



20th March 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...

- **Collective Worship:** This half term, our collective worship theme is **Compassion**. Across the school, we are exploring what it truly means to notice when someone needs help, to show kindness without being asked, and to treat others with understanding and care.

Through stories, discussions, and reflections, children are learning that compassion isn't just about feeling sorry for someone, it's about taking action. We've been thinking about small, everyday ways we can show compassion at school and at home, such as including others in our games, offering a helping hand, or using kind words even when things feel tricky.

Please help your child to explore other ways they can show compassion at home and at school.



- **Southampton City Council Easter Activities:** As the Easter Holidays are fast approaching, Southampton City Council are pleased to announce that they have a wide range of activities for children and their families to keep everyone entertained!

They have planned programme of history and art workshops that cover everything from fun family walking tours to hands on workshops and all-day wrap around care. Workshops are engaging, accessible and designed to promote family learning.

More details, including how to book, can be found on the flyer at the end of the PIB and here [Easter Holidays in Southampton 2026 | Family Activities](#).

- **Food Waste Truck Competition Time:** Key stage one and two were treated to an assembly on Thursday hosted by some of the team from Southampton City Council's Food Waste team. They told the children all about the new food waste bins and what can be put in them.



To celebrate this new food waste system the children have been asked to help name one of the new food waste trucks. Children will be bringing home a colouring picture on which to add their name suggestions.

One child from our school will have their name suggestion used on the new food waste lorry. All entries need to be sent into school by Thursday 26th March (next week) so that the Mayor can choose the winner!

Please return entries to class teachers or take to the school library. Good luck everyone!

- **Year 4 Mayflower MAST Educational Visit:** Year 4 enjoyed a memorable visit to the Mayflower Studios where we watched a live performance of 'The Boy at the Back of the Class'. The children loved watching the live actors and seeing the book we have read come to life in front of their eyes! Although it was a wet and windy walk, that did not stop us from having an amazing time!



- **Year 6 revision Books:** Year 6 children who purchased the CGP books have brought them home this week. Please take a moment to read through our revision guidance below to support your child with their revision.

As of next week, children completing the revision programme will no longer need to complete TTRS or bring in their reading record. Instead, they should bring their revision books in each Friday instead. We will be sharing information about next half term's revision club soon, but recommend children start revising in line with the guidance below over the next few days. Thank you.



HOW TO REVISE – YEAR 6 GUIDE



1. Why is revision useful?

Revision isn't about learning everything again; it's about helping your brain remember what you already know.

Every time you revisit something:

- ✱ Your memory gets stronger
- ⚡ You can recall things faster
- ☀ You feel more confident in tests

Revision is training your brain, just like practice trains your body.

2. Where is the best place to revise?

The best place to revise is somewhere you can focus without distractions.

✓ Good places:

- A table or desk
- A quiet room
- Somewhere with good light

✗ Try to avoid:

- TVs or loud noise
- Phones or games nearby
- Younger siblings if possible!

👉 Top tip:

Keep revision in the same place each day. Your brain gets used to the "learning zone".

3. How long should I revise for?

Not hours and hours every day.

✓ Aim for:

- 20–30 minutes a day, most days

This is enough to:

- Keep your brain active
- Practise key skills
- Build confidence

👉 Top tip:

Short and focused is MUCH better than long and tired. Revise, then rest or have fun.

A little most days beats lots once a week.

4. What should revision actually look like?

Good revision is active, not just reading.

✓ Try:

- If revising maths, read a section in the revision guide (maths)
- Complete the practice pages in the white books (reading, arithmetic and maths).
- Check your answers at the back.
- If you're not getting something right, check the red book again or ask an adult.

✗ Avoid:

- Just reading the revision guides

5. What if I get stuck?

Getting stuck is normal and it means you're learning.

When this happens:

- Take a breath
- Try a different question
- Ask an adult for help either at home or in school

It is normal to find some things tricky when revising. Look for help if you need it!

We don't expect you to be perfect.

What matters is trying, practising and sticking with it. Every small bit of revision makes a difference.

6. Remember the Revision Reward Trip

If you complete the highlighted revision in your books, you'll join us on the Revision Reward Trip: a day out at Moors Valley exploring the Play Trail!



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 25th March 2026** – Wacky Hats Parade for Easter
- **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



Next Week at Re:Minds 23rd–27th March

No need to book for a support group, just check the events section of our Facebook group or email us to receive the link to join

With thanks to:


Hampshire and Isle of Wight


Child and Adolescent Mental Health Services


Shentons
Solicitors

Eating Disorder Advice Clinic



10:30am Tuesday 24th March

About the Clinic

Book a **private, 15-minute virtual appointment** to speak with a specialist clinician from the **CAMHS Eating Disorder Team** for advice and guidance on:

- **Eating disorders** / disordered eating
- Changes in **eating patterns**
- Increased or concerning **activity levels**
- **ARFID** / **relationship with food**
- Any other concerns related to eating

To book your advice slot, please email:



info@reminds.org.uk


Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust



EASTER HOLIDAY ACTIVITIES

Hands on History:

Off With Their Heads (6+)

Mon 30 Mar | 10.30am, 1pm |
Tudor House | £8

Art School Plus:

Mind-blowing Mixed Media,
inspired by artist Emma
Richardson (11 - 16 years)



Drop off your young people

Mon 30 Mar | 10.30am - 3.30pm |
Art Gallery | £26

Art for All: Perfect Peter Rabbit Puppets (4+)

Tue 31 Mar | 10.30am, 12.30pm
or 2.30pm | Art Gallery | £8

Art for All: Fabric Print an Egg Hunt Bag (5+)

Wed 1 Apr | 10.30am, 12.30pm or
2.30pm | Art Gallery | £8

Hands on History:

WW2 Ciphers and Spies (7+)

Thu 2 Apr | 10.30am |
Tudor House | £8

Tour for All: Southampton and the Second World War

Thu 2 Apr | 2pm | Tudor House |
£10 (accompanying
children free)



Art For All: Wonderful Wooden Eggs (6+)

Thu 2 Apr | 10.30am, 12.30pm or
2.30pm | Art Gallery | £8

NEW FOR 2026

Toddler Time:

Beautiful Butterflies (under 4s and friends)

Thu 2 Apr | 10.30am |
SeaCity | £6

Art for All: Paintsperimentation Workshop (6+)

Tue 7 Apr | 10.30am, 12.30pm or
2.30pm | Art Gallery | £8

Art for All: Spring Decopatch Plant Pots (4+)

Wed 8 Apr | 10.15am, 11.30am or
1.15pm | Tudor House | £6

Art for All: Clay Axolotls (5+)

Wed 8 Apr | 10.30am, 12.30pm
or 2.30pm | Art Gallery | £8

Tour for All:

Titanic Walking Tour

Thu 9 Apr | 11am |
Tudor House | £10
(accompanying children free)

Art for All: MARVELLOUS Clay Superheroes (6+)

Thu 9 Apr | 10.30am, 12.30pm
or 2.30pm | Art Gallery | £8

Hands on

History: Titanic Science! (7+)

Fri 10 Apr | 10.30am, 1pm |
SeaCity | £8

Junior Art School: Paint, Paint, Paint inspired by artist Emma Richardson (7 - 13 years)



Drop off your young people

Fri 10 Apr | 10.30am - 3.30pm |
Art Gallery | £26

CULTURE CLUB FOR KIDS ACTIVITY DAYS

(Age 6½ - 12 years)



Drop off your young people

Three days per week | 9am-4pm
(drop off from 8.45)

SeaCity | £35 per day or £90 for
all three days

Get creative, explore our
collections and learn new stuff
while making really cool things at
our themed activity days.

Week 1: Spring Has Sprung

Mon 30 Mar, Tues 31 Mar, Wed 1 Apr

Week 2: Planet Earth

Tues 7 Apr, Wed 8 Apr, Thur 9 Apr

See venue websites for further details on events and to book
seacitymuseum.co.uk | tudorhouseandgarden.com | southamptoncityartgallery.com

