



# SCHOOL NEWSLETTER

25th October 2024

## Latest News

This week has been really joyous. It started with a fantastic community event – children from Nursery to Year 6 headed to St. Peter’s Church to celebrate harvest. Songs were sung and the gift of food was given. It was a great opportunity to come together and think about all that we are grateful for. All of your food donations were gratefully received by the Fremington Community Pantry who were running low – thank you for supporting our community.

We have welcomed adults into school to participate in learning showcase events – Day of the Dead has been celebrated in Year 4 and skeletons have been made in Reception.

Last night we saw fantastic attendance at our Halloween disco – thank you so much to the PTFA volunteers and the members of staff who stayed behind to ensure that the event run smoothly and safely.

Today is the last day of this half term and we look forward to welcoming everyone back on Tuesday 5th November.

Have a great break,  
Mrs Gilbert



## School Development News

During the half term break, the estates team and school leaders will be in school relocating our school library into a bigger more purposeful space and creating a useful SEMH space. Our outdoor forest school area will be contained, with a fenced off space to create an outdoor classroom area – how exciting!

Making changes to our current library set up has been long overdue and will allow us to have a designated, exciting reading space full of high-quality texts. Look out for photos soon!

### Attendance



Well done Year 2!  
Extra break for you on  
Monday!

W/B: 21/10/2024

1	93.4%
2	96.4%
3	95.5%
4	95.6%
5	91.8%
6	92.4%
R	93.9%
Overall	94.2%

### Award Winners



#### Give it a Go Gertie

-

#### Persevering Pete

Nala - Hedgehogs

Lily - Falcons

Charlies - Panthers

Nea - Lions

#### Improving Izzy

Oakley - Falcons

Joey - Leopards

#### Non-Negotiable Ned

Penny - Panthers

#### Connections Clive

-

#### Communicating Claude

-

#### Teamwork Tallulah

-

#### Curious Connie

-

#### Concentrating Cuthbert

Brodie - Hedgehogs

#### Superpower Sam

George - Butterflies

Matilda - Leopards

## DON'T FORGET

### Reminder - INSET Day

Monday 4th November is an inset day!

### PTFA

Thank you for supporting the Halloween Disco yesterday, I think the children really enjoyed themselves.

Thank you also for the parent and staff support, we really can't put these events on without your support.

You have raised enough money for the PTFA to contribute towards another class going on a school trip - fantastic.

Reminder:

Year 6 Hoody order form needs to be returned to school by Friday 8th November.

Next events:

Christmas community bingo – date and info to follow.

Elfridges – Friday 6th December, gift order letters coming out after half term.

Thank you  
PTFA

### School Photos -

#### Individuals and Siblings.

Photos are now live via the QR code on slip sent home with each child. Please order before the 7th November for free delivery.





**SENDCO Update**

PINS Project: Thank you to all those who filled in the PINs questionnaire earlier this term (Partnership for Inclusion of Neurodiversity in Schools). As part of the PINs project and our wider mission to connect with parents, we are hosting a workshop style meeting on November 27th to explore how we can make your child's experience at school the best it can be. All are welcome from 2pm for a 2:15 start.

Mental Health in Schools Team: Pupils in Years 1,2,3 and 4 have had visits this half term from our Mental Health in Schools Team practitioner. Rachel Wood is working alongside the school to teach our young people how to stay mentally healthy!

ILPs: If your child has an Individual Learning Plan, teaching staff will be inviting you to discuss these and update them for the next part of the year. We review these formally in October, February and May to ensure parents are kept informed about how we are meeting any educational needs. This meeting will be instead of the learning consultation meeting for our SEND students.

Autism and Us' Parent Programme (Spring Term 2025): The 'Autism & Us' programme and associated themed/topic based workshops has now been adopted as a Devon County Council Core offer, which means the long term sustainable and consistent delivery has been secured for families.

They will be delivered each term of the academic year, by members of the SEND Communication & Interaction Team at Devon County Council. They offer access for parents and carers of CYP (Children & Young People) who are currently on the neurodiversity assessment pathway, in addition to families of CYP who have received an autism diagnosis.

Attending the 'Autism & Us' parent programme gives you opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs, whilst also connecting with other parents/carers.

Full programme details and application process below:

**Autism & Us programmes:**

- 4 weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:
- weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

No.	Topic	Programme 1	Programme 2
1	Autism overview	Tues 21 Jan - 10 - 12	Thurs 6 Mar - 4.30 - 6.30
2	Sensory	Tues 28 Jan - 10 - 12	Thurs 13 Mar - 4.30 - 6.30
3	Communication	Tues 4 Feb - 10 - 12	Thurs 20 Mar - 4.30 - 6.30
4	Understanding and supporting behaviour	Tues 11 Feb - 10 - 12	Thurs 27 Mar - 4.30 - 6.30

Apply direct by email to: [educationlearnersupport@devon.gov.uk](mailto:educationlearnersupport@devon.gov.uk)

To secure a place on either of the above programmes, or express your interest for forthcoming programmes.

We will confirm your booking request, and provide you with a direct link to the event. They will be delivered on line 'live' via the Microsoft TEAMS platform.

**School Calendar** Term dates are available on our website.

Date	Events
Week beginning Mon 28th Oct	<b>Half Term Break</b>
Monday 4th Nov	<b>Non-Pupil Day</b>
Tuesday 5th Nov	<b>First day of Autumn 2 term</b>
Tuesday 12th November	<b>Nursery to Year 6 Learning Consultations (after school)</b> Booking details to follow
Wednesday 13th November	<b>Dragonflies (Reception) class Learning Consultations</b> Booking details to follow
Wednesday 13th November	<b>NEW - Year 4 Exmoor Zoo Trip</b> Please see email for information
Thursday 14th November	<b>Nursery, Fireflies (Reception) and all Year 1 to Year 6 Learning Consultations (after school)</b> Booking details to follow
Tuesday 26th November	<b>NEW - Year 3 Kent's Caverns History Trip</b> Please see email for information
Wednesday 11th December	<b>PTFA Christmas Bingo Evening</b> More details to follow
Thursday 12th December	<b>2pm Year 1 and 2 Play performance to parents</b> Ticket details to follow
Friday 13th December	<b>2pm Year 1 and 2 Play performance to parents</b> Ticket details to follow
Friday 20th Dec	<b>Last day of term</b>
20th Dec – 5th Jan	<b>Christmas Holiday Break</b>
Monday 6th Jan	<b>Non-Pupil Day</b>
Tuesday 7th Jan	<b>First day of Spring 1 term</b>

Year 5 - Wales

**Year 4, Year 5 and Year 6 Residentials**

If your child is in Year 4, 5 or 6, you will have had emails about their residential stays in the summer term. Please check the email to find a link to an information video containing all the information you need to know, including when to pay the deposit to secure their place.

Y6 – 1st November (during half term)

Y5 and Y4 – 15th November

Have a question? Email Mrs Burns:  
[residential@fps.tarkatrust.org.uk](mailto:residential@fps.tarkatrust.org.uk)

Year 6  
LondonYear 4  
Rock and  
Rapid

PINS: Partnership for Inclusion of  
Neurodiversity in Schools

## **PARENT CARER MEETING**

**Wednesday 27th November**  
**(2.00 for 2.15 start)**

<b>What:</b>	A relaxed workshop to explore how to make your experience and your child's experience at school the best it can be. We will talk about how to achieve this by working in partnership.
<b>Who:</b>	<p>The workshop will be led by Sarah from the Parent Carer Forum Devon. You can find out more about the forum here: <a href="http://parentcarerforumdevon.org">Homepage - Parent Carers Forum Devon (parentcarerforumdevon.org)</a></p> <p>All parents, carers, friends and relatives are welcome. Please bring someone along if you are unsure about coming alone.</p>
<b>Why?</b>	You can meet with other parents and carers, share your views and experiences, and explore how we will create a genuine partnership with the school. This in turn helps you to work together so that all children thrive!
<b>Where?</b>	Fremington Primary School
<b>And...</b>	A free wellbeing bag for everyone who comes along!

**Parent Carer Forum**  
Devon

CONNECT - EMPOWER - INFLUENCE





## Helping Your Child with Fears and Worries – an approach to support School Attendance

### Online Sessions for Parents and Carers

The Devon Educational Psychology Service (EPS) is running online group sessions for parent carers based on the Overcoming Programme, which is effective in reducing anxiety in children and young people. The programme helps parent carers develop anxiety management skills that can be used even after the programme ends.

### Who Can Join?

Parents whose children have low or falling school attendance and whose children are experiencing anxiety related to school. The Overcoming Programme is designed to support parent carers of children between 5-12 years of age, but it can be adapted for older children. The group facilitators work with parent carers where a more personalised approach is needed, for example if the child or young person has SEND.

The programme may not be effective for parent carers of children and young people with long term or complex difficulties. Places are limited and we may not be able to offer every parent carer a place. If this is the case, we will provide advice on other support that may be available.

### Programme Details

- Duration: Six sessions, each 90 minutes long
- Schedule: Delivered over seven weeks with a one-week break between sessions 4 and 5
- Participants: Parent carers (children do not need to attend). We will include no more than 8 parent carers per group to ensure everyone can contribute and ask questions.

### Additional Resources

Parents can purchase the book "Helping Your Child with Fears and Worries (2nd Edition)" by Cathy Creswell & Lucy Willetts (2019) for more information.

### Session Dates

- Group 1: Starts Monday, 4th November, 3:45 PM - 5:15 PM, then every Monday
- Group 2: Starts Friday, 8th November, 10:00 AM - 11:30 AM, then every Friday
- Group 3: Starts Weds, 8th January, 1:00 PM - 2:30 PM, then every Wednesday
- Group 4: Starts Friday, 10th January, 1:00 PM - 2:30 PM, then every Friday

### How to Join?

To request a place, parents need to complete an online form which can be found here:

<https://forms.office.com/e/U5JuVdY6R3>

For more details or questions, contact Dr Daniel Nicholls, Senior Educational Psychologist, at 01392 382 354 or [Overcoming-programme@devon.gov.uk](mailto:Overcoming-programme@devon.gov.uk)

## Autism & Us programmes:

4 weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:  
weekly 'live online' sessions (approx. 2hrs each) related to the following topic/themes:

Topic	Date/Time
Introduction to DIAS (Devon Information & Advice Service + the Ambassador Volunteer Programme)	Thurs 17 Oct 10am – 12pm
Autism – Sensory processing + integration	Tues 5 Nov 9.30am - 12.30pm
Autism and Girls	Wed 23 Oct 9.30am - 12.30pm
Autism – Demand avoidance + PDA	Wed 20 Nov 10am – 12pm
Autism – Communication (Speaking children – support strategies)	Tues 10 Dec 10am – 12pm
Autism – Managing stress + anxiety	Thurs 7 Nov 10am – 12pm
Autism – Vulnerability + online safety	Thurs 14 Nov 10am – 12pm
Autism – Communication (Non/Limited Speaking children – support strategies)	Thurs 21 Nov 10am – 12pm

Apply direct by email to: [educationlearnersupport@devon.gov.uk](mailto:educationlearnersupport@devon.gov.uk)

To secure a place on any of the above topic based workshops. We will confirm your booking request, and provide you with a direct link to the event. They will be delivered on line 'live' via the Microsoft TEAMS platform.



## An Introduction to mindfulness for children workshop

When: Monday 11th November 2024 at Celestial Heart Barnstaple 10-12pm.

What this workshop entails:

This workshop is for parents, carers and guardians to find out how mindfulness can benefit children. These days children often feel unheard, misunderstood so this workshop will be really useful for care givers to provide more information on how mindfulness can help/assist in the development of children.

My personal background:

Having worked in education for the last 12 years I wanted to be able to have an impact on children's wellbeing by using a more holistic approach. I left education in June this year and started to run my own holistic business.

Cost and how to book:

The cost of this workshop is £10 per person and there are very limited spaces available so please book to avoid disappointment by contacting Nicole on 07975874988 or email:

[divineblessingsbynicole@gmail.com](mailto:divineblessingsbynicole@gmail.com)



25th October 2024

www.cookstars.co.uk @cookstarsnorthdevon @oliviacoostars

Great for Kids Parties too!

Fun cooking classes at:  
**FREMINGTON PRIMARY SCHOOL**

All ingredients included!  
plus a craft activity & a recipe card to keep

EVERY THURSDAY  
(term time)  
3.30pm - 4.45pm

Open to years 3, 4, 5 & 6  
as spaces are limited

Call Olivia: 07938 608 862  
Email: olivia@cookstars.co.uk  
Book: <https://portal.cookstars.franscape.io/class-overview/676>

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](https://nationaltrust.org.uk/arlington-court)

**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

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

**ROMAR SPORTS**

**GIRLS ONLY FOOTBALL SESSION**

Join us for a fun filled, action packed few hour of girls only football.

Learn skills, play fun games, play matches, be with friends and make new ones

Girls 8 - 13 years

THURSDAY 31 OCTOBER  
10AM - 1PM

LIMITED SPACES AVAILABLE

**ONLY £10**

TARKA LEISURE CENTRE 3G, BARNSTAPLE

Book online TODAY  
[www.romarsports.com](http://www.romarsports.com)

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 BFA 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

northdevon Flourishing Barnstaple Supported using public funding by ARTS COUNCIL ENGLAND

### 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](http://fremington-primary.devon.sch.uk)



# Bonfire Lunch

## Bangers

(sausage in a hot dog roll)

or

## Catherine Wheels

(cheese & tomato pizza muffin)

with

Rocket Beans (baked beans)

Whizzing Corn (sweetcorn)

& Firecrackers (curly fries)

\*\*\*

## Sparkly Chocolate Cake

(chocolate cake with sprinkles)

\* Allergen Aware options - please ask the kitchen for more info

\* Jacket Potatoes from the Bonfire also available



# 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