



SCHOOL NEWSLETTER

8th November 2024

Latest News

There has been lots of excitement this week as the children returned to school to find a fantastic new library! Each class have had a visit and it has been joyous to hear the buzz of excitement up and down the corridors. We have been asking the children what they would like to see more of in our library and lots of children have requested graphic novels. If you have any books such as Dog Man, Looshkin, Bunny Vs Monkey, or any of children's books written in a comic book style, we would be very grateful for donations. We also have an Amazon wish list [here](#) if you are able to buy and donate us a book. As ever, we are really grateful for your support.

Speaking of donations, Mrs Burns was overwhelmed by the volume of coats donated prior to half term and had delivered these to the Rotary Club where they will be distributed to those in need. Thank you very much.

You will have seen an email this week with details about a free online Zoom session to support your child's reading journey at home. It's on Tuesday 19th November 2-3pm and can be accessed [here](#). Please see the pink poster on the following page.

In addition to the library, a great deal of work took place over the holidays and I am incredibly grateful to the staff who willingly gave up their time to help me with that. Repurposing lots of our spaces will have a positive impact on your children's learning experiences. We look forward to showing you the changes that we have made over the coming half term.

A couple of reminders of things which often come up during the term:

- Please do not use your mobile phone in the school building or on the school site
- Please avoid smoking or vaping right outside the school gates
- Please be considerate of where you are parking
- Please come and talk to us if you have any concerns rather than stewing on them or taking to WhatsApp type groups to air your grievances – we're all on the same team!

We're looking forward to seeing you at your child's learning consultation next week – remember these are being held in classrooms this time.

Have a fantastic weekend,

Mrs Gilbert



Attendance

Please continue to work with us to ensure that your children attend school whenever they are well enough. NHS guidance is clear that it's fine to send them in with a minor cough or common cold, provided they don't have a temperature. We know that parents and carers worry about their children's mental health. Rather than keeping your child off school, let us know about your concerns. We can then work together on supporting your child. You can support your child's physical, social and mental wellbeing by ensuring they are in school every day.

School Development News

During Monday's INSET day, teachers and TAs undertook training. TAs spent the afternoon with colleagues from across the Trust attending training lead by Claire Thomson (Tarka Inclusion Lead), furthering their understanding of the four areas of special needs. Back in school, Mr Dunn led training on implementing the history curriculum and Mrs Dunn fed back from recent maths monitoring work where she looked at pace and lesson structure.

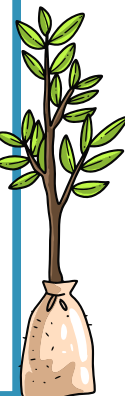
Year 4 & Year 5 Residential

A reminder that the deadline to pay the deposit for the Year 4 and 5 residential is one week today, Friday 15th November.

Have a question? Email Mrs Burns: residential@fps.tarkatrust.org.uk

Volunteer Tree Planters Needed!

Last year I applied to the Woodland Trust for some hedge plants to help screen our KS1 garden area from the road and to increase the wildlife habitats we have in our school site. They have arrived! All 130 of them... Do we have any keen gardeners (no skill needed!) who would be willing to give up a couple of hours popping these into the ground? Please get in touch with the school office if you are keen and able to help.





School Calendar Term dates are available on our website.

Date	Events
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
Wednesday 13th November	Year 4 Exmoor Zoo Trip Please see email for information
Thursday 14th November	Nursery, Fireflies (Reception) and all Year 1 to Year 6 Learning Consultations (after school) Booking details to follow
Tuesday 26th November	NEW - Year 3 Kent's Caverns History Trip Please see email for information
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

PTFA News

Year 6 Hoody order forms have now been collated and an order put in. When they arrive I will let parents know and distribute to the children – the children can then start wearing them for PE days.

The Halloween Disco raised **£669.50** – thank you, to confirm again, this has meant PTFA can contribute to another year group trip.

Next events:

Christmas Community Bingo – Wednesday 11th December at school (see poster).

Elfridges – Friday 6th December, gift order letters have gone out with your child/dren. Deadline to order is Friday 15th December.

Thank you PTFA

PERSISTENCE

TEAMWORK

CURIOSITY

COMMUNICATION

★

★

★

★

Award Winners

Xavier & Melia - Foxes
Jaxon - Otters
Phoebe & Amelia - Hedgehogs
Caleb & Lettie - Kestrels
Robyn & Arthur C - Eagles
Sofia & Sophia - Hawks
Tallulah & Remie - Falcons
Oakley & Tommy - Panthers
Bradley & Evie - Leopards
Jacob & Freddy - Lions
Harper & Aleshia - Tigers

You have all been recognised for your fantastic learning behaviours – WELL DONE!





8th November 2024

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



Autism & Us programmes

Did you know that as part of Devon's SEND local offer they run an online parent programme called 'Autism and us'? This is made up of 4 live online sessions (each approx 2 hours) related to the following topics:

Programme topic & Programme date

Autism overview Thursday 14 November: 4.30pm – 6.30pm

Sensory Thursday 21 November: 4.30pm – 6.30pm

Communication Thursday 28 November: 4.30pm – 6.30pm

Understanding and supporting behaviour Thursday 5 December: 4.30pm – 6.30pm

Booking a place on the programme Apply direct by email to educationlearnersupport@devon.gov.uk to secure a place on the above programme, or express your interest for forthcoming programmes.

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

**PARENT/CARER DROP IN SESSION
WITH THE FAMILY HUB
NAVIGATORS**

**FREMINGTON PRIMARY SCHOOL
BEECHFIELD ROAD EX31 3DD**



**DROP IN ANYTIME 9.15-11AM FOR FRIENDLY
ADVICE AND CHAT. COME AND LEARN ABOUT
THRIVE AND SEE HOW WE CAN HELP SUPPORT
YOU AND YOUR FAMILY.**

**WEDNESDAY 13TH NOVEMBER
FROM 9.15AM**





FAMILY SUPPORT SESSION READY STEADY READ!

**TUESDAY 19TH NOVEMBER
2-3PM ON ZOOM**

ILSHAM ENGLISH HUB WOULD LIKE TO INVITE YOU TO ATTEND A FREE SESSION TO SUPPORT YOUR CHILD'S READING JOURNEY AT HOME.

DURING THIS FREE HOUR-LONG SESSION, PROFESSOR TERESA CREMIN AND KELLY ASHLEY FROM THE OPEN UNIVERSITY READING FOR PLEASURE TEAM WILL SHARE IDEAS FOR ENCOURAGING READING AT HOME AS FAMILIES SUPPORT THE READING JOURNEY.

THE SESSION WILL INVOLVE PRACTICAL TIPS ON USING LOCAL LIBRARY SERVICES AND FUN WAYS TO PROMOTE READING.

English Hubs
Ilsham English Hub



[HTTPS://FORMS.OFFICE.COM/E/B5PCNQND4S](https://forms.office.com/E/B5PCNQND4S)





www.cookstars.co.uk @cookstarsnorthdevon @oliviacoookstars

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>



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>



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

Wrap Around Care Now Available!

Breakfast Club from 8am
After School Club until 6pm

Scan QR code to book a place



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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

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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

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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