



# SCHOOL NEWSLETTER

fremington@thsp.org.uk

18th July 2025



Reminder - We are a Nut & Kiwi Free school



## Latest News

Last Friday night we welcomed Year 3 back into school for our Big Sleepover! They completed orienteering activities, played games and had a lovely time spending time together. Children slept in the hall and classrooms – very exciting!

This has been a busy week for our Year 6 children: a day at the Milky Way to celebrate their hard work and the end of their Primary chapter. They also spent time with other Year 6 children at a local Athletics event at Pilton Community College. We also celebrated our Year 6 football finalists who competed this week showing great sportsmanship and teamwork – well done!

Lots of classes have finished their recent writing units, producing some fantastic pieces of work to culminate the past year's learning. Year 1 /2 classes all enjoyed spending time with their grown ups making their tasty fruit and vegetable kebabs, showing off their knife skills!

Next week our brilliant PTFA have funded a performance of Signal of the Seas from a local theatre company to celebrate the end of the school year. Thank you PTFA!

## School Development News

On Monday, staff accessed a range of training during the non-pupil day. Meal-time assistants spent time with Mrs Gilbert looking at de-escalation techniques, whilst teaching assistants fed back to Mrs Sluman about how they are finding our new maths intervention, Numberstacks. Teachers reflected on the curriculum this year – asking themselves, what worked well and what can we do better next year?

## Reading

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

Reading Challenges - Libraries Unlimited – You can sign up at a local library for this one,

Summer Reading Challenge – Or this is a great online alternative.



## Freezy Fridays

A huge thank you from the Year 6 children for your support buying Ice Poles as part of their fundraising mission.



## Attendance

Great attendance this week! Well done, Year 2!

W/B: 14/07/2025	
1	89.8%
2	88.0%
3	97.1%
4	96.2%
5	94.0%
6	95.7%
R	90.4%
Overall	93.4%

'A very big thank you for the support you have given your PTFA this year but especially for the Summer Fair, which I hope you agree was another epic event ... raising over £1,300. This along with everything else raised this year has helped the PTFA to support the school not only with buying resources etc but also to give the children fun surprises and experiences over the year (see photo for what your amazing PTFA have organised etc this year).

Talking of surprises, your PTFA have one last surprise for your children this year ... on Tuesday 22nd July a theatre group are coming to school for all the children. The Paddleboat Theatre Company will be doing a show called "Signals of the Sea".

So, thank you again and we look forward to organising more fun events next year, raising funds for YOUR children at Fremington.

If you would like to join this amazing group of people or can volunteer with whatever time you can, please go the PTFA Facebook page.

See you next year  
Your PTFA'

### What a great year 🥳!!

What the PTFA have achieved with your support and help.

- 🌟 we bought ALL the year 6 good quality leavers hoodies!
- 🌟 £500 per EACH YEAR group to help pay for the school trips to make them happen!
- 🌟 bought and wrapped all books delivered by Santa 📖
- 🌟 Easter parade 🥰 which the kids adored
- 🌟 Easter cake 🍰 sale fun
- 🌟 Book Authors from Appledore book festival and a beautiful book to take home
- 🌟 Spring 🎉 disco
- 🌟 Halloween 🎉 disco
- 🌟 Elfridges fun for the kids picking some presents 📖
- 🌟 circus visit for the whole school 2024
- 🌟 A great treat/visit planned for all the kids planned for last week of school 2025!

Show your support for the school and children

Date	Event
Mon 21st July	Year 6 Leaver's Assembly 2pm
Tue 22nd July	Signals of the Sea Production funded by the PTFA.
Wed 23rd July	Last Day of Summer Term
Wed 23rd July	Year 6 Leaver's procession 3.15pm Y6 parents to gather in the car park
Thu 4th September	First Day of Autumn Term Gates open for drop off: 8.40am (Years 1-6) 8.45am (Nursery and Reception) Gates open for collection: 3.15pm (Years 1-6) 3.20pm (Nursery and Reception)

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 have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators

# STAYING SAFE AROUND WATER

Enjoying time in, on, and around water plays a vital role in a young person's overall development, offering a healthy and exhilarating way to have fun. This guide outlines essential safety advice, based on the Royal Life Saving Society UK's Water Safety Code, to help ensure children can enjoy swimming and similar activities safely and responsibly.

- STICK TO LIFEGUARDED AREAS**  
It's never advisable to enter unpatrolled bodies of water, especially rivers. Instead, it's considered best practice to accompany children to places with lifeguards, so they will be looked after in an emergency and provide first aid when needed.
- LEARN SIGNS AND FLAGS**  
When going to a new environment, it's important to research the local area and make children aware of safety signs before entering the water. If visiting the beach, make sure children are always supervised by an adult and that they know what different beach flags mean, so they're knowledgeable of where and when they can enter the sea.
- STOP AND THINK**  
Young people should be cautious before entering water, as it's difficult to know what hazards could be underneath. Use the Water Safety Code and encourage children to ask themselves questions such as, "Is the water too deep or too shallow? Are there currents, tides, or underwater objects?" Make sure children never enter water from a height, as what falls below could cause serious injuries.
- CONSIDER WATER TEMPERATURE**  
Even on hot days, water can be deceptively cool. Hypothermia starts when young people experience cold water shock. Never let children enter water quickly. Instead, ensure that they enter slowly and carefully to allow their bodies to adjust to the temperature or exit safely if needed.
- INFLATABLE SAFETY**  
Although inflatables may seem like a fun idea when visiting locations like the beach, they can float further out from shore and into more dangerous water. It's advisable only to use inflatables in spaces like appropriately managed swimming pools, where they're used in more controlled and supervised environments.
- SUPERVISION IS KEY**  
For young children, and particularly those under the age of five, it's important for them to be supervised at home, outside and at the pool at all times. It's essential for parents and educators to understand that young children can drown quickly and silently; therefore, anyone supervising them must maintain constant watch in case they get into difficulty.
- DON'T GO TOO FAR**  
When swimming, especially in open water, it's best to teach children to stay within a safe depth. These advice with them such as only entering water up to a standing depth, and in the case of exiting the beach, swim parallel to shorelines. This will allow a child to stay in control and get out of the water easily.
- KEEP POOLS AND TUBS DRAINED**  
For parents of young children, a simple way to protect them at home is to keep outdoor spaces and basements dry after rain. This includes removing water from pooling pools after use and turning them over, returning lids to hot tubs and taking toys out of bathtubs, so all water can be fully drained from the tub.
- FLOAT AND CALL 999**  
If a child gets into difficulty in the water, they should try to float on their back, stay calm, and call for help. If a young person sees someone else in trouble, they should call 999 or 112, immediately then try to reassure their friend, encourage them to float on their back, and letting them know that help is on the way. Children should never enter the water to attempt a rescue or retrieve belongings.
- TEACH WATER SAFETY**  
Beyond swimming lessons, children should be educated in about water safety. Use RLS UK's accredited programme, "Water Smart Schools", which offers free lesson plans and resources on how to be safe on, near and around water by following the Water Safety Code.

**Meet Our Expert**  
The Royal Life Saving Society UK (RLSS UK) is a national water safety charity that gives children the chance to enjoy a lifetime of fun in the water. Water safety education provided in schools is vital and, in some instances, could be a child's only opportunity to learn about the water.

#WakeUpWednesday The National College

@wake\_up\_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

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PERSISTENCE	TEAMWORK	CURIOSITY	COMMUNICATION
★	★	★	★

**Award Winners**

- Butterflies

Whole Class - Dragonflies!

- Fireflies
- Foxes
- Otters
- Hedgehogs

Oscar I and Penny - Kestrels

Holly, Aria, Betsy and Molly - Eagles

Oliver and Rory - Hawks

- Falcons

Aidan and Elena - Panthers

Lily S and Andrew - Leopards


Troy and Kendall - Lions

- Tigers

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

**Swimming**

Swimming has now finished for this term. We will recommence school swimming lessons in the Spring term.



# Summer Holiday Tennis Camps

[www.devonshiretennisacademy.com](http://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](mailto: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

**AFTER SCHOOL FOOTBALL**

Join our fun filled after school football club  
PE or sports wear, water bottle & shin pads recommended  
Girls & Boys

<https://romar-sports.classforkids.io/info/1292>

Monday | years 3 - 6 | 3.25 - 4.25pm  
08/09/25 - 08/12/25 | 13 weeks  
£78  
FREMINGTON PRIMARY SCHOOL

## HAF SUMMER ACTIVITY DAYS

FREE (Government funded)

BOOK NOW

Where: **Eden Park Academy**

TIME: 9-1 EXTENDED OPTIONS AVAILABLE

DATES:  
Monday 28<sup>th</sup> July - Friday 1<sup>st</sup> August  
Monday 4<sup>th</sup> August - Friday 8<sup>th</sup> August  
Monday 11<sup>th</sup> August - Tuesday 12<sup>th</sup> 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)

BOOK NOW

Where: **STICKLEPATH COMMUNITY PRIMARY ACADEMY**

TIME: 9-1 EXTENDED OPTIONS AVAILABLE

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

PRIMARY SPORTS & EDUCATION

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www.primary-sports.co.uk

## 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

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

Use discount code **RYB357**  
**10% OFF**

## 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: Ge3FE33U

Join us online

## CALENDAR OF EVENTS

### FREE FAMILY FUN WITH THE NORTHAM BURROWS RANGERS

Throughout the summer holidays - free trail and craft activities - pop to the visitor centre to join in.

Thurs 24th July	Poisonous plants guided walk	Meet at the Northam Burrows Visitor Centre at 2pm.
Tues 29th July	Big seaweed search	On the beach near Sandymere lifeguard hut.
Thurs 31st July	Big butterfly count	Drop in at the Northam Burrows Visitor Centre.
Tues 5th Aug	Teddy bears' picnic	Stories and crafts on the grass by the Visitor Centre.
Thurs 7th Aug	Bumblebee safari	Meet at the Northam Burrows Visitor Centre at 2pm.
Tues 12th Aug	Rockpool ramble	Look for the blue banner near the W. Hill slipway.
Thurs 14th Aug	Sandcastle competition	On the beach near Sandymere lifeguard hut.
Tues 19th Aug	PIRATE DAY! Trail & crafts	Drop in at the Northam Burrows Visitor Centre.
Thurs 21st Aug	Flying high - Kites and gliders	Drop in at the Northam Burrows Visitor Centre.
Tues 26th Aug	Great nurdle search	Drop in at the Northam Burrows Visitor Centre.
Thurs 28th Aug	Art on the beach!	Drop in on the beach near Sandymere lifeguard hut.

Activities run from 2pm to 4pm unless otherwise stated. Children must be accompanied by an adult. No booking required. For full details of each event, visit our website and social media pages or check the posters at the Visitor Centre and toll booths.

northam.burrows@torridge.gov.uk  
01237 419708

## LOTS OF ACTIVITIES!! MONDAY, WEDNESDAY & FRIDAY'S

### COOK STARS

### DEVON SCIENCE

5-11 YEARS

LET'S GO

Ashleigh Church of England Primary School  
Devon Road, Barnstaple, EX32 8LJ

Ferdinand Collective

## GREEN PATHS CIC FAMILIES DAYS

28/30/31/1ST JULY/AUGUST

NATIONAL TRUST ARLINGTON COURT

Book now

Contact Us: 07814428000

www.greenpathsarlington.co.uk

## What Parents & Educators Need to Know about AI-ENABLED SCAMS

### AI-ENABLED SCAMS

A sophisticated AI is quickly becoming a widely used tool, with lots of positive opportunities being discovered and developed. Sadly, however, so have novel scamming techniques, using generative AI to create highly convincing and personalized messages, images and audio.

**WHAT ARE THE RISKS?**

- PHISHING EMAILS: BETTER & QUICKER**  
Phishing emails - usually designed to trick you into revealing sensitive information like your login details or credit card information - are becoming more sophisticated. AI can generate highly convincing and personalized phishing emails that are more likely to be opened and clicked on than traditional phishing emails.
- ONLINE MARKETPLACE FRAUD**  
AI can be used to generate highly convincing and personalized messages that are designed to trick you into revealing sensitive information like your login details or credit card information.
- VOICE IMPERSONATION**  
AI can be used to generate highly convincing and personalized voice messages that are designed to trick you into revealing sensitive information like your login details or credit card information.
- EMPLOYMENT SCAMS**  
Using AI to generate highly convincing and personalized messages that are designed to trick you into revealing sensitive information like your login details or credit card information.
- INFLUENCER & INVESTMENT SCAMS**  
AI can be used to generate highly convincing and personalized messages that are designed to trick you into revealing sensitive information like your login details or credit card information.
- ROMANCE SCAMS & SEXTORTION**  
AI can be used to generate highly convincing and personalized messages that are designed to trick you into revealing sensitive information like your login details or credit card information.

### Advice for Parents & Educators

- THINK CRITICALLY**  
Always be suspicious of unsolicited emails and messages, especially those that ask you to click on links or download attachments. If you are unsure, do not click on the link or download the attachment. Instead, contact the sender directly to verify the message.
- USE TRUSTWORTHY SITES AND SERVICES**  
Only use trusted websites and services, especially those that are well-known and have a good reputation. Avoid using unknown or suspicious websites and services.
- SEEK TO VERIFY**  
Always verify the identity of the sender of any message, especially if it is from someone you do not know. Do not provide sensitive information until you are sure of the sender's identity.
- REPORT IT**  
If you receive a suspicious message, report it to the appropriate authorities, such as the National Cyber Security Centre (NCSC) or the Action Fraud team.

What Our Expert  
Vicky Houghton, the founder of AI of children's digital safety, explains how AI is being used to create highly convincing and personalized messages that are designed to trick you into revealing sensitive information like your login details or credit card information.


WakeUp Wednesday  
The National College

WakeUp Wednesday




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