



SCHOOL NEWSLETTER

2nd May 2025

Latest News

What lovely weather we have enjoyed this week! It has been great to see sun cream being applied and sunhats worn. Children are allowed to wear shorts to school but we ask that these are an appropriate length and **easily visible below their tops**.

In our assembly this week we focused on respect. We looked at respecting ourselves, others and also the environment in which we live and work. Teachers have followed this theme throughout the week and have been able to highlight lots of children who are either already super respectful or who have worked hard on this this week.

Lots has been going on this week! Year 2 visited Tarka Tennis for a great morning of activity, the PTFA disco took place - a massive thank you once again for our PTFA's fundraising efforts. Today we had a visiting cricket coach deliver some expert coaching to the girls across the school. Why girls? Evidence tells us that by aged 14, girls drop out of sports at twice the rate of boys and we are therefore working hard to counteract that fact by exposing girls to high quality sporting opportunities in a known and safe environment. Mrs Presswell would welcome any of the girls to join her at local cricketing events - see Mr Downing if you would like some more info.

Victory in Europe (VE) day this year marks 80 years since the end of World War 2. VE Day is a time to remember the bravery and sacrifices of those who fought for freedom and peace. It's also an opportunity to reflect on the importance of unity and resilience in overcoming challenges. Fremington community is commemorating this day on the village green on Monday - there are more details in the poster below.

Wishing you all a lovely extended weekend, with the bank holiday on Monday. We look forward to seeing the children return on Tuesday 6th May.

Caroline Gilbert



School Development News

This week, helped by some willing child-volunteers, our teachers spent time revisiting the science of learning. They watched videos of children from across the school answering questions about the learning process which, along with some research/evidence-based reading, will help to hone the way we approach learning and set objectives.

Date	Event
Mon 5th May	Bank Holiday
Tues & Wed 6th & 7th May	Year 4 Residential
Fri 9th May	Spring Slam Final
Wed 11th-Fri 13th May	Year 6 Residential
Mon 12th - 15th May	Year 6 Standardised Test Week
Wed 18th - 20th May	Year 5 Residential
Wed 21st May	Spring Bingo - eyes down 6pm
Fri 23rd May	Last Day of Summer Term 1
Mon 2nd June (2 weeks)	Year 4 Multiplication timetable check
Mon 2nd June	First day of Summer Term 2
9th - 13th June	Year 1 Phonics Screening Checks
Sun 29th June	Summer Fair - More information to follow
Mon 14th July	INSET Day - Non pupil day
Wed 23rd July	Last Day of Summer Term

Term dates are available on our [website](#).

PERSISTENCE

TEAMWORK

CURIOSITY

COMMUNICATION



Award Winners

Finley - Butterflies

Oscar H - Fireflies

Dinushan & Clara - Otters

Blake & Aurea Rose - Kestrels

Donovan, Blake & Ava - Eagles

Grace & Harper - Falcons

Tag Rugby Team & Bella-Rose
- Panthers

Tag Rugby Team & Alfie B-
Leopards

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



Plea:

Nursery are in need of any unwanted paintbrushes or rollers. With the nicer weather we are painting the walls and floors with water and these would be fabulous! Please could these be dropped into main reception.



Top tips for parents:

Road Safety Podcast

Top Tips for Parents & Educators: Safety on the Road

Swimming

All swimming sessions are during the afternoons. Please ensure children bring a towel, swimming suit and goggles.

Swim caps are advised but not essential.



Summer 1

Year 3

Summer 2

Year 6

Mrs Dayman's London Dash!

Congrats to Mrs Dayman who completed a very hot London marathon! How lucky we are to have such inspirational staff!

<https://2025tcslondonmarathon.enthu.se.com/pf/hatty-dayman>



Trips

We are really excited to offer many trips and learning opportunities during the summer term. Please keep an eye on school emails and MCAS - where you need to give permission and pay contributions towards transport and workshops etc.

Sport Day 2025

Our Sports Day will take place on Wednesday 25th June this year. We invite parents and carers to join us to support this event.

- KS2 (Year 3,4,5&6) 9:30 – 11:30am
- EYFS & KS1 (N, R, Year 1 & 2): 1:30 – 3pm.

The back-up date will be Monday 30th June.



PTFA

Once again, thank you for your continued support for the events this Spring, I hope you agree they have had a good vibe about them especially the Easter Bonnet Parade.

Next event:

Wednesday 21st May – Spring Bingo, eyes down 6pm. A mixture of cash and other prizes. Further information to follow on pre-booking your bingo books and tables, books will also be available on the night.

IF ANYONE CAN DONATE A PRIZE, THAT WOULD BE BRILLIANT

Save the date:

Sunday 29th June – Summer Fair, more information to follow.

Thank you
PTFA

Attendance

Some great attendance this week – can you tell which year group have been hit with chicken pox?!

W/B: 28/04/2025

1	98.7%
2	93.1%
3	96.5%
4	98.6%
5	96.4%
6	93.2%
R	81.2%
Overall	94.3%

NHS Visit

Former pupils, Grace and Graham, returned to Fremington to deliver a NHS workshop to Reception. Children followed Bevan the bear on his journey from breaking his leg in the park, to being triaged, having an x-ray and then having a cast put on his leg.

Children left with a better understanding of what happens in hospitals and confidence in talking to doctors and nurses – all great personal development skills.



Rugby

Miss Turner had the pleasure of taking a group of Year 5's to represent the school at a tag rugby tournament last Friday. She came back to school full of pride with how the children had not only played, but also how they had conducted themselves and represented the school.

Well, done all.



Bringing home the silverware!

Huge congratulations to Tommy and Theo (Y6) who both had a very successful weekend with their respective football teams (Fremington and Barnstaple Youth). Out of 32 teams, Fremington were the champions and Barnstaple Youth were runners up. Fantastic!



10 Top Tips for Parents and Educators

SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road's edge but ensure they can still see approaching traffic.

7 CROSS SAFELY

Children should always find a safe spot to cross the road, prioritising zebra crossings or pelican crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view, instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: <https://www.think.gov.uk/education-resources/>



#WakeUpWednesday

The National College



80th Anniversary
Commemoration of VE Day
FREMINGTON VILLAGE GREEN
Monday 5th May 2025 2 - 4pm

Pimms | Cream Teas | Music
Bouncy Castle | Tea & Coffee
Design a Medal Competition

Enter your medal design on the day. Judging to take place at 3pm. Simply draw your medal design or get creative and make a 3D medal!

Free Event - Everyone Welcome
Please Bring Cash for Refreshments



FREMINGTON & DISTRICT
COMMUNITY GROUP

FOOTBALL AFTER SCHOOL CLUB

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

Sportswear, water bottle, trainers
or moulded football boots needed.

Shinpads recommended

MONDAY'S - Years 3 - 6

3.25 - 4.25PM

28 April - 14 July

9 weeks

£54 / £6 per session



BOOK YOUR SPACE ONLINE ONLINE

<https://romar-sports.classforkids.io/info/1253>



Dance Attack

Dance and Acrobatic sessions

Musical Theatre, Street Dance,
Freestyle, Jazz, Lyrical,
Contemporary, Acrobatics, Baby
ballet

Tuesday evening

5-5.45pm Acrobatic Dance (4-11)

Thursday evening

4-4.45 pm Little Movers Dance Mix (age 3-6)

4.45-5.30pm Junior Dance Mix (age 7-11)

**5.30-6.15pm Junior fusion Session
(ability based)**

0750 771 3438

racheldance@live.co.uk

**Studio: The Beechfield Centre, Beechfield Road,
Fremington, Barnstaple, EX31 3DD**



Acrobatics at Dance Attack

TUESDAY EVENING

5-5.45PM

**THE BEECHFIELD CENTRE
BEECHFIELD ROAD
FREMINGTON EX31 3DD**

PRIMARY SCHOOL AGE 4-11

£5 PER SESSION



More information

0750 771 3438


racheldance@live.co.uk






1	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Margherita Pizza with Potato Wedges (v)	Chicken Curry with Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Sausage Pinwheel, Herby Diced Potatoes & Baked Beans	Fish Fingers & Chips
Hot Option 2	Sweet Potato and Lentil Curry with Steamed Rice (v)	Cheese and Tomato Pasta Bake & Crusty Bread (v)	Lentil Roast with Stuffing, Roast Potatoes and Gravy (v)	Plant-based Sausage Pinwheel, Herby Diced Potatoes & Baked Beans (v)	Golden Veggie Goujons & Chips (v)
Jacket Potato	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo
Served with	Sweetcorn	Mixed Vegetables	Carrots and Green Beans	Mixed Salad	Peas or Baked Beans
And for Pudding	Pip Organic Ice Lolly	Brownie	Flapjack	Fruit Jelly	Shortbread Biscuit
Packed Lunch + pudding of the day	Tuna Baguette	Ham Baguette	Cheese Baguette	Ham Baguette	Cheese Baguette

Week One: 21 Apr | 12 May | 9 Jun | 30 Jun | 21 Jul | 15 Sept | 6 Oct



2	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Mac n Cheese & Crusty Bread (v)	Sweet & Sour Chicken with Steamed Rice	Honey Roast Gammon with Mash & Gravy	Meatballs in Tomato Sauce with Pasta	Chicken Bites & Chips
Hot Option 2	Sweet and Sour Plant Balls with Steamed Rice (v)	Cheese and Tomato Pasta Bake (v) & Crusty Bread	Vegemince Cottage Pie & Gravy (v)	Plant-based Sausages in Tomato Sauce with Pasta (v)	Vegetarian Enchilada & Chips (v)
Jacket Potato	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo
Served with	Mixed Vegetables	Sweetcorn	Peas and Carrots	Mixed Salad	Peas or Baked Beans
And for Pudding	Pip Organic Ice Lolly	Oaty Cookie	Toffee Cream Shortcake	Jam Sponge & Coconut	Chocolate Shortbread
Packed Lunch + pudding of the day	Tuna Baguette	Ham Baguette	Cheese Baguette	Ham Baguette	Cheese Baguette

Week Two: 28 Apr | 19 May | 16 Jun | 7 Jul | 1 Sept | 22 Sept | 13 Oct



3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Option 1	Cheese and Tomato Pizza Swirl with Potato Wedges (v)	Lasagne & Garlic Bread	Sausages Yorkshire Pudding Mashed Potato & Gravy	Breaded Chicken, Lettuce and Mayo Wrap with Steamed Rice	Fish Fingers & Chips
Hot Option 2	Vegemince Bolognese with Pasta (v)	Loaded Bean Bake & Garlic Bread (v)	Plant-based Sausages Yorkshire Pudding Mashed Potato & Gravy (v)	Tomato and Courgette Frittata with Potato Wedges (v)	Cheesy Pinwheel & Chips (v)
Jacket Potato	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo	Cheese, Beans or Tuna Mayo
Served with	Peas and Sweetcorn	Mixed Salad	Cabbage and Carrots	Crunchy Salad Sticks	Peas or Baked Beans
And for Pudding	Vanilla Ice Cream	Blueberry Cupcake	Carrot Cake	Chocolate Oatcake	Vanilla Crunch Bar
Packed Lunch + pudding of the day	Tuna Baguette	Ham Baguette	Cheese Baguette	Ham Baguette	Cheese Baguette

Week Three: 5 May | 2 Jun | 23 Jun | 14 Jul | 8 Sept | 29 Sept | 20 Oct

*Available Daily:
Fresh Salad, Bread & Drinking Water + Fresh Fruit or Yoghurt as Pudding Alternatives