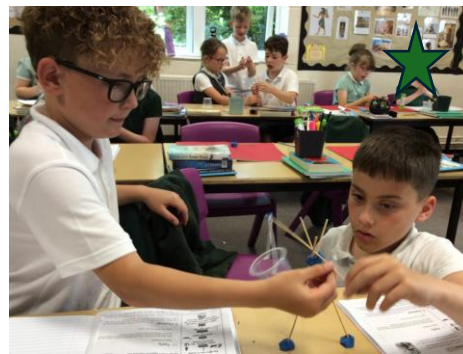
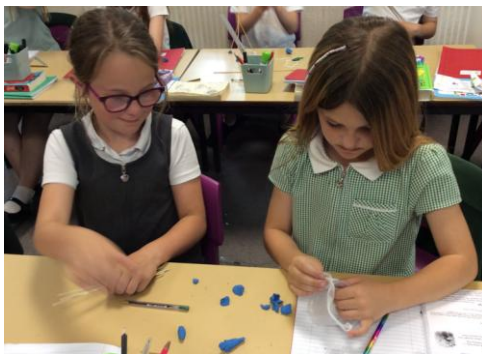
Lark: 1045

Stour: 1137

Hazel Class

Year 4 have been learning all about sound. First, we discovered that sound is made by vibrations. We investigated this by using our voices, hitting a drum with rice on top to observe the vibrations, and tapping a tuning fork before placing it in water to see what happened. We then explored how sound travels through a medium to our ears and enables us to hear. We learned that sound can travel through solids, liquids and gases. Using string telephones, we discovered that sounds become fainter the further away they travel.

In History, we have been learning about the Ancient Egyptians - when and where they lived, who they were, and what life was like in Ancient Egypt. We learned about the significant impact the River Nile had on their daily lives, particularly farming. To help us remember some of the amazing inventions created by the Ancient Egyptians that are still used today, we made our own shadufs.



Year 6 End of Year Production: Peter Pan the Musical!

This week has been a truly special one for Year 6. After weeks of dedication, hard work and rehearsals, they finally took to the stage to perform **Peter Pan the Musical**.

The children have shown incredible commitment throughout the process, working tirelessly to learn their lines, songs and choreography. We would also like to thank our families for their wonderful support – the costumes that were made and sourced were absolutely exceptional and helped bring the performance to life.

As a school, we are immensely proud of every single pupil. Their enthusiasm, confidence and teamwork shone through in every scene, and their powerful singing truly lifted the roof. There were moments of laughter, excitement and even a few tears as they delivered a memorable performance that showcased just how talented they are. Well done, Year 6 – you should all be incredibly proud of yourselves!



Year 6 Leavers

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!

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

CET Rounder's Tournament

Last week we had a rounder's tournament success. A special congratulations to our Year 5 team at the U11 CET Trust Tournament. The team won both of their games on Thursday to secure a place in the final and played exceptionally well throughout the competition. In a very close finish, they narrowly missed out on the trophy, losing by just half a rounder. We are incredibly proud of all the children for their teamwork, determination and excellent sportsmanship.



Parent Sessions Online



August 2026 Timetable

All regular sessions delivered live online via zoom, 90 minutes long
£24 each or FREE with School Membership
 Book online at facefamilyadvice.co.uk
 Recordings available for 48 hours

School Anxiety	3 Aug 10am
Anxiety Explained	3 Aug 7pm
Facing Defiance	4 Aug 10am
Cannabis & Ketamine Awareness	4 Aug 7pm
Supporting Healthy Sleep	10 Aug 10am
Raising Self-Esteem	10 Aug 7pm
Introduction to OCD	11 Aug 10am
Decreasing Depression	11 Aug 7pm
What is ACT?	17 Aug 10am
Improving Family Communication	17 Aug 7pm
Supporting a Child with ADHD	18 Aug 10am
Understanding Addictive Behaviour	18 Aug 7pm
FREE - Raising Self-Esteem	20 Aug 7-8pm
Understanding the Teenage Brain	24 Aug 10am
Understanding Anger	24 Aug 7pm
Autism: Improving Communication	25 Aug 10am
Supporting Healthy Screen Use	25 Aug 7pm



September Timetable

All regular sessions delivered live online via zoom, 90 minutes long
£24 each or FREE with School Membership
 Book online at facefamilyadvice.co.uk
 Recordings available for 48 hours

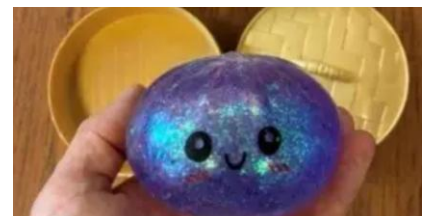
Facing Defiance	1 Sep 10am
Cannabis & Ketamine Awareness	1 Sep 7pm
Supporting Healthy Sleep	7 Sep 10am
Raising Self-Esteem	7 Sep 7pm
Introduction to OCD	8 Sep 10am
Decreasing Depression	8 Sep 7pm
What is ACT?	14 Sep 10am
Improving Family Communication	14 Sep 7pm
Supporting a Child with ADHD	15 Sep 10am
Understanding Addictive Behaviour	15 Sep 7pm
Understanding the Teenage Brain	21 Sep 10am
Understanding Anger	21 Sep 7pm
Autism: Improving Communication	22 Sep 10am
Supporting Healthy Screen Use	22 Sep 7pm
FREE - Masking Awareness	24 Sep 7-8pm
Anxiety Explained	28 Sep 10am
School Anxiety	28 Sep 7pm

Squishy Product Recall

Please be aware of a recent safety warning about some **"Squeezy Dumplings"** squishy toys. They have been found to contain **benzene**, a harmful chemical that can cause irritation to the skin, eyes, nose and throat.

Please check any similar toys at home and ensure purchases are made from reputable retailers.

[Product Recall: Squeezy Dumplings \(2606-0196\)](https://www.gov.uk/product-recall/squeezy-dumplings)
 - GOV.UK



Supporting a Former Student

One of our former pupils, Lily, has been successful in securing a place on a World Challenge expedition to Tanzania after her GCSEs in 2028.

Lily will be working on a range of community projects, including helping to reverse the damage of deforestation in the foothills of Mount Kilimanjaro, and working with a group of women who install solar panelled electricity.

To help raise funds for the trip, Lily has set up a small business making dog bandanas, which attach to your dog's collar. Her first batch of stock is now available. Priced between £5 and £8, they range in size to fit the teeniest Chihuahua to the largest Great Dane.

If you'd like to purchase one, please call or message Jodie Aylott on 07891 973691



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.

A colorful poster for 'Active All Stars Summer Camps'. At the top, it says 'Active All Stars' and 'Time to shine!'. Below that is a group photo of children and adults. The main title is 'SUMMER CAMPS' in large, bold letters. The dates are 'TUESDAY 18TH AUGUST' and 'WEDNESDAY 26TH AUGUST', with the time '9.30AM – 12.30PM' and location 'COMBS FORD PRIMARY SCHOOL'. There are two options: 'OPTION 1 FOOTBALL CAMP AGES 7-12 YEARS' and 'OPTION 2 GYMNASTICS AGES 6-11 YEARS'. Both options list benefits like 'SKILLS', 'FUN', 'TEAMWORK', 'CONFIDENCE', and 'FLEXIBILITY'. The cost is '£15' and 'SIBLINGS £13'. There is a 'LIMITED SPACES! BOOK NOW!' banner. At the bottom, it says 'Learn Play Shine!' and 'Follow us on Instagram active all stars Suffolk'.

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 CIRCLE AND MORE.

FROM £11 A TICKET
COME AND CONNECT WITH YOUR LOVED ONES

#THE SOLSTICEEVENTS
WWW.THESOLSTICEEVENTS.COM

Previous attachment

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, Music HUB

THE SUMMER FESTIVAL

FRAMLINGHAM COLLEGE
29.08.26 | 30.08.26

Pixie Lott | Scouting for Girls
ALISON LIMERICK | LIBERTYX
SWEET FEMALE ATTITUDE | ROZALLA
Amelle | PHATS & SMALL

SAINTCLAIR
TICKETS & INFO: WWW.SUMMERFESTFRAM.CO.UK

children fit for life

Daily Mile Twilight Wave

17th July
6.30pm
Ipswich Town Football Club

Scan the QR Code for your child's **Free Entry**
Use the code: **DM2026**



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

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

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

TECH-FREE SUMMER FOR TEENS

For many 11- to 16-year-olds, summer can quickly become screen heavy, especially when socialising, entertainment, and downtime all happen via their devices. Encouraging a tech-free summer isn't about banning technology altogether, but about helping young people rediscover friendship, creativity, independence, and the great outdoors. The NHS recommends that young people aged 5 to 18 aim for an average of at least 60 minutes of physical activity each day across the week.

1 BUILD OUTDOOR CHOICE

Teens are more likely to engage when they feel they have a level of control. Create a simple 'summer outdoors menu' with options such as cycling to a favourite café, playing rounders, visiting a skatepark, dog walking, photography walks, geocaching, or helping around the garden. Parents and educators can then ask young people to choose two or three activities each week that interest them.



2 PREPARE THE KIT

Small barriers can stop teenagers going outside, especially if they feel uncomfortable, too hot, or unprepared. Keep a grab bag with sun cream, water, snacks, plasters, a cap, period products, and a lightweight waterproof. During hot weather, plan shade, water breaks, and calmer activities, as vigorous exercise is not advised on very hot days.



3 TRY MICRO-ADVENTURES

Outdoor activities don't need to be expensive or complicated. A micro-adventure could be as simple as watching the sunrise, walking to a local viewpoint, making breakfast outside, visiting a new green space, or planning a bus journey to a nearby nature trail. Encourage teens to plan the route, snacks, and timings themselves to help build their independence.



4 LINK TO REAL INTERESTS

A young person who dislikes sport may still enjoy being outside if the activity connects with something they already care about. Link outdoor time to music, art, animals, fashion, cooking, photography, or social interaction. Ideas include sketching in a park, making a nature playlist, filming a wildlife vlog script, or designing posters for a community garden.



5 CREATE SOCIAL PULL

For many teenagers, friends are the strongest motivator in various areas of life. Parents can invite one or two friends on walks, picnics, or garden games, while schools can promote lunchtime leagues, outdoor clubs, or summer meet-ups linked to existing interests. Make these activities feel social rather than supervised, with adults nearby for safety but not dominating the experience.



6 MAKE TRAVEL ACTIVE

Active travel is a practical way to build outdoor time into everyday routines. Encourage young people to walk, cycle, or scooter short journeys where it's safe to do so, such as to school, the library, a friend's house, or a sports club. Educators could run a summer 'active miles' challenge, with pupils logging their journeys completed on foot or by pedal.



7 USE PHONE-FREE CHALLENGES

Rather than simply saying, 'Put your phone away', turn time spent offline into a shared challenge. Try a two-hour, phone-free park visit, a family evening walk, or a tutor-group challenge where pupils track their screen-free outdoor hours and share what they've been doing. You could all agree to keep devices in a box, bag, or classroom drawer, and allow for check-in time afterwards.



8 OFFER REAL RESPONSIBILITY

Teens often respond well when outdoor activities feel purposeful. Give them the responsibility for setting up a garden get-together, planning a picnic budget, leading a warm-up routine, mapping a walking route, or organising outdoor equipment. Schools could ask pupils to design an outdoor wellbeing trail, manage a sports rota, or support younger pupils during activity sessions.



9 REPLACE, DON'T REMOVE

If screens are taken away without an appealing alternative, young people may see outdoor time as a punishment. Replace gaming sessions with football drills, dance practice, basketball shots, treasure hunts, or card games outside. Replace screen scrolling with a 'boredom box' containing items like chalk, a frisbee, skipping ropes, playing cards, seed packets, or a disposable-style camera.



10 CELEBRATE SMALL WINS

Not every teenager will suddenly love the outdoors, so recognise their gradual progress. Celebrate a 20-minute walk, an hour at the park, a phone-free picnic lunch, or choosing to cycle instead of being driven around. Parents and educators can use praise, certificates, group displays, or simple shared reflection to show that outdoor effort matters.



Meet Our Expert

The National College provides expert-led training and resources to support schools, trusts and education settings worldwide. Its guidance helps parents and educators understand the issues affecting children and young people today, covering topics such as safeguarding, wellbeing, digital safety, and healthy development.

See full reference list on our website

#WakeUpWednesday

The National College