



SCHOOL NEWSLETTER

fremington@thsp.org.uk

20th June 2025



Reminder - We are a Nut & Kiwi Free school

Latest News

What a week! Glorious weather was enjoyed by our Year 5 residential group who had a great experience in the Breacon Beacons – climbing, caving, high ropes to name a few. As ever, exceptional respect, manners and kindness were showed by the children – well done.

Our littlest learners ventured to Exmoor Zoo this week, experiencing a range of cats, monkeys, birds and mammals. Again, their attitudes to learning and respecting their environment were fantastic.

A reminder of our sports day celebrations next week - Wednesday 25th June.

KS2 (Year 3, 4, 5 & 6) 9:30 – 11:30am

EYFS & KS1 (N, R, Year 1 & 2): 1:30 – 3pm.

You will have seen an email about the Learning Consultation meetings taking place in July. Please log in to MCAS after 6pm tonight to sign up.

Have a fantastic weekend – enjoy the weather.



Hot Weather Reminder

Please help us to keep your children cool and safe in this hot weather by ensuring that they have sun cream on and a refillable water bottle in school.

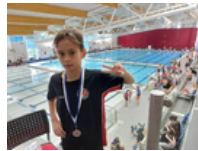
School Development News

Mrs Sluman spent the day with SENDCO colleagues from across the Harbour trust. Members of the Communication and Interaction team delivered training around identifying speech and language needs and the importance of early intervention.

Well Done!

Well done to Eddie who competed on Sunday at the Devon County ASA 2025 Sprint Gala in Plymouth.

His 4PBs across all the strokes lead him to a heat win and silver medal overall for breaststroke!



PERSISTENCE	TEAMWORK	CURIOSITY	COMMUNICATION
★	★	★	★
Award Winners			
Primrose - Butterflies			
Charley R - Dragonflies			
Reeva - Fireflies			
All of Foxes for a fantastic past couple of weeks! - Foxes			
All of Otters for a super learning week - Otters			
All of Hedgehogs for a super learning week - Hedgehogs			
Martha & Maizie - Kestrels			
Max & Sam - Eagles			
Andrew & Phoebe N - Hawks			
Tristan & Hayla - Falcons			
Big Cats Staycation - Panthers & Leopards			
Phoebe & Lily - Lions			
Hope & Amelia - Tigers			
You have all been recognised for your fantastic learning behaviours – WELL DONE!			

SUMMER FAIR

Sunday 29th June
11am to 3pm

Fremington Primary School

£1 entry children free

Join us for lots of fun!

- bouncy castle •
- tin can alley •
- go carts •
- face painting •
- bubble fairy •
- stalls •
- dog and duck show •
- yummy food •
- balloon modelling •
- hook a duck •
- and much much more!

Keep an eye on the Facebook page and News:etter!

Attendance

Great attendance this week! Well done, Year 1!

W/B: 16/06/2025

1	98.1%
2	97.5%
3	97.4%
4	96.7%
5	94.3%
6	96.2%
R	95.1%
Overall	96.5%

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 2
Year 6



Date	Event
Wed 25 th June	Sports Day KS2 (Year 3, 4, 5 & 6) 9:30 – 11:30am EYFS & KS1 (N, R, Year 1 & 2): 1:30 – 3pm.
Thu 26 th June	Y3 Kestrels Learning Showcase 2.30pm. Parents and carers invited into school. Please wait at the playground gate.
Fri 27 th June	Y3 Eagles Learning Showcase 2.30pm Parents and carers invited into school. Please wait at the playground gate
Sun 29 th June	Summer Fair 11am-3pm
Tue 1 st July	Y6 Performance at 2pm. Tickets to follow
Mon 7 th & Wed 9 th July	3.40-5.50 Learning Consultation for Reception to Year 6 meetings Please log in MCAS to book.
Mon 14 th July	INSET Day - Non pupil day
Tue 15 th July	Y1/2 Hedgehogs Learning Showcase 2.30pm Parents and carers invited into school. Please wait at the normal drop off gate
Wed 16 th July	Y1/2 Otters Learning Showcase 2.30pm Parents and carers invited into school. Please wait at the normal drop off door
Thu 17 th July	Y1/2 Foxes Learning Showcase 2.30pm Parents and carers invited into school. Please wait at the normal drop off gate
Wed 23 rd July	Last Day of Summer Term
Thu 4 th September	First Dat of Autumn Term



SUNSET RUNFEST
MULTI-TERRAIN & BEAUTIFUL VIEWS
FRIDAY 20TH JUNE 2025
NORTH DEVON CRICKET CLUB - INSTOW
PRE-REGISTRATION ONLY
@ WWW.FREEMINGTONTRAILBLAZERS.CO.UK

0.5K 2K 5K 10K

UNDER 5YRS WITHADULT 6:30PM £3	KIDS RACE 5-14 YRS 6:30PM £6	11YRS + 7:15PM £17	15YRS + 7:15PM £20
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MEDALS INCLUDED. REFRESHMENTS AVAILABLE
RACE DISTANCES ARE APPROXIMATE
£2 DISCOUNT FOR EA/ARC AFFILIATED RUNNERS

PhillipsSmith & Dunn WORK IT WOOLACOMBE BAY BREND
SARL BEW Pflon 50% OFF LADKICE



Girls' Softball Cricket
Turn up and Play Sessions
at Bideford CC
Monday 16th June 6pm onwards
Sunday 6th July 10am-1pm

GIRL POWER.

FREE YEARS 4-8

To register contact Martin on
martin.brice@devoncricket.co.uk



ROMAR SPORTS 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>



HAF SUMMER ACTIVITY DAYS
FREE (Government funded)
Where: Eden Park Academy

BOOK NOW

TIME: 9-1 EXTENDED OPTIONS AVAILABLE

DATES:
Monday 28th July - Friday 1st August
Monday 4th August - Friday 8th August
Monday 11th August - Tuesday 12th August

PRIMARY SPORTS & EDUCATION

For More information, contact us :
07789954068
north.devon@primary-sports.co.uk
07531530131

www.primary-sports.co.uk



HAF SUMMER ACTIVITY DAYS
FREE (Government funded)
Where: STICKLEPATH COMMUNITY PRIMARY ACADEMY

BOOK NOW

TIME: 9-1 EXTENDED OPTIONS AVAILABLE

DATES:
Monday 28th July - Friday 1st August
Monday 4th August - Friday 8th August
Monday 11th August - Friday 15th August
Monday 18th August

PRIMARY SPORTS & EDUCATION

For More information, contact us :
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Here to help with energy advice

We know the school holidays can be an expensive time.

Our dedicated energy team can run through tips to help you cut your bills, check your entitlement for benefits or see if you can claim any grants.

If you're on a prepayment meter, we might also be able to issue you with vouchers to keep you topped up over the holidays.

01237 879233
www.citizensadvicectnmwd.org.uk/energyadvice

citizens advice Torridge, North, Mid & West Devon

Summer Holiday Tennis Camps



*Develop your child's tennis whilst having fun, making friends & playing games.
Our dedicated, passionate & engaging coaches welcome all ages & abilities in great locations.*

Summer Holidays

Junior Camp

5 - 12 yr olds | 10am - 1pm | £15 per day or two children for £25 (Siblings or Friends)

Week 1

Mon 28th July – Braunton
Tues 29th July - Rock Park
Wed 30th July – Braunton
Thurs 31st July - Rock Park
Fri 1st Aug – Braunton

Week 2

Mon 4th Aug - Rock Park
Tues 5th Aug – Braunton
Wed 6th Aug - Rock Park
Thurs 7th Aug – Braunton
Fri 8th Aug - Rock Park

Week 3

Mon 11th Aug - Braunton
Tues 12th Aug - Rock Park
Wed 13th Aug - Braunton
Thurs 14th Aug - Rock Park
Fri 15th Aug - Braunton

Teen Camp

12 - 16 yr olds | 10am - 1pm | £15 per day or two children for £25 (Siblings or Friends)

Dates

Mon 28th July - Braunton
Wed 30th July - Braunton
Fri 1st Aug - Braunton
Tues 5th Aug - Braunton
Thurs 7th Aug - Braunton
Mon 11th Aug - Braunton

Locations

Barnstaple Park Lane Tennis Club, Rock Park, EX32 9AH
Braunton Braunton Tennis Club, Wrafton Road, EX33 2BP

To book email: bookings@devonshiretennisacademy.com

www.devonshiretennisacademy.com

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Bamsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday®

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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