



SCHOOL NEWSLETTER

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3rd October
2025



Reminder - We are a
Nut & Kiwi Free school

Latest News

Another busy week of learning at FPS – the Reception children have been mastering their sounds and are already becoming readers! Did you know that we have a fantastic library at school and all children visit to either have a story read to them or to change their own reading books? We have a wide range of texts types available – from picture books, comics, magazines, information texts and lengthy novels! Reading is one of the most powerful tools we can give our children. It nurtures imagination, strengthens language and comprehension skills, and lays the foundation for academic success and lifelong learning. Every book opened is an opportunity for growth, discovery, and connection.

Why not share a book this weekend? An audio book has got me through many an over-tired-Friday-night-dinner with my boys and it is a nice alternative to having the TV on. Alexa and Spotify have excellent options for children’s stories.

Have a great weekend!



Appledore Book Festival

Wow! What a fantastic week of author visits we had last week, thanks to the Appledore Book Festival!

We were lucky enough to welcome Steve Cole, Dave Cousins, Tracey Corderoy, and Sean Taylor to our school. Each author gave an inspiring talk about their journey to becoming a writer and where they find their ideas, hopefully sparking lots of inspiration among our budding young authors at Fremington.

The children loved listening to the authors’ stories, poems, and songs, and Reception even had a go at illustrating! To top it all off, at the end of each visit every child was able to take home a copy of a book by one of our visiting authors.

A huge thank-you goes to our local councillor, Frank Biederman, for generously sponsoring the books for our school.



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 is 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.



Award Winners

Naomi - Periwinkles

Maisie and Archie - Starfish

Brooklyn & Ivy - Polecats

Havaya & Lyra - Stoats

Bridie & Syahaila - Otters

TJ & Harrison - Kites

Hannah & Samuel R - Puffins

Amelia R & Theo - Tawny Owls

Phoebe & Annabelle - Porpoises

Charlie W & Maisie - Grey Seals

Arthur B & Oscar - Red Deer

Franky G & Bella-Rose - Badgers

Congratulations to all our winners!

Attendance

Great attendance this week from Year 4! Well done!

1	91.0%
2	96.7%
3	92.5%
4	98.1%
5	95.1%
6	89.9%

Well done!

Well done and congratulations to Ethan, Meila and all of our Fremington Children who completed their final mile at the weekend to support the Children's Hospice South West!



Polite reminder

Please remember that if you have to pay for your child's school dinners, you will need to pre-load the money on to your child's MCAS account.

Keep your eyes peeled!



Our Autumn / Winter Menu for 2025 / 2026 is coming soon.

Fremington Primary School PTFA



AGM

ANNUAL GENERAL MEETING



Fremington Primary School



Wednesday 15th October 2025
at 6.30pm

**New members
welcome**



Date	Event
Monday 20 th October	Harvest Festival at St Peter's Church
Wednesday 22 nd October	Year 3 Multi Sports Event More details to follow shortly
Friday 24 th October	Trust - Non-Pupil Day
Monday 27 th October - Friday 31 st October	Half Term

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



IMS | Instrumental
Music
Services

Music Lessons at Fremington Primary School



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



Email: imsnorthdevon@gmail.com



What Parents & Educators Need to Know about EA SPORTS FC 26



Our guide looks at the risks surrounding EA Sports FC 26 and our top tips to minimise them. This marks the third year since EA left the FIFA licence, and the game is mostly unchanged from last year. While Kick-Off mode is great for playing with friends and Career Mode allows players to fulfil long-term ambitions as a manager or player, Ultimate Team remains the main draw for many players – and it can get out of hand in terms of how much money players can invest.

WHAT ARE THE RISKS?

AN ANNUAL RELEASE SCHEDULE

As was the case with the last two EA Sports FC games and the FIFA series before it, the franchise rolls out once a year with updated squads and new features. This can make it expensive to keep up with, particularly when so many dedicated players are keen to get their hands on the latest edition.

VOICE CHAT

Voice chat can be enabled across all platforms, meaning young people can speak to anyone they play with or against. While it can be switched off, some children will no doubt want to speak to their friends while they play. This also means they may encounter strangers much older than them, which can expose them to inappropriate language or behaviours.

IN-GAME PURCHASES THROUGH ULTIMATE TEAM

Ultimate Team is the big draw for EA Sports FC, letting players spend real money on packs that they can open to build a squad of the world's best players. They're not always easy to obtain, and new, improved versions of players will be regularly added as limited-time offerings. Young people could feel pressured into spending money and experience fear of missing out.

SCAMMERS IN ULTIMATE TEAM

Ultimate Team is managed by EA itself, but that hasn't stopped scammers from looking to dupe players out of money and in-game coins. Some scammers sell their accounts, which is a violation of EA's terms of service, while others will 'sell' coins – something the developer is still working to crack down on. Some try to gain access to others' accounts, potentially giving them access to payment information.

POTENTIAL FOR ADDICTION

While EA Sports FC is potentially addictive, thanks to its fast-paced gameplay and mirroring of the real-world skill and glamour of football, Ultimate Team's focus on limited-time rewards and the lottery of winning packs can make it feel closer to gambling than gaming, which may lead to addiction and impulsive spending of money.

Advice for Parents & Educators

PREPARE FOR ANOTHER GAME IN A YEAR

The annual-release cadence aligns with the return of the school year, and can be a great way to incentivise good behaviour at the start of term. If children are applying themselves and preparing for a new year of school, or were particularly well behaved in the summer, EA Sports FC 26 could make a great reward.

LIMIT SPENDING

If you're worried about children accidentally spending real money in Ultimate Team, whether in game or on the EA Sports FC companion app, don't link a payment card to their account. Reclaiming funds can be a mountain to climb, and the dopamine hit of opening flashy packs with slick animations means one purchase can lead to another very quickly. It's also worth adding a prepaid card if you'd prefer them to make their own choices with their budget.

MONITOR VOICE CHAT

As in-game chat is open, be sure to adjust the settings in EA Sports FC 26 to lock it down. If children want to chat with their friends while they play, consider setting up a safe space for them to call, to allow them to play without fear of outsiders.

BE VIGILANT

As with last year, there are ways to keep scammers at bay. Ensure passwords are locked down, and consider using a password manager application to keep them secure. EA will never contact players through the game itself, so be vigilant with incoming messages, and block and report suspected spam. EA will contact players by email if needed, but they will never ask for usernames or passwords. Players should also avoid buying in-game currency from unofficial websites – doing so can lead to accounts being banned and could cost players money in the process.

Meet Our Expert

Lloyd Coombes is an experienced freelance writer and has been working in the gaming and tech industry for seven years. A regular visitor to the App Store to try out new tools, he's also a parent and therefore understands the importance of online safety. He's also a tech and fitness writer and has been published at sites including IGN, TechRadar, and plenty more.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/ea-sports-fc-26>



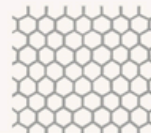
FOOTBALL HOLIDAY CLUB



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