



# FREEMAN COMMUNITY PRIMARY SCHOOL

*From tiny acorns mighty oaks grow.*



**Friday 11<sup>th</sup> September 2026**

## Diary Dates

### September

**Monday 21<sup>st</sup> September**  
Individual Photos

### October

**Thursday 8<sup>th</sup> October –  
Monday 12<sup>th</sup> October**  
Book Fair in the hall.

**Tuesday 13<sup>th</sup> October**  
Parent Consultations

**Thursday 15<sup>th</sup> October**  
Parent Consultations

**Wednesday 21<sup>st</sup> October**  
Year 6 Parent Workshop

**Thursday 22<sup>nd</sup> October**  
Year 4 Parent Workshop

### November

**Monday 9<sup>th</sup> November**  
Year 1 Parent Workshop

**Wednesday 11<sup>th</sup> November**  
Year 3 Parent Workshop

**Thursday 19<sup>th</sup> November**  
Year 5 Parent Workshop

## Opening comment

It's been another fantastic week in school. The classrooms have been buzzing with learning. As I walked around the school it was wonderful to see the children focussed on their learning and working hard. It was great to see Beech Class enjoy their first session of forest school, Cherry Tree Class busy with cubes and tens frames when learning about Maths and I have enjoyed hearing about Hazel's first swimming lesson. I am sure that there will be a lot of excitement in school next week as the children start their after school clubs!

## Stars of the Week



## Attendance Week beginning 7<sup>th</sup> September 2026

Acorn: 97.33%  
Cherry Tree: 98.67%  
Maple: 90.74%  
Beech: 96.79%  
Hazel: 96.3%  
Willow: 96%  
Oak: 95.56%

Well, done **Cherry Tree Class** for being this week's winners!

## House Points so far...

**Brett: 283**

**Deben: 300**

**Orwell: 333**

**Gipping: 291**

**Lark: 250**

**Stour: 346**

### Freeman After School Club – The Den

We are delighted to offer The Den once again this year. The club is now open for bookings and will be led by school staff throughout the school year. It is available to children in all year groups.

The Club will be held every day the children are in school, from 3:15pm to 5:15pm with two possible collection times: 4:15pm and 5:15pm.

The Club will be held across the Library and the Year 3/4 Activity Area. If the weather is good, the children may go outside and use the playground or the field.

### Clubs

This is just a reminder that all clubs start next week; the week commencing 14<sup>th</sup> September

**Monday:** Multi-sport, Art and Freeman Children Can

**Tuesday:** Art and Football

**Wednesday:** Dance

**Thursday:** Gymnastics



East Bergholt  
**Community Service Events**

Relaxed, friendly sessions bringing support services directly to our village.

Do you need support, advice, or guidance on a particular issue, but don't want to travel?

Our drop-in sessions are here to help.

**FIELDS FARM SHOP & CAFE**  
Thursday 10 September 10:00 - Noon

This month's session focuses on SEND (Special Educational Needs and Disabilities). If you're a parent, carer or family member of a child or young person with SEND, come along for friendly advice, support and the chance to meet other local families.



We'll be at the **Bridge Church, Bury St Edmunds** to join families at 'Bridge the Gap'  
**8th September**  
**10:30am - 12:30pm**  
**Queens Street, BSE, IP33 3EW**

### Century Homework

Century is our online learning platform, where we set homework for pupils in Year 2 to Year 6.

To access Century, please visit: [www.century.tech](http://www.century.tech)

Once you are on the website, click on 'Account Login' to sign in.

### Medical Tracker

We are pleased to introduce Medical Tracker, our new online system for recording and communicating first aid incidents. Should your child bump their head during the school day, a notification will be sent directly to you via email, outlining the incident and any care provided. This will help ensure that parents receive timely and accurate information about their child's wellbeing while at school. Your child will continue to be given a bumped head wristband as usual. Where we feel that an injury requires your attention, we will contact you directly by telephone, ensuring that important information is communicated promptly.



**Supporting Young People's Mental Health**  
**Parent/Carer Workshops Autumn Term 2026**



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60-75 minutes long. Scan the QR code to find out more and book a place on a workshop or visit <http://www.nsf.uk/workshops>.



#### Supporting Your Child/Adolescent with Anxiety

Aimed at parents/carers of children and young people aged 12-18, this workshop describes what anxiety is, why we experience anxiety, how it affects the brain and the body, how it affects what we do and don't do. It then explains how to support your child/adolescent if anxiety is becoming a problem.

Monday 14<sup>th</sup> September 12:00 PM – [BOOK HERE](#)

#### Supporting Your Child/Young Person to Manage Their Big Feelings

As our children and young people grow, they experience many changes in themselves and the world around them. During this time, our children and young people feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children and young people to have these feelings and ways in which we can support them to manage if they become overwhelmed.

Tuesday 22<sup>nd</sup> September 12:00 PM – [BOOK HERE](#)

#### Supporting your Child/Young Person with Emotion Based School Avoidance (ESBA)

For parents/carers of children aged 11-16. This workshop focuses on supporting parents/carers to help their child to attend or get back to school. It aims to help parents/carers to develop an understanding of school avoidance and provides the tools that can be used to help your child feel confident in re-engaging with school.

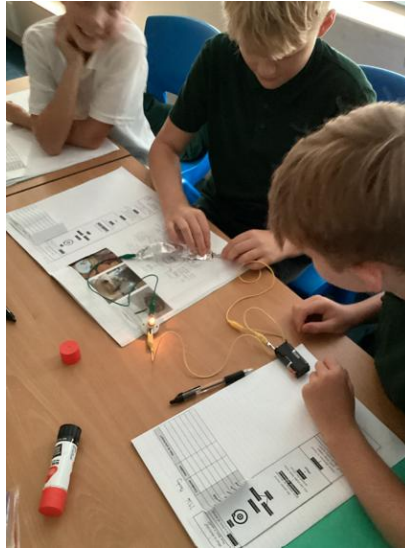
Tuesday 20<sup>th</sup> October 1:00 PM – [BOOK HERE](#)

[Supporting Your Child/Adolescent with Anxiety Tickets, Monday 14 September • 12 PM - 1:15 PM GMT+1 | Eventbrite](#)

[Supporting your Child/Young Person to Manage their Big Feelings Tickets, Tuesday 22 September • 12 PM - 1:15 PM GMT+1 | Eventbrite](#)

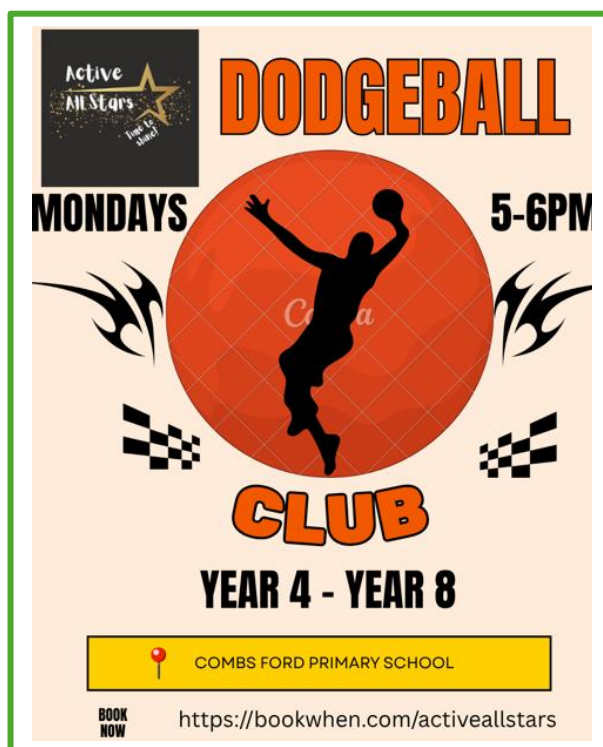
## Oak Class

Oak Class have had an exciting week in their science lessons, exploring the topic of electricity. They have been investigating conductors and insulators in both series and parallel circuits. Throughout their investigations, they hypothesised, planned, recorded their results, and drew conclusions from their findings. It is safe to say that we have some real scientists on our hands!



Reading is such an important skill, and as a school we are passionate about promoting reading for pleasure. We want our children to develop a genuine love of reading and become fully immersed in the books they enjoy. This week, Year 6 visited Year 2 to take part in some shared reading sessions. It was wonderful to see our Year 6 pupils acting as exceptional role models, supporting and encouraging the younger children. Equally, it was lovely to see the Year 2 children so enthusiastically joining in and sharing their enjoyment of reading with the older pupils.





# Child and Adolescent Mental Health Parent Workshops

**NHS**  
Norfolk and Suffolk  
NHS Foundation Trust

Free virtual workshops:

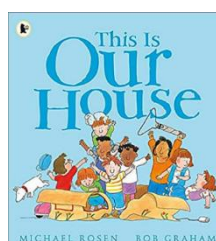
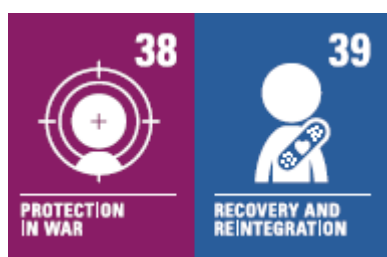
- Supporting your child/Adolescent with Anxiety
- Supporting your child to manage their big feelings
- Supporting our child with emotion based school avoidance
- Supporting your child/adolescent with OCD
- Understanding and Supporting Behaviour



Access here: <https://nsft.uk/Workshops>

## Rights Respecting Assembly

Each week in school we hold an assembly linked to the UNICEF Convention on the Rights of the Child. In this week's assembly we explored International Peace Day, which is celebrated on 21<sup>st</sup> September every year. We explored what peace means to us, and the children gave some great examples including being still and being calm. We then listened to a story called "This is Our House" by Michael Rosen and explored how we can make our classrooms and school a peaceful place.



# What Parents & Educators Need to Know about CHARACTER.AI

## WHAT ARE THE RISKS?

Character.AI is an entertainment platform where users create and chat with AI-powered characters. These chatbots can act like existing favourite characters from movies or books, or like friends, mentors, or even romantic partners, responding in an emotional, personally engaging way. Although this can encourage creativity, it can also make a generated conversation feel like a genuine relationship, which is concerning if it takes the place of human relationships.

### INAPPROPRIATE CONTENT

AI replies are generated in real time rather than chosen from a fully checked script. Even with safety filters on, conversations can still move into sexual, violent, discriminatory, or self-harm material. These AI characters are often made by users, so a familiar name or child-friendly description does not guarantee that every response from the character will be suitable for a young person.

### BLURRED BOUNDARIES

Characters on Character.AI can use the language of friendship, love, and empathy without ever feeling anything. Vulnerable young people may struggle to separate this simulation from genuine understanding. Romantic role-play or a character that demands attention, loyalty, or secrecy could also risk distorting young people's expectations around consent, disagreement, and the give-and-take involved in healthy human relationships.

### UNRELIABLE ADVICE

Characters, like other chatbot platforms, are at risk of inventing facts or giving inappropriate advice while sounding completely confident. Characters may also echo a young person's assumptions instead of questioning them. This can become particularly risky when users rely on a character for guidance about health, mental wellbeing, relationships, money, or personal safety instead of checking with a credible source or trusted adult.

### EMOTIONAL DEPENDENCY

Character.AI chatbots can appear endlessly attentive, supportive, and affectionate, which is one of the hallmarks of the generative AI models that such companions are built on. A young person may start turning to a character chatbot whenever they feel lonely or upset and believe that it understands them better than the humans in their life. This can become more concerning when chatting starts to replace sleep, schoolwork, hobbies and friendships.

### PRIVACY CONCERNS

Character.AI chats may feel private, especially when a bot sounds personal and caring, but they take place on a company's online systems. Users could intentionally or unintentionally reveal their name, school, location, routines, images, or intimate concerns. Character.AI says some data may be retained to improve its services and AI models, so young people should never treat a chatbot like a confidential diary.

### UNHEALTHY ENGAGEMENT

Be aware of warning signs such as secret accounts, bypassing age restrictions, hiding phone use from adults, chatting late at night, distress when access to the platform or character stops, withdrawal from other people, falling interest in school, or believing the character is conscious. Increased use may also signal that the young person is already lonely, anxious, or seeking help.

## Advice for Parents & Educators

### KEEP CONVERSATIONS OPEN

Ask what the young person enjoys about Character.AI and invite them to show you how the platform and their favourite characters work. Useful questions include, "Has it ever said something that felt wrong?" and "How can you tell it doesn't have feelings?" Avoid shaming them for using platforms like Character.AI or making them feel there is something wrong with them for doing so.

### PAUSE, CHECK AND ASK

Teach young people to pause before accepting an answer from characters on Character.AI. Encourage them to check important claims against a trustworthy source and ask a safe adult when the issue matters. Never use a character as the sole source of medical, mental health, legal, financial, or safeguarding advice. Remind them not to share passwords, contact details, school information, live locations, or private images.

### CHECK AGE, SETTINGS & LIMITS

Character.AI's minimum age is 16 in the UK, but open-ended companion chat is restricted to adults aged 18 or over. Users aged 16 to 17 receive a different experience built around guided 'Stories' and other creative or social features. Check their current settings, never help or encourage a young person to give a false age, and apply the same safety rules to other chatbot apps.

### NOTICE AND RESPOND

Take action if chats involve sexual content, threats, coercion, abuse, self-harm or danger. Save relevant evidence, report the character and follow the setting's safeguarding process; educators should involve the designated safeguarding lead. If anyone is in immediate danger, contact emergency services. Childline is available on 0800 1111 and the NSPCC Helpline on 0808 800 5000.