



# SCHOOL NEWSLETTER

fremington@thsp.org.uk

12th September 2025



Reminder - We are a  
Nut & Kiwi Free school

## Latest News

We have had a wonderful first week back at school and we are thrilled with how well our children have settled back into our routines. Our new reception and Nursery children already feel like part of the Fremington family, as do our new students in classes across the school. Welcome to all!

This week we have launched our Emotional literacy curriculum and children across the school have been learning all about the emotion: anger! Throughout the week children have explored anger, connected with how it feels to be angry and then made a plan for how to help manage those feelings. Next week we will be learning about the emotion: Calm.



## School Development News

This week we were visited by two members of the Harbour Education Services Team. Leanne Arrowsmith (Harbour Education Partner) and Ashley Leeson (Harbour Senior Primary Advisor) spent the day in school and noted the marked improvement being made in all areas, with a positive staffing team and children on task and working hard.

## Congratulations!

Well done to Reeva who competed in the Malverns Classic Bike Festival over the summer. Reeva raced the balance bike championships over 3 days, placing 3<sup>rd</sup> overall. Reeva loved participating in the racing and was very proud of herself, as are we!



## Secondary School Open Evenings

Lots of our local secondary schools are currently inviting Year 5 and 6 students to visit, with the view to help with the decision-making process around choosing a secondary school. If you wish to take your child out of school to attend an open morning then please inform the office and inform them of lunch choices for that day.

More information can be found below regarding dates and times.

## Attendance

Great attendance this week!  
Well done, Year 4!

W/B: 08/09/2025

1	97.6%
2	96.7%
3	98.4%
4	98.8%
5	97.9%
6	94.5%
Overall	97.4%

## A Polite Reminder About Vaping Near the School Gates

We kindly ask all adults to refrain from vaping while waiting in line to collect children, even outside the school gates. Although this area is technically off school grounds, it is still part of the environment where many children are present. Several parents have raised concerns about their children being exposed to vape smoke while waiting. We appreciate your understanding and cooperation in helping us maintain a healthy and pleasant atmosphere for all our families.



### **Bremco North Devon Cross Country League (Year 3,4,5 & 6)**

Did your children enjoy the cross-country school events last year? Do you want to channel their energy and get them in the great, muddy outdoors? The Bremco North Devon Cross Country League is kicking off at the end of this month and we already have several enthusiastic FPS runners signed up. There are 6 races held over the winter and if children complete 4 of them then they are awarded a medal in a ceremony at West Buckland School. You can find more information and sign up here: [BREMCO North Devon Cross Country League - HOME](#)

### **Uniform**

Children have returned to school looking very smart and proud to be part of our school. A reminder that hooped or dangly earrings are not to be worn to school and children will be asked to remove these (where possible) or cover them with tape. Long hair should be tied back so that it is out of children's faces.

### **Lost Property**

Already lots of unclaimed, unnamed clothes – PLEASE label



### **Beechfield carpark**

Beechfield Car Park is council owned and serves the Beechfield Centre. Whilst the centre users do not mind parents using the car park at drop off and collection time, they kindly ask that vehicles are moved promptly to enable users of the centre to be able to park as they attend events throughout the day. They ask that the Staff Parking spaces are never used, even at the start and the end of the school day. Please be particularly mindful of this request when coming for school performances/learning showcases and find alternative parking in the local area. Thank you in advance for your cooperation.



### **Award Winners**

- Whole Class - Periwinkles
- Whole Class - Starfish
- Noah & Harley - Polecats
- Evie W & Charley - Stoats
- Ayra & Dora - Otters
- Edie & Olivia - Kites
- Wayne - Puffins
- Finley & Paige - Tawny Owls
- Fraser - Porpoises
- Libby V - Grey Seals
- Ruby & Alfie L - Red Deer
- William M & Rachel S - Badgers

### **GTS YEAR 5 AND YEAR 6 - OPEN MORNINGS & OPEN EVENING**

Open Mornings from Monday 22nd September through to Friday 26th September. Arrival from 8.50am. Tours start at 9.05am. See the school in action. This is the ideal opportunity to get a real feel for the atmosphere of the school and ask your tour guides lots of questions. Parents and pupils in Year 5 and Year 6 are welcome to attend our Open Mornings. The morning tours get underway with a welcome talk before having a tour around our school. At the end of the tour, you are welcome to stay for light refreshments and talk to members of our Senior Leadership Team.

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>



## PILTON COMMUNITY COLLEGE OPEN EVENING

Monday, 22nd September 2025 \* Headteacher talks at 6.00 pm & 7.00 pm

OPEN MORNINGS - 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup> September at 0930.

Visit our website or scan the relevant QR code to secure places at one of the evening talks or morning tours.



OPEN EVENING



OPEN MORNINGS



## Choosing your Secondary School?

**Open Evening** Thurs 18th Sept

**Open Mornings** 22nd - 24th Sept



VISIT OUR WEBSITE TO BOOK OR FIND OUT MORE  
[THEPARKSCHOOL.ORG.UK](http://THEPARKSCHOOL.ORG.UK)

OR SCAN THE CODE



### Bideford College

#### Open Mornings

9.15am – 11am

22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> September 25

#### Open Evening

4pm – 7pm

25<sup>th</sup> September 25

### Atlantic Academy

#### 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 CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

## WHAT ARE THE RISKS?

### UNDERMINING TRUST

Conspiracy theories can lead children and young people to distrust democratic institutions and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

### ONLINE ALGORITHM TRAPS

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify their beliefs.

### MENTAL HEALTH IMPACT

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking.

### GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

### CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the conspiracy theory.

### ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

## Advice for Parents & Educators

### I WANT TO BELIEVE

#### CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

#### PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning.

#### MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

#### REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age. Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.

### Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



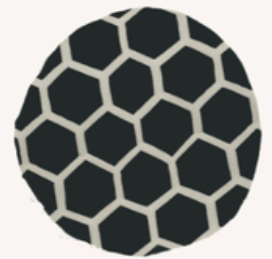
Source: See full reference list on guide page at: <https://nationalcollege.com/guides/conspiracy-theories>



FC  
DEVON



# 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

FREMLINGTON 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