



SCHOOL NEWSLETTER

fremington@thsp.org.uk

7th November
2025



Reminder - We are a
Nut & Kiwi Free school

Latest News

It has been wonderful to welcome students and families back to school after the half term break. I hope that you all had an enjoyable week.

This week saw our Year Sixes jumping on a coach and heading to Escot for an immersive Anglo-Saxon experience to finish off their history learning. Children thoroughly enjoyed the trip and were enthused about putting their classroom learning into practise!

Thursday night saw lots of excited children returning to school for the UV disco. Faces were painted, shapes were thrown and lots of singing to 'Golden' happened. A huge thank you to our wonderful PTFA and the school staff who stayed to support the event. I look forward to sharing how much money we raised!

Lots of you will see how excited I get when I can reunite an owner with their clothing or snack pot at the end of the day. Please, please, please can you grab a Sharpie and write your child's name on their jumpers and coats. On a different, but somewhat related note, we have a huge amount of unclaimed, unnamed lost property left over from last year which is washed and ready for a new home. **If you are in the process of buying new items, please do go to the office first and see if you can help yourself to anything rather than buying new.**

Finally, a huge well done to George (Y3), Caleb (Y4), Ruby (Y5) and Rachel (Y6) who are representing the school in the Bremco Cross Country League. Last weekend saw them racing at Shebbear and I was very proud to see them all running past me with determined smiles on their faces. There are still 4 more races in the league and children from Y3 upwards can sign up here: [BREMCO North Devon Cross Country League - HOME](#).

Please check the calendar below as we have a very busy lead up to Christmas!

Wishing you a fantastic weekend.



Extra-Curricular Clubs

Please note that there will be **no clubs on next week** (week 2) or on the Monday of week 3. This is due to staff hosting Learning Consultations. Wrap-Around Care is open as usual.

Learning Consultations

Learning Consultations are beginning next week – have you booked yours yet? Teachers are looking forward to meeting with you all.

Uniform Expectations!

Please ensure that children are wearing a **school** PE kit on PE days with suitable trainers. For the remainder of the week, children should be in black shoes (trainer style shoes are fine). If you are struggling with uniform, please talk to your child's class teacher.

Attendance

Great effort Year 4!

1	95.5%
2	92.7%
3	96.4%
4	96.5%
5	95.1%
6	88.9%

Admissions Policy for 2027–2028: Annual Consultation

Alongside all other schools and academies in Devon, we are consulting on our admissions policy for 2027–2028. The Local Authority is also consulting on its own admission arrangements. You are invited to review the proposals and share your views. Our proposed policy is available on our admissions page: [Fremington Primary School - Home](#) You can view all policies at <http://devon.cc/schoolpolicy>, and further information is available at www.devon.gov.uk/admissionarrangements.

The formal consultation period runs until 16th January 2026. All policies will be determined on 28th January 2026 and published by 15th March 2026.



Award Winners

- Theo W - Periwinkles
- Iyla-Mae B & Peter W - Starfish
- Isabelle R & Luca J - Polecats
- Edward L & Maxan H - Stoats
- Charlie C & Oliver S - Otters
- Arthur P-T - Cocoon
- Phoebe B & Luna-Rose S - Kites
- Hollie H & Amelia R - Puffins
- Jaycee S-L & Robyn A - Tawny Owls
- Andrew T & Archie P - Porpoises
- Daisy J & Jaxson H - Grey Seals
- Lilly W & Sophie L - Red Deer
- Tommy F & Megan W - Badgers

Congratulations to all our winners!

Well Done!

A huge well done to Eddie who qualified for 2 races at the Level 2 Lindsay Powell Memorial Meet; the 100 IM and 50 IM breast, in which his personal bests earned him silver and bronze medals.



★ **Upcoming PTFA Events** ★

- ★ Thursday 4th December: Wreath making evening (more details to follow)
- ★ Friday 5th December: Elfridges (gift order forms have been sent home)

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



Calendar

Date	Event
Tuesday 11 th and Thursday 13 th November	Learning Consultation Meetings with your child's teacher
Monday 17 th November	Support Consultation meetings
25 th November	Individual and sibling photographs
3 rd December	NHS Flu Vaccinations - All Years - Please OPT IN if you want your child to have the vaccine.
Learning Showcases and Christmas Events	
Thursday 4 th December	Year 6 Learning Showcase 2pm Grey Seal Class (Y5) Learning Showcase 2.15pm
Friday 5 th December	Fremington Christmas Light Switch On Lantern Parade More details to follow
Thursday 11 th December	Christmas Jumper Day raising money for Action for Children Christmas Dinner
Friday 12 th December	Porpoise Class (Y5) Learning Showcase 2.15pm
Monday 15 th December	Nursery and Reception Christmas Sing-a-long 2.15pm
Tuesday 16 th December	Otter Class Christmas Performance
Wednesday 17 th December	Polecat Class Christmas Performance
Thursday 19 th December	Stoat Class Christmas Performance
Friday 20 th December	Last day of term
Tuesday 6 th January 2026	Children return to school

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



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.

Autumn / Winter Dinner Menu

Please check out our NEW Autumn / Winter 2025/2026 Dinner Menu below!

Don't forget that if your child has free school meals or is in Reception, Year 1 or Year 2, there is no charge for their lunch!

All other years there is a charge of £2.60, funds to be loaded via your MCAS account.

1

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	Margherita Pizza with Potato Wedges (v)	Breaded Chicken with Savoury Rice	Roast Turkey with Stuffing, Roast Potatoes and Gravy	Meatballs in Tomato Sauce with Spaghetti	Fish Fingers or Salmon Fish Fingers & Chips
Hot Option 2	Sweet Potato and Lentil Curry with Steamed Rice (v)	Homemade Bean Burger with Savoury Rice (v)	Plant Sausages with Stuffing, Roast Potatoes and Gravy (v)	Tex Mex Chilli Loaded Wedges (v)	Spanish Omelette & Chips (v)
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Baguette	Tuna	Ham	Cheese	Ham	Cheese
Served with	Fresh Seasonal Veg	Sweetcorn	Fresh Carrots & Cabbage	Country Mixed Veg	Peas or Baked Beans
And for Pudding	Vanilla Ice Cream	Sticky Toffee Cake	Iced Shortbread	Apple Crumble & Custard	Chocolate Oatcake with Orange Wedges

Week One: 3 Nov | 24 Nov | 15 Dec | 19 Jan | 9 Feb | 9 Mar | 30 Mar

Fresh Mixed Salad, Bread & Drinking Water & Fresh Fruit or Yoghurt as Pudding Alternatives

2

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	Margherita Pizza with Tomato Pasta (v)	Sausage Pastry Pinwheel with Potato Wedges	Roast Gammon & Roast Potatoes with Gravy	Chicken Burrito Bake with Steamed Rice	Chicken Fillet Bites & Chips
Hot Option 2	Vegemince Bolognese with Pasta (v)	Plant Sausage Pastry Pinwheel with Potato Wedges (v)	Cheese and Potato Pie (v)	Cheese and Tomato Pasta Bake (v)	Veggie Fingers & Chips (v)
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Baguette	Tuna	Ham	Cheese	Ham	Cheese
Served with	Peas & Sweetcorn	Baked Beans	Fresh Carrots & Green Beans	Country Mixed Veg	Peas or Baked Beans
And for Pudding	Vanilla Ice Cream	Shortbread with Apple Wedges	Chocolate Cracknell	Iced Sprinkle Cake	Oaty Cookie

Week Two: 10 Nov | 1 Dec | 5 Jan | 26 Jan | 23 Feb | 16 Mar

Fresh Mixed Salad, Bread & Drinking Water & Fresh Fruit or Yoghurt as Pudding Alternatives

3

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Option 1	Macaroni Cheese & Crusty Bread (v)	Chicken Curry with Steamed Rice	Sausages with Yorkshire Pudding, Mashed Potato & Gravy	Handmade Cottage Pie	Fish Fingers & Chips
Hot Option 2	Vegetable Enchilada (v)	Veggie Curry with Steamed Rice (v)	Plant Sausages with Yorkshire Pudding, Mashed Potato & Gravy (v)	Cheese and Potato Pastry Pinwheel with Potato Wedges (v)	Quorn Nuggets & Chips (v)
Jacket Potato	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna	Cheese, Beans or Tuna
Baguette	Tuna	Ham	Cheese	Ham	Cheese
Served with	Fresh Seasonal Veg	Peas	Fresh Carrots & Peas	Sweetcorn & Broccoli	Peas or Baked Beans
And for Pudding	Iced Fruit Smoothie	Jam Sponge	Vanilla Arctic Roll	Carrot Cake	Apple Flapjack

Week Three: 17 Nov | 8 Dec | 12 Jan | 2 Feb | 2 Mar | 23 Mar

Fresh Mixed Salad, Bread & Drinking Water & Fresh Fruit or Yoghurt as Pudding Alternatives

10 Top Tips for Parents and Educators

GUIDING YOUNG VOICES TO MAKE A DIFFERENCE

Bullying impacts the lives of many young people. In the UK, one in five pupils aged 10 to 15 report being bullied. The effects can be long lasting, affecting mental health, school attendance and self-esteem, and can impact long-term development into adult life. Adults play a key role in building young people's confidence to speak out, support one another, and stand up to unkind behaviour. This guide offers ways to help youngsters make a positive difference.

1 CELEBRATE DIFFERENCES



Help young people value diversity by showing that what makes us different is also what makes us strong. Encourage them to learn about different cultures, identities, and abilities through books, films, and conversations. By appreciating uniqueness in themselves and others, children can grow into open-minded individuals who build inclusive and welcoming environments.

2 MODEL RESPECT

Children watch and learn from how adults behave. Use respectful language, show patience in disagreements, and treat others with fairness – especially in front of children. By modelling inclusive behaviour and challenging unkindness, adults set a lasting example that respect should be part of every interaction, whether online, at school, or at home. Be the change you want to make.

3 SPOT THE SIGNS



Adults and young people should learn how to recognise signs that someone may be experiencing bullying. This might include withdrawal from friends, hobbies or interests, changes in mood, reluctance to go to school, or unusual injuries. Helping young people recognise these clues ensures that support can be offered sooner and problems do not go unnoticed.

4 VALIDATE FEELINGS



When a child shares something that worries them, it's important to listen carefully and validate how they feel. Respond with empathy – not judgement – and let them know it's okay to feel upset or confused. Offering reassurance and understanding helps young people feel safe about opening up, and builds the trust needed to talk again in future.

5 TEACH ALLYSHIP



Show children how to stand up for others in safe, respectful ways. Allyship might look like sitting next to someone who's been excluded, reporting hurtful behaviour, or speaking up when they witness bullying. By practising these responses together, you're helping children develop the courage to be kind and to take action when it really counts.

6 PROMOTE REPORTING



Ensure young people know how to report bullying and feel confident that they'll be taken seriously. Talk to them about who they can speak to and what to expect when they do, such as reporting school incidents to teachers, and out-of-school bullying to parents or teachers. Reassure them that reporting is a brave and helpful choice – not tattling – and that it plays a vital role in keeping everyone safe.

7 ENCOURAGE KINDNESS



Everyday acts of kindness can make a big difference in creating safer, happier spaces. Encourage children to look out for one another by being helpful, saying kind words, or including someone who feels left out. These small actions set a strong example that kindness matters, and that it can be a powerful response to bullying.

8 USE YOUR VOICE



Encourage young people to speak up for themselves and others. Whether through storytelling, school campaigns, or peer-led projects, children can learn that their voice has power. Support them to express themselves confidently and safely, helping them understand that sharing experiences can challenge injustice and inspire real change in their communities.

9 BUILD COMMUNITY AND BELONGING



Children thrive when they feel supported. Help them build strong friendships, join clubs or teams, and connect with trusted adults who care. These networks offer comfort, encouragement, and protection – particularly during challenging times. Remind children that they don't have to face difficulties alone and that support is always within reach.

10 SUSTAIN THE CONVERSATION



Bullying awareness shouldn't be limited to one week each year. Create regular opportunities to talk about kindness, respect, and inclusion. Use books, news stories, and personal experiences as conversation starters. Embed anti-bullying initiatives into the school, and make tackling bullying a shared, ongoing commitment.

Meet Our Expert

Robert Allsop is an experienced pastoral and safeguarding practitioner, specialising in tutorials, behaviour interventions, and attendance management. A recipient of the Diana Award for Anti-Bullying, he has helped raise standards and improve Ofsted outcomes in some of the country's most challenging schools and colleges.



#WakeUpWednesday®

The National College®

See full reference list on our website.



ALL COMMUNITY WELCOME

Fremington Primary
School
PTFA

CHRISTMAS

Wreath
Workshop

£35.00

THURSDAY 4TH DECEMBER

6.30PM AT FREMINGTON PRIMARY SCHOOL

INCLUDES EXPERT TUITION, ALL MATERIALS,
FESTIVE DRINK & MINCE PIE, AND FESTIVE CHEER!

EMAIL FREINGTONSCHOOLPTFA@YAHOO.CO.UK

TO BOOK

Christmas on the Strand

Join us on The Strand for the Barnstaple Lights Switch On

Thursday 27th November

**Stalls and Entertainment from
2pm til 9pm**

Carol Singing & Choirs from 4pm

Music from Tamsin Ball 6.00pm & Yazyzy 7.30pm

Christmas Gifts & Craft Stalls

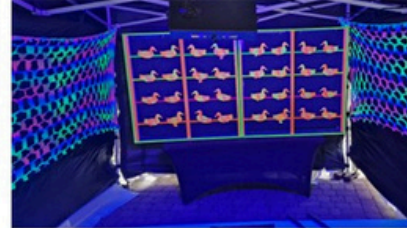
Festive Food & Mulled Wine

Elf Workshop & Kids Activities

Glow in the Dark Mini Golf
(prizes for top 3!)

Photo Opportunity with the 'Grinch'

Lights Switch On at 6pm





IMS

Instrumental
Music
Services

Music Lessons at Fremington Primary School



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



Email: imsnorthdevon@gmail.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'