



# SCHOOL NEWSLETTER

fremington@thsp.org.uk

10th October 2025



Reminder - We are a Nut & Kiwi Free school

## Latest News

### Happy Friday!

What a busy week! Children have been immersed in all sorts of learning: the Early Years have been learning about quantity, a VERY Naughty Bus has been wreaking havoc across KS1 (even sneaking into my office and driving over my foot!), Year 3 / 4 have been planning their 'defeating a monster' story, Year 5 have learnt about food miles and the impact on the environment, and Year 6 have been super scientists - looking at blood clots and how wounds form and heal; ask them about the practical tasks that they have been doing!

We have noticed a growing number of KS2 children arriving at school as early as 8am. These children are unsupervised for 40 minutes – often playing in the road and not always making safe, responsible choices. I ask that you consider making adjustments to your morning routine so that children are arriving at a more reasonable time.

Well done to the handful of children who represented Fremington in the first race of the Bremco cross-country league; it was great to see them tackle the course with grit and determination. You can still sign children up for the remainder of the league by visiting the following website: [BREMCO North Devon Cross Country League - HOME](https://www.bremco.co.uk/cross-country-league-home).

Keep your eyes peeled for upcoming Learning Showcase dates and Christmas events!

Have a super weekend!



## Ferdinand Collective Football Club

Andy from the Ferdinand Collective Football Club (previously Romar), delivered an exciting assembly promoting sport and physical activity. There is still space available in their Monday afternoon football club (held at school). You can find out more information here:

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



## 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 in for this event. It might be a squeeze so please prepare to stand!

Year Group	Items
YN & R	Cereal/granola bars Tinned fruit Pasta
Y1 & 2	Chopped tomatoes White sugar Chocolate bars
Y3&4	Tinned meals (curry, stew etc) Stock cubes Tinned custard/custard powder Vegetable oil
Y5&6	Orange Juice (large and small cartons) Coffee Pot Noodles White flour (self raising and plain)

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

If you feel able to donate, please pass items to your child's class teacher from the week beginning 13th October. Please check that that the food items are unopened and still in date.

PERSEVERANCE



TEAMWORK



CURIOSITY



COMMUNICATION



### Award Winners

Bailey G - Periwinkles

Hattie A & Luca I-L - Starfish

Amaya E & Felix I-L - Polecats

Leo G & Max C - Stoats

Tommy L & Caden W - Otters

Ava Y & Amber B - Kites

Penny C & Millie L - Puffins

Archie W & Nala M - Tawny Owls

Chester B & Chloe B - Porpoises

Archie T & Sophia S - Grey Seals

Lilly W & Andrew M - Red Deer

Jamie B & Elena B - Badgers

**Congratulations to all our winners!**

### Attendance

**Amazing** attendance this week from Year 3! Well done!

W/B: 06/10/2025	
1	85.6%
2	97.6%
3	99.1%
4	92.9%
5	95.4%
6	94.8%
Overall	94.3%

### ★ Update from our PTFA ★

Well, it's that time of year again ... yes Christmas, sorry. The children are busy designing a Christmas Card again this year for you to buy if you wish. The designs will be coming home by this Friday, 10th October and all the information you need on how to buy is on the design sheet. If you do want to buy a product with your child's design on, we will need the design back to send off to the company. If designs could be returned to your child's teacher or the school office no later than Friday 17th October. Any profit goes to the PTFA which will mean they continue to support the school in enriching your child's time at Fremington.

**Thank you in advance, your PTFA**

### ★ Upcoming Events ★

- ★ Wednesday 15th October - Annual General Meeting- Fremington Primary School 6.30pm  
New Members Welcome
- ★ Thursday 23<sup>rd</sup> October - Non Uniform Day - Donations of unwanted gift sets, chocolates, biscuits.
- ★ Thursday 6<sup>th</sup> November - Disco Time (See attached poster and posters around school for more details).
- ★ Thursday 4<sup>th</sup> December: Wreath making evening (more details to follow)
- ★ Friday 5<sup>th</sup> 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 20<sup>th</sup> October** - Harvest Festival at St Peter's Church

**Tuesday 21<sup>st</sup> October** - Year 1 / 2 Stoats - Combe Martin Wildlife Park Trip

**Wednesday 22<sup>nd</sup> October** - Year 3 Multi Sports Event

**Wednesday 22<sup>nd</sup> October** - Year 1 / 2 Otters and Polecats - Combe Martin Wildlife Park Trip

**Thursday 23<sup>rd</sup> October** - Non Uniform Day

**Thursday 23<sup>rd</sup> October** - Year 3 / 4 Learning Showcase

**Friday 24<sup>th</sup> October** - Trust - Non-Pupil Day

**Monday 27<sup>th</sup> October** - Friday 31<sup>st</sup> October - Half Term

**Tuesday 25<sup>th</sup> November** - School Photo Day - More information to follow

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

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

**TIME TO DISCO**

**THURSDAY NOVEMBER 06**

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

**TICKETS ON SALE: MONDAY 2ND, TUESDAY 3RD AND WEDNESDAY 4TH 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](mailto:imsnorthdevon@gmail.com)**

**OCTOBER HOLIDAY CLUBS**

**FOOTBALL FUN FOR GIRLS AND BOYS!**

**VARIOUS LOCATIONS**

**9.30am – 3.30pm**

**Monday 27th – Friday 31st October**

**SKILLS TOURNAMENTS PRIZES FUN, FUN, FUN!**

**AGES 5-14**

**EXETERCCT.ORG**

**BOOK TODAY**

# 10 Top Tips for Parents and Educators

## DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

### 1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

### 2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

### 3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

### 4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

### 5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

### 6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

### 7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

### 8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

### 9 MAINTAIN CONNECTION

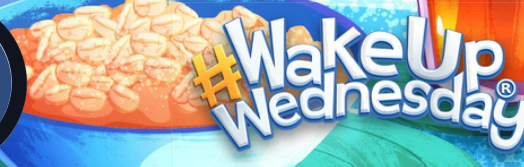
Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

### 10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

## Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



# 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](mailto:bookings@devonshiretennisacademy.com)**

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



**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**

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For further information please contact David Roper on  
07969368553 or [davidropersports@gmail.com](mailto:davidropersports@gmail.com)

**NORTH DEVON**



**BUCKS**



**FREE** **GIRLS ONLY HOLIDAY CLUB**



**FREE** Kingsley School 3G, Bideford  
Tuesday 27<sup>th</sup> 10am - 1pm



**FREE** Tarka 3G, Barnstaple  
Monday 27<sup>th</sup> 10am - 1pm



SPONSORED BY GARAGE PRO AUTOMATIVE LIMITED



**FC DEVON**

**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