



SCHOOL NEWSLETTER

fremington@thsp.org.uk

14th July 2025



Reminder - We are a Nut & Kiwi Free school



Latest News

What a fantastically hot, exciting week we have had! There has been transition to new classes, trips to the beach, trips to Rosemoor, Learning Consultations and even a sleepover planned for Friday night.

New learning has also been happening – I've been told all about the Great Barrier Reef, food chains and Greek Gods this week.

Attendance continues to be really important as teachers cover new content but also recap any missed learning or misconceptions. Every day at school counts – academically and socially.

Reading

There are lots of exciting reading incentives happening over the summer holidays!

[Reading Challenges - Libraries Unlimited](#) – sign up at a local library
[Summer Reading Challenge](#) – online option

On Wednesday the Reception girls embraced the Women's Euros and took to the playground for a girls only fun football session. They practiced their passing and stopping skills, then got into teams for a nail biting game! The game finished as a 2-2 draw with massive effort and enthusiasm from everyone who took part. Some future Lionesses' maybe??? Mrs Gilbert also joined in and even did a stint in goal! Well done to everyone who took part.



Protected Characteristics

Fremington Primary School is committed to being a safe and welcoming place, showing support and solidarity for all, staff, students and visitors, in line with the Equality Act protected characteristics.

Dinner Money

Please ensure that all dinner money debts are cleared by the end of term.

Any accounts that are in credit at the end of this academic year will be rolled over to the next academic year - unless your child is currently in year 6, these will be refunded.

Attendance

Great attendance this week! Well done, Year 2!

W/B: 30/06/2025	
1	95.5%
2	97.2%
3	96.6%
4	95.8%
5	94.9%
6	96.2%
Overall	96.1%



How's the hunting going? Thanks to those of you who have returned school books 😊

Date	Event
Mon 14th July	INSET Day - Non pupil day
Tue 15th July	Y1/2 Hedgehogs Learning Showcase 2.30pm Parents and carers invited into school. Please wait at the normal drop off gate
Wed 16th July	Y1/2 Otters Learning Showcase 2.30pm Parents and carers invited into school. Please wait at the normal drop off door
Thu 17th July	Y1/2 Foxes Learning Showcase 2.30pm Parents and carers invited into school. Please wait at the normal drop off gate
Wed 23rd July	Last Day of Summer Term
Thu 4th September	First Day of Autumn Term

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

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Famously delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about APPLE IPADS

Tablets remain a staple of children's digital lives – and Apple's iPad is by far the most popular model. According to Ofcom, over half of younger children regularly use a tablet to play games, watch online content or access apps. With their broad functionality, iPads can be helpful tools, but without supervision, they may expose children to risks ranging from inappropriate content to screen overuse.

WHAT ARE THE RISKS?

COSTLY TO REPAIR

Unlike some child-friendly tablets, the iPad is not built for rough handling. Its slim design and high cost mean that a drop or spill can result in a costly repair. If a child is using the device regularly, a sturdy case and screen protector are strongly recommended to help prevent accidental damage.

DATA PRIVACY

While Apple is known for strong privacy protections, a recent study found that many iOS apps aimed at children still share personal data. Over 40% of the tested apps sent at least one piece of user information to third parties, raising concerns about advertising and analytics being targeted at underage users.

INAPPROPRIATE CONTENT

The App Store and Safari browser provide almost unrestricted access to online material. Children may stumble upon age-inappropriate content, whether through apps, advertisements or online searches. Even recommended content algorithms can surface unsuitable material.

BYPASSING RESTRICTIONS

Siri – Apple's voice assistant – can potentially override restrictions, especially with the newer Siri Shortcuts commands introduced through Apple install guides. Without safeguards in place, children may inadvertently access inappropriate topics simply by asking a question, bypassing certain filters previously set by adults.

SCREEN ADDICTION

iPads can be highly immersive, and excessive screen time may affect a child's emotional and behavioral development. Signs of overuse might include mood swings, irritability, and difficulty focusing on non-digital activities.

REDUCED ATTENTION & COGNITIVE IMPACT

Prolonged use of tablets has been linked with reduced memory, slower processing speeds and difficulties in concentrating. Research shows that children who spend excessive time gaming or consuming media on tablets may struggle with language development and executive functioning over time.

Advice for Parents & Educators

ENABLE FAMILY SHARING

Family Sharing allows you to create a dedicated Apple ID for your child and manage their activity. You can approve purchases, control what content they can access, and set time limits – all done remotely from your own device. It's a simple but powerful way to maintain oversight.

FILTER APPS, WEBSITES & IN-APP PURCHASES

Parental controls in iOS let you block explicit content in Safari, restrict app downloads, and manage in-app purchase permissions. You can also filter websites automatically to prevent access to adult material and disable the installation of certain app types completely.

USE SCREEN TIME FEATURES EFFECTIVELY

Tools like Downtime and App Limits can reduce device overuse. Downtime allows you to block access during key times – such as before bed or during homework – while App Limits sets daily time caps on specific games or apps. Alerts help children anticipate when their time is almost up.

PREVENT UNAPPROVED SPENDING

Children can accidentally (or intentionally) make purchases within apps. Activating Ask to Buy under Family Sharing ensures you receive a notification to approve any app or in-app purchase. This stops surprise charges and allows you to discuss purchases together before they're made.

Meet Our Expert

Carly Page is a seasoned technology journalist with over a decade of experience. Formerly a senior cybersecurity reporter at TechCrunch, Carly now writes for publications including Wired, Forbes, TechRadar, and iFixit. With a deep understanding of online safety, she brings a valuable perspective to parenting in the digital age.

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PERSISTENCE	TEAMWORK	CURIOSITY	COMMUNICATION
★	★	★	★
Award Winners			
Nancy C - Butterflies - Dragonflies			
All of Fireflies - Fireflies - Foxes - Otters - Hedgehogs			
Oscar A and Esmae - Kestrels - Eagles			
Charlie and Sofia Z - Hawks Albie And Louis - Falcons Bella - Rose And Lewis - Panthers			
Finlay C - Leopards - Lions - Tigers			
You have all been recognised for your fantastic learning behaviours – WELL DONE!			

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

Summer Holiday Tennis Camps

www.devonshiretennisacademy.com



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 To book email: bookings@devonshiretennisacademy.com

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 yrolds | 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

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

Locations
Barnstaple
Braunton



Y6 PARENTS/CARERS
You are invited to an online workshop:
SUPPORTING A SUCCESSFUL SECONDARY SCHOOL TRANSITION
DATE - TUESDAY 5TH AUGUST 2025
TIME - 15:45 - 16:45
ONLINE VIA TEAMS (Joining code below)

- Discuss the common secondary transition concerns.
- Helpful tips to support your child's mental health during the transition.
- Explore signs and reasons for worries about change.

Microsoft Teams
Meeting ID: 379 847 996 671 5
Passcode: 6c3FE33U
Join us online

FOOTBALL HOLIDAY CLUB
Join us this summer for fun filled days of football games, competitions & prizes
Girls & Boys / All abilities
Ages 5 - 15 years

Every Tuesday, Wednesday & Thursday
Starting on 29/7 until 28/8 9am - 4pm
TARKA LEISURE CENTRE, BARNSTAPLE

Use discount code RYB357
10% OFF

Weds 30 July, 6, 13, 20 & 27 August | 9am - 4pm
KINGSLEY SCHOOL, BIDEFORD

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 07531530131
north.devon@primary-sports.co.uk
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

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Feast on the Field

Tuesday 15th July

Chicken Burger in a Bap*
or
Veggie Burger in a Bap* (v)

served with:
Potato Wedges
Salad Sticks


and for pudding:
Vanilla Ice Cream Pot*

*Allergies aware options also available
Please ask your Kitchen Manager




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