



14th November 2025

The PIB is our weekly bulletin to keep our families informed of what is happening at our academy. Here are some key things to share for the week...

- **Anti Bullying Week:** This week has been Anti-Bullying Week, with the theme “Power for Good” - using our power to end bullying! Across the school, the children have taken part in discussions, stories and activities to help them understand the importance of kindness, respect, and standing up for others. They have explored how their actions can make others feel and how we can all use our **power for good** to make our school a happy and inclusive place for everyone.



Here are some of our Year R children enjoying some of the activities this week. They talked about what anti-bullying week was and why it is important to be kind. They read the story of Elmer, practised sharing and being kind to one another. Well done, Year R!

- **Parents/Carers Evenings:** Our upcoming Parents’/Carers’ Evenings are fast approaching, and we look forward to welcoming you into school to discuss your child’s progress. These meetings are an important opportunity to celebrate your child’s achievements, talk about how they are getting on in class, and discuss how we can continue working together to support their learning and wellbeing.



We strongly encourage all parents and carers to attend. Your involvement makes a real difference to your child’s confidence and success at school. Sign-up sheets will be available next week. We look forward to seeing you there!

- **Eco Competition:** Burning wood can feel cosy and comforting, but did you know it can affect both our health and the environment? Last half term the local charity tEC (the Environment Centre) came into school to talk to the children about the impact of wood burning and about cleaner and healthier ways to stay warm.

The **Winter Clean Air Challenge** invites families to become smell detectives – sniffing out cosy alternatives to wood burning that reduce air pollution, protect your health, and even win you some prizes.

What to do:

1. Take a walk outside one evening and complete the activity sheet- you can collect one from your class teacher, pick up one from the school library or print out the one at the end of the PIB. Can you smell wood smoke in the air? Is it strong or faint? Can you see where it’s coming from? Try to describe it.
2. Draw a picture or write a poem about fun things you can do in winter to feel cosy, other than burning wood.
3. Hand entries to class teachers or take to the school library by **Friday 12th December**. Please include your name, class/year and school on your entry.



If you have any questions about the competition, or would like further information about wood burning and air quality, please contact the team at tEC on cleanair@environmentcentre.com



- **Book Fair:** Thank you so much to everyone who came to our book fair. We are happy to share that we made £165 to spend on new books for the school library!

- **Southampton Family Trust:** Are hosting two free online seminars for parents / carers:

🗣️ Introduction to Parenting Children with ADHD

📅 Monday 17th November 2025

🕒 12.30 to 14.00

💖 Introduction to Parenting Children with Autism

📅 Monday 24th November 2025

🕒 12.30 to 14.00

Please see the flyers with Zoom links and full details at the end of the PIB - no need to book in advance!

- **Year 3's New Forest Trip:** This week Meerkats enjoyed a fantastic educational visit to the New Forest. Our children loved being out in nature and behaved beautifully. They produced lovely art inspired by their environment, both within the natural setting and back at school. The children independently commented on the fact that they were strengthening their My Happy Mind character strengths of 'Love of life and our world', 'Exploring and Learning' and 'Teamwork and Friendship'. How amazing!

Warmest wishes from the Freemantle Team

If you have any comments/feedback about our PIB, please email info@freemantleschool.co.uk or call 02380 227925

Upcoming dates

- **Wednesday 26th November 2025** – Parents Evening
- **Thursday 27th November 2025** – Parents Evening
- **Thursday 27th November 2025** – Year R open day for prospective parents
- **Friday 28th November 2025** – INSET Day. Academy closed to children
- **Friday 19th December 2025** – Last day of term before the Christmas break



Southampton
Family Trust
building relationships



Does your
child have
ADHD or
ADHD
traits?

FREE ONLINE SEMINAR

“An Introduction to Parenting Children with ADHD”

Insights and strategies for families

Monday 17th November 2025, 12.30–14.00

No booking required!

Simply join the seminar by scanning the QR
code or use the Zoom details below:

Meeting ID: 881 0383 0231

Passcode: 705280

If you prefer, feel free to email us at
info@sftrust.org.uk for the Zoom link.



www.sftrust.org.uk



Scan the QR code for the Zoom link



Southampton
Family Trust
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Does your
child have
or might
have
autism?

FREE ONLINE SEMINAR

“An Introduction to Parenting Children with Autism”

Insights and strategies for families

Monday 24th November 2025, 12.30–14.00

No booking required!

Simply join the seminar by scanning the QR
code or use the Zoom details below:

Meeting ID: 885 0027 9304

Passcode: 367462

If you prefer, feel free to email us at
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Winter Clean Air Challenge

Become a smell detective
and find cosy swaps
for wood burning to help
reduce air pollution,
improve your health and
even win some prizes!



**Take an evening walk
- can you spot or smell
wood smoke?**

Note your findings on
our activity sheet,
then get creative with
ideas for staying cosy
this winter
without a fire.
To enter, please
use the activity
sheet provided.

Entries
must be in
reception by

tec
the Environment Centre (tec)

[www.environmentcentre.com/
clean-air-for-schools](http://www.environmentcentre.com/clean-air-for-schools)


SOUTHAMPTON
CITY COUNCIL

Winter Clean Air Challenge: Activity sheet

Name _____

School _____

Year/Class _____

Smell detective!

Take a walk outside one evening and complete the sheet below.



Did you smell wood smoke?

☐ Yes ☐ No ☐ Not sure

Was it strong or faint?

☐ Strong ☐ Faint

Spot the source! What was making the smell? Circle what you saw below.

- Chimney
- Fire pit or bonfire
- Couldn't see

Can you tell me about the smell?

Bonus mission!

Try describing the smell to your family *without* saying the word "smoke". Can they guess what it is?

How can you feel cosy this winter?

Draw a picture or write a poem about fun things you can do in winter to feel cosy, other than burning wood.



tec
The Environment Centre (tec)

www.environmentcentre.com/

clean-air-for-schools

Next week at Re:Minds...

17th - 21st November 2025



**New Support Group
Weston**

10am Monday 17th November

Meet other parents and carers who truly understand what it's like. Share experiences, talk about the ups and downs of neurodiversity and mental health, and pick up advice, information, and support – all over a friendly cuppa.

No booking needed and no cost to attend – Just drop in – you'll be warmly welcomed

**The Hope Centre,
Drayton Close, Weston, SO19 9JN**
Onsite parking available and fully accessible.

The Bluestar 17/N17 bus stops right outside – from Southampton city centre through Woodston, Shirley, and General Hospital.





Are you a **parent or carer** of a child or young person who is **neurodivergent**?
Or do they struggle with their **emotional wellbeing or mental health**?



We're here to help!

Whether your child has a diagnosis or not - if they find the world a bit harder to navigate, you're not alone!

Come along and meet us and see how we may be able to support you at our drop in at
**St Christopher's Church,
Pepys Avenue, Thornhill, SO19 6PJ**

18th November 11am-1pm





**CAMHS
Advice Clinic**

Thursday 20th November 10am

Book a 10 minute, private, virtual Zoom appointment to speak with a clinician about any issues CAMHS deal with

The clinic is led by the Southampton Specialist CAMHS Service and is open to ALL members of Re:Minds for general advice

 Email info@reminds.org.uk to book

  

Please email info@reminds.org.uk to book your space at the clinic.

You do not need to book to attend the support group, or the drop in in Thornhill.
Please just come along!




with thanks to 