



Parent Information Bulletin



30th January 2026

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...

- **Attendance for this week:** Our overall attendance this week is **93.35%**. This is just below our national figure of **95%**, so please do your best to arrive at school on time and remember to notify the office on adminoffice@freemantleschool.co.uk if your child is unwell. Thank you.

- **Children's Mental Health Week 2026:** The theme of this year's Children's Mental Health Week is 'This is my place', which is all about feeling like you are part of something and that you belong. This is a message that we are very passionate about at Freemantle and we take great care to ensure that everyone feels that they belong.

On Tuesday this week our 16 Mental Health Champions met to discuss how we can mark Children's Mental Health Week and spread awareness of the importance of belonging. We have got lots of ideas for activities which the Mental Health Champions will share next week when their plans are finalised! – But for now mark the date in your diary and keep your eyes peeled for further updates!



**Freemantle
Academy**

This is
my place

Children's Mental Health Week 9th-15th
February 2026

- **Competition time:** You could win a JD Bug Classic Street Scooter or a Scooting goody bag! Share what you LOVE about your active journey to school- this could be walking, scooting or cycling! Use the new Active Travel Bingo Card (at end of the PIB). This activity is a fun way to get children thinking about their surroundings, noticing new things, and celebrating the joy of travelling actively.

How to take part

Complete as many activities as you can on your bingo card by ticking off each square once finished.

Tell us about your journey, send us your photos, drawings, a poem, a short story, or a report about what you enjoyed most.

You can be creative as you like-make it fun and colourful, it's up to you!

Screenshot or scan a copy of your completed bingo card with your journey information and email to

myjourney.schools@southampton.gov.uk

Please include in subject title 'Love you Journey Competition Entry 2026'.

Entries must be submitted by **Friday 20th Feb 2026**. Full details can be found online at: [Love your Journey to School Competition | My Journey Southampton](#). If you would like a paper copy of the Active Travel Bingo sheet, these are available in the school library.

- **Clean Air Competition:** Last term we promoted a 'Clean Air' competition in the PIB and school library. Children needed to reflect on whether they had noticed the smell of wood smoke near their home in the evening and then think of alternative ways to stay cosy other than burning wood for a fire.

Well done to all the children who entered! The Environmental Centre were very impressed with all the entries and have awarded a certificate for everyone who took part. A special mention to Manak (year 6) who won first prize and to Aimee (year 4) and Hanna (year 4) who both won runner up prizes! They will be presented to the children during Collective Worship next week.



- **Safeguarding:** We have been informed of a pop-up message appearing within Roblox that encourages children to download an external app called Pollybuzz (sometimes shown as Pollyfuzz). Although the app appears harmless at first—asking simple questions and creating an AI “friend”—it has been reported that, after initial use, it begins to display extremely inappropriate and unsafe content, including references to suicide, self-harm, and pornography.

We have previously made parents and carers aware of the need to ensure parental controls are on and to have vigilance over children’s screen use and online safety. Please can you remind your children not to click on pop-ups or download anything that appears while they are playing games.

Remind children to tell you or another trusted adult immediately if they see or experience anything online that makes them feel worried, confused, or uncomfortable.

Roblox offers a range of parental control settings, which can help reduce risks. Guidance on how to set these controls can be found on the Roblox Support page under Parental Controls. <https://en.help.roblox.com/hc/en-us/articles/30428310121620-Parental-Controls-Overview>

Please note that while parental controls can prevent some pop-ups, they do not block all of them, so ongoing supervision and conversations with children, and their parents, about online safety remain extremely important.

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

- **Friday 13th February 2026** – Last day of the half term
- **February 16th – Sunday 22nd February 2026** – Spring half Term Break – Academy closed
- **Monday 23rd February 2026** – First Day of Spring 2
- **Wednesday 18th March 2026** – Parents Evening
- **Thursday 19th March 2026** – Parents Evening
- **Friday 27th March 2026** – Last day of spring term
- **Monday 30th March – Sunday 12th April 2026** – Easter Holidays – Academy Closed
- **Monday 13th April 2026** – First day of summer term

Love your journey to school



This Valentines Day we want you to tell us everything you love about your active travel journey to or from school!

Can you complete the squares and share your adventure?

How to Play

- Complete as many activities on your bingo card as you can—walk, cycle, scoot, jump, skip, and explore!
- Tick off each square when you finish the activity.

Show Us Your Journey

- Send us your photos, drawings, a poem, a short story, or a report about what you enjoyed most.
- Be creative—make it fun and colourful, it's up to you!

Why Take Part

- Discover new ways to travel.
- Help the planet by reducing car journeys.
- Stay healthy and active while having fun!

TOP PRIZE JD Bug Classic Scooter

Perfect for your next adventure!

RUNNERS-UP PRIZE

My Journey Goodie Bags

Packed with fun surprises!

How to enter:

- Ask your school for a copy of the bingo card or download a copy from myjourneysouthampton.com/loveyourjourneytoschool
 - Screenshot or scan a copy of your completed bingo card with your journey information and email to myjourney.schools@southampton.gov.uk
- Please include in subject title 'Love you Journey Competition Entry 2025'. Entries must be submitted by Friday 20th Feb 2026.

Alternatively post completed entries to:

FAO: Rachel Oliver, Southampton City Council, Transport and Planning, Civic Centre, Southampton, SO14 7LY (postal entries deadline is Friday 27th February 2026 to allow for delivery).

Please visit myjourneysouthampton.com/loveyourjourneytoschool for more details about the prize draw, including competition terms.



SOUTHAMPTON
CITY COUNCIL

♥ Love your journey to school ♥



BINGO CARD

Walk to
school

Ride your
bike to
school

Draw your
walking
route

Jump
really high
10 times

Travel
actively
to a new
park

Walk with
a friend

Find 3
different
types of
flowers

Look for
some
artwork or
a statue

Take
the bus or
train

Dance for
5 minutes

Ride your
scooter to
school

Skip for 2
minutes

Find a
colourful
leaf

Spot 5
different
types of
bird

Take the
stairs
instead of
the lift

Find an
interesting
looking
insect



How to enter:

Screenshot or scan a copy of your entry and journey information and email to myjourney.schools@southampton.gov.uk

Please include in subject title 'Love you Journey Competition Entry 2025'. Entries must be submitted by Friday 20th Feb 2026.

Alternatively post completed entries to:

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