



SCHOOL NEWSLETTER

fremington@thsp.org.uk

17th October 2025



Reminder - We are a
Nut & Kiwi Free school

Latest News

What another fabulous week of learning across the school!

Yesterday we had the pleasure of taking 47-Key Stage 2 students to the Stephen Shield Cross Country Event at Torrington. Children were an absolute delight to take and displayed fantastic spirit across the morning, encouraging one another to do their best. All the runners did fantastically well, a special mention should go to Ruby who achieved 5th position – the highest Fremington-placed finisher!

Across the rest of the school, the sound of Harvest songs have been ringing out of classrooms and sounding fantastic. We are looking forward to visiting the church next week to celebrate Harvest.

Have a wonderful weekend!



Year 6 Secondary Transition

I have written to parents/carers of Year 6 children today to remind you that you have two weeks left to apply for your child's secondary place.

Please ensure that you act on this prior to the deadline (31/10/25) to ensure the best chance of getting the school place that you desire.

Can you help?

We would like to create a water wall in the Reception outdoor area and need some 'pre-loved' resources! If you have any gutters, pipes, cable ties, funnels, PVC pipe connectors etc that are lying around in your garden/business and are no longer needed we would love to take them off your hands!

Thanks in advance,
Mrs Swift

Fremington Foodbank - Happy Hour



Fremington foodbank operates Fridays 10:30 - 1:30 in the church hall at St Peters Church Fremington.

Happy Hour

For the last hour (12:30 - 1:30) you can access this service with no need for a food voucher. Often the foodbank has surplus stock donated from the supermarkets and want to share this with the community rather than it going to waste. Please take a bag and see what they have to offer.

If you would like more information or to donate to the foodbank please see the 'Fremington foodbank' Facebook page.

Harvest Festival

To celebrate Harvest, all children will be heading to St Peter's Church on Monday 20th October to take part in a short service. Parents and carers are very welcome to join us for this event. It might be a squeeze so please prepare to stand!

Your harvest donations at church on Monday will be going to the Fremington Food Bank. Come along to St. Peter's Church Hall on Friday, 24th from 12.30-1.30pm to see how your donations are being used and distributed, join us for Happy Hour when anyone can pick up some food, drop off some food or have a cuppa and if you want to get ahead of the game for Children in Need Day, bring along a plain t-shirt as we'll have fabric pens and paints for you to make them spotty! We will also have school uniform available to pick up.

Do come along!

Service 1: 12:40pm start

Periwinkles
Starfish
Stoats
Kites
Grey Seals
Red Deer

Service 2: 2:10pm start

Otters
Polecats
Tawny Owls
Puffins
Porpoises
Badgers



Award Winners

Hallie H - Periwinkles

Phoebe H & Rex B - Starfish

All of Polecats Class for their writing this week - Polecats

Oliver T & Reeva G - Stoats

Jordan H & Jaxon O - Otters

Martha B & Luna Summers - Kites

Xavier G & Hollie H - Puffins

Lucy B & Eillee-Mei W - Tawny Owls

Thomas L & Harper S - Porpoises

Oakley N & Tianna B - Grey Seals

Finley H & Isla H - Red Deer

Oakley W & Zack B - Badgers

Congratulations to all our winners!

Attendance

It is very close for Key Stage 2 this week but well done to Year 5 for great attendance!

W/B: 13/10/2025	
1	93.2%
2	95.9%
3	95.9%
4	96.2%
5	96.6%
6	96.4%
Overall	95.8%

★ Upcoming PTFA Events ★

- ★ Thursday 23rd October - Non Uniform Day - Donations of unwanted gift sets, chocolates, biscuits.
- ★ Thursday 6th November - Disco Time (See attached poster and posters around school for more details).
- ★ Thursday 4th December: Wreath making evening (more details to follow)
- ★ Friday 5th December: Elfridges (gift order forms coming out after half term)

PTFA will also be running THE BIG CHRISTMAS RAFFLE (more details to follow)



Calendar



Monday 20th October - Harvest Festival at St Peter's Church

Tuesday 21st October - Year 1 / 2 Stoats - Exmoor Zoo Trip

Wednesday 22nd October - Year 3 Multi Sports Event

Wednesday 22nd October - Year 1 / 2 Otters and Polecats - Exmoor Zoo Trip

Thursday 23rd October - Non Uniform Day - Donations list above

Thursday 23rd October - Year 3 / 4 Learning Showcase at 2.15pm

Friday 24th October - Trust - Non-Pupil Day

Monday 27th October - Friday 31st October - Half Term

Tuesday 25th November - School Photo Day - More information to follow

Wednesday 3rd December - NHS Flu Vaccinations - All Years - Please **OPT IN** if you want your child to have the vaccine.

Thursday 4th December - Year 6 Learning Showcase at 2pm

Friday 5th December - Year 5 Grey Seals Learning Showcase at 2.15pm

Friday 12th December - Year 5 Porpoises Learning Showcase at 2.15pm

Monday 15th December - Nursery and Reception Christmas Sing-a-long at 2.15pm

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

FREMINGTON SCHOOL PTA PRESENT

£3 A TICKET TO INCLUDE DRINKS

TIME TO DISCO

THURSDAY
NOVEMBER
06

NURSERY, RECEPTION & KS1: 4.30 UNTIL 5.15
KS2: 5.30 UNTIL 6.15

TICKETS ON SALE: MONDAY 3RD, TUESDAY 4TH AND WEDNESDAY 5TH NOVEMBER - ALSO AVAILABLE ON THE DOOR



IMS | Instrumental Music Services

Music Lessons at Fremington Primary School




Piano, Violin, Guitar, Singing and Woodwind lessons with Emma



Email: imsnorthdevon@gmail.com






OCTOBER HOLIDAY CLUBS

FOOTBALL FUN FOR GIRLS AND BOYS!





VARIOUS LOCATIONS

9.30am – 3.30pm

Monday 27th – Friday 31st October

AGES 5-14

SKILLS TOURNAMENTS PRIZES FUN, FUN, FUN!





EXETERCCT.ORG

BOOK TODAY

What Parents & Educators Need to Know about MEMES

WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

SPREADING MISINFORMATION



While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

EXPOSURE TO INAPPROPRIATE CONTENT



Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

MASKED MESSAGES



Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control - digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS



Talk regularly with young people and try to understand their online world - discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

MODEL HEALTHY BOUNDARIES



Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

TEACH DIGITAL LITERACY



Help children and young people learn to question where information comes from and whether it's reliable - developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

FOSTER EMPATHY ONLINE



Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



See full reference list on our website



October Half Term 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.*

Junior Camp

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

Dates

Tues 28th Oct - Braunton
Weds 29th Oct - Barnstaple
Thurs 30th Oct - Braunton
Fri 31st Oct - Barnstaple

Teen Camp

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

Dates

Tues 28th Oct - Braunton
Thurs 30th Oct - 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

PRELOVED BABY & CHILDREN'S SALE



SUNday 23
NOVEMBER
2pm - 3.30pm



Roundswell Community Centre

PRELOVED
ITEMS FROM
BIRTH TO
TEENAGERS



TOYS
CLOTHES
BOOKS
& MORE

Save money on high quality, preloved items

Bag yourself a bargain

Book a stall & make some money

£10 for sellers & £1 on door for adults, children free

Free entry after 3pm

Interested in booking a table? contact louise lincoln

07871 951439 or loumoir@hotmail.com or

SEARCH FACEBOOK FOR 'NORTH DEVON PRELOVED BABY & CHILDREN'S SALES'



PRIMARY SCHOOL
BASKETBALL
ATPILTONCOMMUNITY
COLLEGE

For School Years 3,4 and5

On Tuesdays

From 16.15 till 17.15

Cost £4.

'EVERYONE WELCOME'

Year 6 and 7 session follows

at 17.15 to 18.15

For further information please contact David Roper on
07969368553 or davidropersports@gmail.com

NORTH DEVON



BUCKS



FREE **GIRLS ONLY HOLIDAY CLUB** 



FREE Kingsley School 3G, Bideford
Tuesday 27th 10am - 1pm

SPONSORED BY GARAGE PRO AUTOMATIVE LIMITED

SCAN ME 



FREE Tarka 3G, Barnstaple
Monday 27th 10am - 1pm

SPONSORED BY GARAGE PRO AUTOMATIVE LIMITED

SCAN ME 



SPONSORED BY GARAGE PRO AUTOMATIVE LIMITED



FOOTBALL HOLIDAY CLUB



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




27 - 31 OCTOBER | 9am - 4pm
TARKA LEISURE CENTRE, BARNSTAPLE

28 - 29 OCTOBER | 9am - 4pm
THE KINGSLEY SCHOOL, BIDEFORD




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