



SCHOOL NEWSLETTER

18th October 2024

Latest News

This week has been rather busy with children going out into the community and the community coming into school! Thursday saw the last of our organised school tours for potential new Nursery and Reception starters and we have enjoyed meeting these families and hope to welcome them soon. Staying in Reception, Mrs Swift ran a phonics workshop which was really well attended – great to see school and families working in partnership. In the middle of the school, Year 3 children headed to Pilton Community College to take part in a morning of multi-sport activities. Children participated with enthusiasm and represented the school brilliantly. On Wednesday, parents/carers of Y5s attended the first of our Autumn term Learning Showcases and joined their children completing some artwork in the hall. Today, 42 children have headed to Torrington to take part in the Stephen’s Shield Cross Country event. All children ran brilliantly and represented our school community well. Today also saw Reverend Chris visiting our assemblies and children heard the message of how we should support each other and include all.

Have a lovely weekend,

Mrs Gilbert



School Development News

Mrs Sluman spent time with other SENDCOs and Inclusion Leads from the local area, sharing best practice and looking at attendance monitoring. Mrs Swift met with our phonics and reading advisor and carried out some monitoring of phonics and early reading.

NEW

Introducing our new School Community Board Chair

My name is Steve Berry and I have had the pleasure of recently being elected Chair of the School Committee Board. It is exciting to be part of the committee, supporting the school's vision and ethos. I have been professionally involved in education for over 20



years and currently have two daughters at the school. I am very much looking forward to supporting the head and the board across the academic year. We are still a few members short of the SCB so if it sounds like something that you would be interested in, please do grab me for a chat or call into the school for some more information.



Parking

Fremington Parish Council have raised concerns with us around the parking in Beechfield Road around drop off and pick up times. Please be mindful of where you are parking and ensure that you are not parking on double yellow lines or blocking dropped curbs and driveways. Doing so places members of the public and children attending the school at severe risk and inconveniences those with mobility problems and those using prams/buggies etc, often forcing them to walk in the road.

On a similar note, whilst the school drop-off zone is public highways, we ask that you are considerate enough to not park in this area as it significantly disrupts the flow of traffic in the morning and afternoon. If you are planning on parking, please do so elsewhere.

Attendance



Well done Year 4!
Extra break for you on Monday!

W/B: 14/10/2024

1	92.2%
2	95.2%
3	93.2%
4	97.0%
5	94.9%
6	92.2%
R	91.9%
Overall	93.9%

Award Winners



Give it a Go Gertie

Theo - Falcons
Andrew - Leopards
Archie - Lions

Persevering Pete

Edward - Hedgehogs

Improving Izzy

Olivia - Foxes
Aurea-Rose - Kestrels

Non-Negotiable Ned

Evie - Hedgehogs
Summer - Leopards

Connections Clive

Jacob - Kestrels
Alyssa - Falcons

Communicating Claude

Blake - Eagles

Teamwork Tallulah

Jasmine - Foxes
Bella - Panthers
Troy - Lions

Curious Connie

-

Concentrating Cuthbert

Jacob - Kestrels
Aleesha - Eagles
Franky - Panthers

Superpower Sam

-



18th October 2024

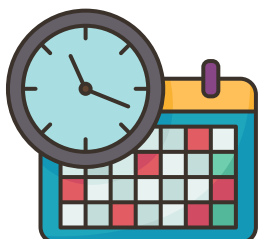
School Calendar Term dates are available on our website.

Date	Events
Monday 21st October	1pm Reception and KS1 Harvest Festival at the church 2pm KS2 Harvest festival at the church Please let your child's teacher know if you can help walk to and from the church. Please bring donations for Fremington's Food Pantry to school
Tuesday 22nd October	2.30pm YEAR 4 Learning Showcase event for parents.
Wednesday 23rd October	2.15pm Reception Learning Showcase Event for parents.
Wednesday 23rd October	School Photos - Individual photos
Thursday 24th October	School Photos - Individual & Sibling photos
Thursday 24th October	Halloween Disco - see poster for more information
Friday 25th October	Non-School Uniform Bring a donation of Treats/Goodies for our PTFA raffle and christmas celebrations in exchange for non-school uniform day
Week beginning Mon 28th Oct	Half Term Break
Monday 4th Nov	Non-Pupil Day
Tuesday 5th Nov	First day of Autumn 2 term
Tuesday 12th November	Nursery to Year 6 Learning Consultations (after school) Booking details to follow
Wednesday 13th November	Dragonflies (Reception) class Learning Consultations Booking details to follow
Thursday 14th November	Nursery, Fireflies (Reception) and all Year 1 to Year 6 Learning Consultations (after school) Booking details to follow
Wednesday 11th December	PTFA Christmas Bingo Evening More details to follow
Thursday 12th December	2pm Year 1 and 2 Play performance to parents Ticket details to follow
Friday 13th December	2pm Year 1 and 2 Play performance to parents Ticket details to follow
Friday 20th Dec	Last day of term
20th Dec – 5th Jan	Christmas Holiday Break
Monday 6th Jan	Non-Pupil Day
Tuesday 7th Jan	First day of Spring 1 term

Learning Consultations

You will have seen in the calendar above that our Learning Consultation meetings are coming up. These are a valuable opportunity to meet with your child's teacher to discuss their successes so far this year and the next steps in their learning journey. These meetings are vitally important to ensure your child gets the best opportunity to be their best. Learning Consultations will take place in classrooms this year.

Bookings open on Monday 21st October at 6pm on the MCAS app.



Appointments are available:
Tuesday 12th November after school
All ages

Wednesday 13th November after school
Dragonflies class (Mrs Swift) only

Thursday 14th November after school
All ages EXCEPT Dragonflies class



If you have any problems booking, please get in touch with your child's teacher at drop off or pick up or use the class email address.



Donations

Are you having a pre-Christmas clear out?? The school is looking for donations of the following board games:

- Articulate for children
- Pictionary
- Twister
- Ker-plunk
- Battleships
- Guess who?



If you have any of the above games or others that you might think we would like, please drop them off to the main reception area next week.

Coat Collection

We are collecting outgrown and unused coats for Rotary, for them to share with people in need in North Devon. There will be a collection box outside of the main reception at pick up and drop off (or inside in wet weather)



Please drop off your unwanted coats here.

Rotary e-Club SW peninsula is collecting warm and waterproof coats for adults and children who need them this winter.

All zips and buttons must be complete and working. Our mantra is "Would you wear this coat?".

The Rotary Club will then sort them and distribute to charities working with the people who need them.

PTFA

Parentkind – the charity that supports school PTAs - have teamed up with Asda, who is making millions of pounds available to donate to primary schools across the UK through their 'Cashpot for Schools' initiative – all you have to do is, opt in through the Asda Rewards app, choose our primary school and start shopping - scan in store or shop online at Asda.com between 2nd September and 30th November 2024. Asda will then donate 0.5% of the value of your shop to our PTA. Also, every time somebody opts in, Asda will give an additional £1 to the school Cashpot. Plus, it doesn't stop there – Asda are also giving £50 to every school to get them started. All monies raised are donated to the PTFA.

Halloween disco - 24th October Tickets will be on sale under the shelter in the main school playground after school on: Thursday 17th, Friday 18th, Monday 21st and Tuesday 22nd October. £3 per ticket which includes drinks. Glitter tattoos and glow sticks available to buy at the disco.

Non-uniform day – 25th October, we are not asking for money but voluntary contributions of boxed sweets, chocolates or gifts. Please see poster attached. Thank you PTFA

BLOG

Blog Post

- Year 3 Cave Art
- Eagles – rock cycle
- Year 5 Learning Showcase

Can be found [here](#)

School Photos - Individuals and Siblings.

Will be taking place on the 23rd & 24th October. If you require a sibling photo, please complete form by clicking [here](#)



DRESS DOWN
OCTOBER 25 Day

SCHOOL NON UNIFORM DAY

Voluntary donations of new, unopened packets or boxes of chocolates, biscuits or gift sets please - to be used by PTFA in future Christmas events!

FREMINGTON PRIMARY SCHOOL

HAPPY HALLOWEEN
th
OCT 24 2024

Disco

R,1,2,3 - 3.45 til 4.45pm 3,4,5,6 - 5pm til 6pm

Tickets £3 to include drinks

A P T F A E V E N T



18th October 2024



Get ahead with a FREE Short Adult Course at Petroc

Whether you're looking to explore a passion or learn something completely new, our FREE courses are a fantastic way to get started. With just a few hours a week, enjoy, upskill and be inspired - no pressure, just a chance to explore.

BUSINESS, FINANCE & MANAGEMENT	DIGITAL & IT
Basic Bookkeeping	Coding for Beginners, Building Your First Website and App
Introduction to Microsoft Office Suite and AI Prompting	
Introduction to Starting Your Own Business	EDUCATION, CHILDCARE & TEACHING
Understanding Equality and Diversity in the Workplace	Introduction to Child Development and Wellbeing - delivered online
	Introduction to STEM, Principles & Practical Applications
CONSTRUCTION & ELECTRICAL	ENGINEERING & MOTOR VEHICLE
Carpentry for Beginners	Introduction to MIG Welding Technique
Introduction to REVIT for Architecture and CAD - delivered online	Introduction to Solidworks
Sustainable Building Practices - delivered online	
Women in Construction An Introduction to Brick and Blockwork	HAIR & BEAUTY
	Introduction to Barbering Skills
COURSES FOR PARENTS/CARERS	Introduction to Hairdressing Skills
Child Nutrition and Health	
Parenting Skills in Early Years	HEALTH & SOCIAL CARE
Phonics for Parents/Carers of Primary Age Children - daytime	Understanding Common Conditions in Health Care - delivered online
Supporting Your Child in Making the Leap from GCSE to A Levels	Introduction to Health and Social Care in the UK to International Recruits - delivered online
	HUMANITIES
CREATIVE INDUSTRIES	Architectural Legacy of Ancient Rome - delivered online
Enhancing Confidence and Communication Through Performance Arts	Introduction to the History of Art
Introduction to Digital Photography and Photoshop	
Introduction to Graphic Design Principles	SCIENCE & ENVIRONMENTAL
Introduction to Graphic Story Telling - delivered online	Introduction to Astronomy
Introduction to Music and Audio Production Principles	
Introduction to Printmaking	SOCIAL SCIENCES
Introduction to Sewing and Textiles	Introduction to Criminology, Understanding Serial Killers
	Introduction to Level 3 Psychology
CREATIVE WRITING	STUDY SKILLS
Introduction to Writing Poetry	Getting Ready to Study Functional Skills English
Introduction to Writing Stories for Children	Research for Beginners



Visit petroc.ac.uk/free-adult-courses to find out more and book your place today!

FREE SHORT COURSES

BARNSTAPLE PANNIER MARKET HALLOWEEN

WED 30 OCT & THURS 31 OCT
PUMPKIN CARVING 11am - 3pm
 Come along and buy a pumpkin from our stall and create your own design assisted by our pumpkin artist.

HALLOWEEN CRAFT 11am - 2pm
 Free spooky crafting provided by Barnstaple Town Council in The Guildhall

THUR 31 OCT
STEMENGINEERING WITH NICK 10am & 1pm
HALLOWEEN FAMILY DISCO 4.30pm - 6.30pm
 Featuring Fancy dress competition, games and dance performance by DFA Switchframe

FRI 1 NOV - 6.00pm
FREE BIG SCREEN CINEMA HOTEL TRANSYLVANIA
 Bring a blanket or chair and snacks for this film showing

COME ALONG AND JOIN THE SCARILY FREE FUN AT BARNSTAPLE PANNIER MARKET THIS HALLOWEEN - WHILST VISITING OUR FABULOUS TRADERS! UNDER 16S MUST BE ACCOMPANIED BY AN ADULT

Logos: north Devon, Flourishing Barnstaple, supported using public funding by ARTS COUNCIL ENGLAND, Barnstaple Pannier Market

National Trust

Scarecrow trail at Arlington Court

5 October - 3 November
 Explore the community scarecrow trail inspired by beloved children's book characters. Pick up a leaflet from visitor reception and head on an adventure around the grounds. Normal admission prices apply.

Find out more on our website: nationaltrust.org.uk/arlington-court

QR code

ROMAR SPORTS FOOTBALL AFTER SCHOOL CLUB

Keep active, have fun, make friends, learn skills, play matches

MONDAY'S - Years 3 - 6
3.15 - 4.15PM
 11 November - 9 December
 5 weeks
 £30 / £6 per session

Images of children playing football.

BOOK YOUR SPACE ONLINE ONLINE <https://romar-sports.classforkids.io/info/1031>

LET'S TURN FREMINGTON RED

NEW POPPIES NEEDED 2024

CALLING ALL KNITTERS & CROCHETERS

DROP OFF POINT: MCBAIN'S, FREMINGTON

For your donations of BLACK & RED WOOL, COLLECTION of wool, knitting & crochet PATTERNS and COMPLETED POPPIES (by 26th October)

A big thank you to McBain's for their support!

Taw & Torridge Estuary Churches Fremington, Instow & Westleigh

MONTHLY MONDAYS!

ST PETER'S CHURCH HALL

3.30 - 4.30PM

16 SEPT 14 OCT 11 NOV

FREE games, activities, drink and snack for families

COME AND JOIN US!

CHILDREN TO BE ACCOMPANIED BY AN ADULT

QR code

Wrap Around Care Now Available!

Breakfast Club from 8am
After School Club until 6pm

Scan QR code to book a place



Visit our website for more information: fremington-primary.devon.sch.uk





At The National College, our WakeUpWednesday guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalcollege.com.

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS



Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



1

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	Cheese & Tomato Pizza	Mild Chicken Curry & Rice	Roast Pork	Meatballs in a Tomato Sauce	Fish Fingers
Hot Option 2	Golden Veggie Fingers	Cheese & Cauliflower Pasta Bake	Veggie Slice	Veggie Balls in a Tomato Sauce	Vegan Veggie Fritters
Served with	Herby Potatoes & Sweetcorn or Coleslaw	Broccoli	Roast Potatoes Cabbage & Carrots & Gravy	Pasta, Green Beans & Crusty Bread	Chips & Peas or Baked Beans
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Dessert	Iced Fruit Smoothie	Chocolate Surprise Brownie	Pip Organic Lolly / Warm Fruit Compote with Greek Yoghurt	Sticky Toffee Cake with Sauce	Oat & Sultana Cookie
Packed Lunch	Tuna Baguette	Fish finger wrap	Cheese Baguette,	Ham Baguette	Cheese Baguette

Week One: 4 Nov | 25 Nov | 16 Dec | 20 Jan | 10 Feb | 10 Mar | 31 Mar

2

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	Macaroni Cheese	Butcher's Sausages & Gravy	Roast Chicken with Sage & Onion Stuffing	Beef Lasagne	Fillet of Fish
Hot Option 2	Tomato & Basil Pasta Bake	Vegetarian Sausages & Gravy	Yorkshire Pudding Stuffed with Quorn Pieces	Vegetarian Lasagne	Veggie Nuggets
Served with	Broccoli & Garlic Bread	Mashed Potatoes & Carrots	Roast Potatoes Cabbage & Carrots & Gravy	Green Beans or Coleslaw & Crusty Bread	Chips & Peas or Baked Beans
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Dessert	Pip Ice Lolly / Warm Fruit Compote with Greek Yoghurt	Iced Chocolate Cake	Crispy Chocolate Cornflake Cake	Homemade Carrot Cake	Homemade Shortbread Biscuit
Packed Lunch	Tuna Baguette	Falafel Wrap	Cheese Baguette	Ham Baguette	Cheese Baguette

Week Two: 11 Nov | 2 Dec | 6 Jan | 27 Jan | 24 Feb | 17 Mar

3

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	Cheese & Tomato Pizza	Fish Pie	Roast Chicken	Beef Bolognese	Fish Fingers
Hot Option 2	Frittata	Cheesy Wheels & Herby Diced Potatoes	Quorn & Leek Pastry Puff	Mediterranean Vegetable Pasta	Margherita Wrap
Served with	Potato Wedges Sweetcorn or Winter Coleslaw	Peas or Baked Beans	Roast Potatoes Broccoli & Carrots & Gravy	Green Beans & Crusty Bread	Chips & Peas or Baked Beans
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Dessert	Arctic Roll	Apple Crumble & Custard	Fruit Jelly	Flapjack	Homemade Oat Cookie
Packed Lunch	Tuna baguette	Ham Baguette	Cheese Baguette	Ham Baguette	Cheese Baguette

Week Three: 18 Nov | 9 Dec | 13 Jan | 3 Feb | 3 Mar | 24 Mar