Respect Inspire Achieve

FREEMAN COMMUNITY PRIMARY SCHOOL

From tiny acorns mighty oaks grow.

Friday 18th September 2026

Diary Dates

September

Monday 21st September
Individual Photos

Thursday 24th September
Flu Vaccinations

Monday 28th September
Harvest Festival at the Church (children only)

October

Thursday 8th October – Monday 12th October
Book Fair in the hall.

Tuesday 13th October
Parent Consultations

Thursday 15th October
Parent Consultations

Wednesday 21st October
Year 6 Parent Workshop @ 2:15pm

Thursday 22nd October
Year 4 Parent Workshop @2:15pm

November

Monday 9th November
Year 1 Parent Workshop @2:15pm

Opening comment

The children have settled quickly back into school routine and into their new classes; I hope that they are coming home and sharing what they have been up to with you all.

This week, we have seen the start of the term's clubs. It has been great to see the children's excitement. Don't forget we still have The Den available for children every day after school from 3.15-4.15, and from 4.15-5.15. The Den runs every day of the school year, and the children complete a variety of activities including arts and crafts, nature hunts, board games, and more.

Stars of the Week





Attendance Week beginning 14th September 2026

Acorn: 97.67%
Cherry Tree: 98.67%
Maple: 90%
Beech: 97.5%
Hazel: 95.19%
Willow: 95%
Oak: 94.81%

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

House Points so far...

Brett: 505

Deben: 504

Orwell: 623

Gipping: 541

Lark: 472

Stour: 593

Reading in School

In your Meet the Teacher sessions, the teaching staff will have shared the school's expectations relating to Reading homework; children are expected to read at home 5 times each week. This is to support your child's learning and will improve their fluency and comprehension of the texts that they read. Reading is the foundation of your child's learning and impacts your child's life chances when they are older.

If your child is in the younger years, this includes any reading you may do together or share with your child, for example, at bedtime.

For children in our older years, this includes where your child may read to themselves.

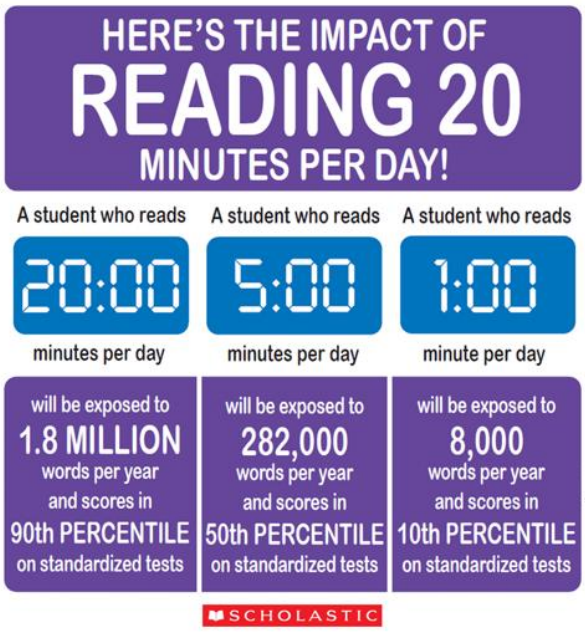
Please note that you do not have to share or read only the books that your child brings home from school, it can be any text including newspapers, comic strips, blogs, instructions, books you have at home and much more! In all cases, all we ask is that you sign your child's planner to show that they have completed reading in some form.

The Reading Challenge, launched by Mrs Cockle on Friday 4th September is an excellent way to get into a regular routine of reading and sharing texts with your child and is something we hope will continue even when the challenge is finished.

In school, we will be monitoring how regularly the children read at home and the children will receive a house point every time they read five times in a week. In our last celebration assembly of the half term, we are looking forward to celebrating those who have managed to read 5 times a week every week from Monday 21st September, and those who achieve this will receive a golden ticket to a non-uniform day the following half term.

We hope that you can support us in our mission to get children reading. As always, if you have any difficulties or need any support from School, please do not hesitate to get in touch- we will help in every way we can!







NHS Norfolk and Suffolk NHS Foundation Trust

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.nsft.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 effects 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 14th 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 22nd 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 20th October 1:00 PM – BOOK HERE

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

Holy Trinity Church, Stowupland

Holy Trinity Church will be holding its Harvest Festival **on Sunday 20th September at 9:30am.** Everyone is welcome to attend, and we would love to see you there!

Our school Harvest Festival will take place at the church during the school day on **28th September.** If you would like to donate a non-perishable food item, children are welcome to bring it into school on the day.



Stowupland High School

This is a final reminder that Stowupland High School will be holding its Experience Session and Open Evening for Year 6 parents **on Thursday 17th September.** Slots can be booked via the school's website.

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

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

Home-Start Hike

Step out with purpose this September and take part in the Home-Start Hike! **On Sunday 27th September,** the Home-Start Hike is taking place at Kingfisher Leisure Centre, Sudbury, raising money to ensure Home-Start Suffolk can continue providing critical support to families of all kinds that are struggling in silence behind closed doors.

This year's 3-mile route includes a fun family challenge, with a prize for every child and a very special guest – Bluey the dog! There are also 6 or 13-mile scenic routes in the Suffolk countryside that you can take part in if you would like to walk further.

Whatever inspires you to take part, your steps will help support a great local cause.

You can find out more about the Home-Start Hike at: https://homestartinsuffolk.org/home-start-hike-2026/

Willow Class

Willow class have had a busy and exciting week in Geography, continuing their learning about countries and cities around the world. This week, the children have been developing their map-reading skills by using atlases to locate major countries across Europe, North America and South America, before identifying some of their capital cities. They worked carefully with their atlases to find different locations and discussed what they noticed with their partners. The children also drew upon their previous knowledge of continents, the equator, latitude, and longitude to help them understand where different places are situated in the world. It was fantastic to see Year 5 working so collaboratively and confidently, whilst also becoming increasingly skilled geographers!





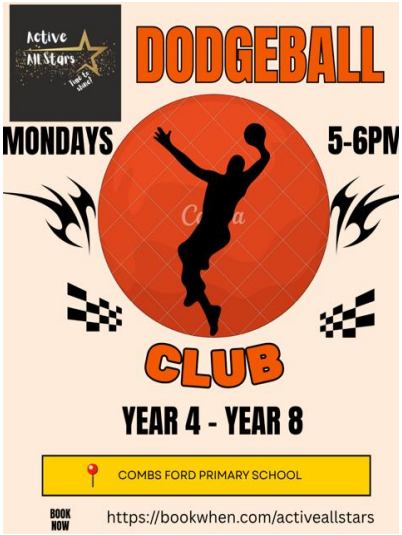
















Rights Respecting Assembly

In this week's assembly, we explored **World Water Day** and learned about **Articles 24 and 27**, which focus on children's rights to health and an adequate standard of living. The children discussed why clean water is important, sharing ideas such as drinking, washing, cleaning clothes and growing crops. We also considered how some children around the world do not have access to clean water and discussed the impact this can have on their health and daily lives.





Wake up Wednesday

