



# SCHOOL NEWSLETTER

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26th September  
2025



Reminder - We are a  
Nut & Kiwi Free school

## Latest News

We were very privileged this week to be joined by a range of fantastic children's authors as part of Appledore Book Fair. Children have drawn like illustrators, enjoyed music and rhythm and created their own characters.

Children have completed their whole school writing project and work will be proudly displayed in the main corridors of the school. It is great to see the progression of writing across the school!



In our emotional literacy work, children have been looking at the emotion 'confusion'. Next week we'll all be learning about: fear.

Finally, the Final Mile is taking place on Sunday afternoon in Rock Park. Hopefully we'll see lots of you there!



Have a wonderful weekend.

## Cross Country Event



Key Stage2 children headed to Pilton Community College this week to take part in a cross-country event. Teachers were very impressed with the children's attitudes and efforts and we came home with some absolutely fantastic results!

Well done, all!



## Harvest Festival

On Monday 20th October, all children will be heading to St Peter's Church to take part in a Harvest Festival. We will be inviting parents to this event and details will follow shortly.

Prior to the Harvest Festival, children will be learning about the celebration of Harvest and the importance of showing compassion for others. Following on from this, we would like to support our local foodbank and our community.

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)

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.

## Attendance

Great attendance this week from Year 2! Well done!

W/B: 22/09/2025

1	95.5%
2	96.8%
3	96.2%
4	93.6%
5	93.2%
6	90.3%
Overall	94.1%

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

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

### PTFA

Your PTFA met this week for a quick meeting to discuss forthcoming events for this term, we have some exciting events coming up, so watch this space in the Newsletter, posters around school and the PTFA Facebook page - <https://www.facebook.com/share/g/1Zft7x7smK/>.

We will be having our AGM on Wednesday 15<sup>th</sup> October at 6.30 here at school. New members are always welcome - please see below poster.



### Award Winners

- Annie - Periwinkles
- Boden & Michael J - Starfish
- Jaxon & Bailey - Polecats
- Phoebe & Evie T - Stoats
- Frankie & Oscar C - Otters
- Max P & Blake G - Kites
- Arthur & All class for participating in Cross Country - Puffins
- Holly S & Brodie H - Tawny Owls
- George B & Ruby E - Porpoises
- Hayla & Elliot - Grey Seals
- Grace W & Summer H - Red Deer
- Lewis H & Sennen C - Badgers

Congratulations to all our winners!

### GTS YEAR 5 AND YEAR 6 - OPEN EVENING

Open Evening on Monday 29<sup>th</sup> September from 6pm - 8pm Staff and pupils look forward to welcoming all Year 5 and Year 6 pupils and their families to our Open Evening. Please arrive early to allow time to be seated in the Drama Studio for the Headteacher's welcome at 6pm. There will be a second introduction at 7pm to allow for numbers. Following a welcome talk from our Headteacher, you will have the opportunity to wander around our school. All department areas will be open and staffed for you to ask any questions you may have about GTS.

To book a place on our tours, please register a place using the link below:

<https://forms.office.com/e/y7m79riFLd>

### ATLANTIC ACADEMY - OPEN EVENTS

#### Open Mornings

9.15am – 11am  
29<sup>th</sup> and 30<sup>th</sup> September 25  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> October 25

#### Open Evening

4pm – 7pm  
1st October 25

# What Parents & Educators Need to Know about YOUTH VIOLENCE

## UNDERSTANDING YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

### WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked. While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

### WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unfamiliar slang, unexplained injuries, fear of school, aggression, going missing, or substance use. They may also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

### ONLINE INFLUENCES

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 70% had seen real-world violence online, and 80% felt less safe in their communities. Alarmingly, 39% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

Opportunity

Community

Wellbeing

Respect

UNCERTAINTY

CONFLICT

FEAR

### WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 36% don't feel safe walking the streets.

### WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

### WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

## Advice for Parents & Educators

### TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

### AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe T's' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

### HELP CHILDREN UNDERSTAND CONSEQUENCES

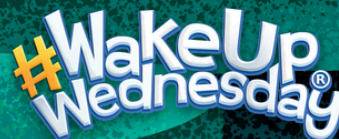
Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

### REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

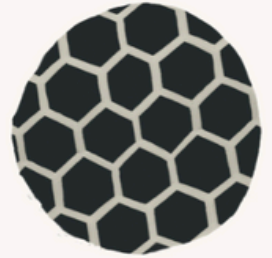
### Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: [benkinsella.org.uk](https://benkinsella.org.uk)





# 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





# 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)






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