



Parent Information Bulletin



1st May 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...

- **Welcome to the month of May:**

*May arrives with brighter days,
And sunlight paints the world in praise.
At Freemantle, we learn and grow,
Letting creativity gently flow.
We stand together, side by side,
In fellowship, with hopeful pride.
And courage helps us find our way,
To try new things each shining day.
So, here's to May — a month brand new,
For hearts to flourish, bold and true*

We hope you enjoy the extra long weekend and we look forward to seeing you back on Tuesday!

- **London Marathon Success:** We are so proud of one of our teachers, Miss Kinsella, who ran the London Marathon last Sunday! She had to run in the afternoon heat and yet managed to complete it in 4:31:46! What a fantastic achievement! We are so proud of her!



- **Ready, set... transition!** Please see the flyer towards the end of the PIB regarding free sessions the Mental Health in Schools Team are running around exploring transitions.
- **Re:Minds Courses:** Please see the flyers towards the end of the PIB regarding some upcoming workshops from Re:Minds around EBSA and emotional regulation.
- **Half Term Football Course:** Sholing FC are running a half term football course for children. See their flyer below:



The flyer is for a 'Half Term Football Course' by Sholing FC. It features a green background with a soccer field pattern. At the top center is the Sholing FC crest. The title 'HALF TERM FOOTBALL COURSE' is prominently displayed in large, bold letters, with 'FOOTBALL' in yellow and 'HALF TERM' and 'COURSE' in white. Below the title, on the left, is a soccer ball hitting a goal net. To the right of the ball, the dates '26 - 29 MAY' and time '9AM - 3PM' are listed. Further down, it states 'ALL ABILITIES WELCOME AGES 5-13'. Pricing is shown in yellow boxes: '£20 PER DAY' and '£75 PER WEEK'. Below that, it says 'FURTHER DISCOUNTS AVAILABLE - SEE FAQS'. The location is 'SHOLING FC 3G PITCH' at 'The Mortgage Decisions Stadium, Portsmouth Road, Sholing, SO19 9PW'. The website 'www.sholingfc.co.uk' is provided. A QR code is in the bottom right corner, and a banner at the bottom says 'Scan QR code to book your place'.

HALF TERM FOOTBALL COURSE

DATE 26 - 29 MAY
9AM - 3PM

ALL ABILITIES WELCOME
AGES 5-13

£20 PER DAY

£75 PER WEEK

FURTHER DISCOUNTS AVAILABLE - SEE FAQS

SHOLING FC 3G PITCH
The Mortgage Decisions Stadium
Portsmouth Road, Sholing, SO19 9PW
www.sholingfc.co.uk

Scan QR code to book your place

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

- **Monday 4th May 2026** – Bank holiday -academy closed
- **Monday 11th May 2026** – SATs week for Year 6 children
- **Monday 25th May – Friday 29th May** – Half term
- **Monday 8th June 2026 onwards** – Phonics screening check for year 1 pupils
- **Monday 8th June onwards** – Multiplication Check for year 4 pupils
- **Friday 26th June 2026** – INSET day – academy closed to children
- **Monday 29th June 2026** – INSET day – academy closed to children
- **Wednesday 22nd July 2026** – Last day of term before the summer break



Free Summer Transition Sessions 2026

Mental Health in Schools Team

Join our fun and supportive summer sessions to help you feel confident and ready for Secondary School

Sessions will be held at **GOALS**, Third Avenue, Southampton, SO15 0JW
3:30pm-4:30pm



Communication & Friendships Monday 24th August



Managing our worries Wednesday 26th August



Self-Care Thursday 27th August

You will:

- Build confidence
- Meet new people
- Learn how to manage worries
- Feel ready for your new school

Book your place now!
Just scan the QR code



Your Parent/Carer must attend with you



Emotional Regulation Virtual Workshop



9.30–12.30
Wednesday 13th May

About the Workshop

We will cover:

- What emotional regulation is and why some children struggle more than others
- What dysregulation looks like in the body and behaviour
- Different types of dysregulation from melt-downs to self-harm
- Practical strategies that support regulation at home and in everyday life
- Supporting recovery and repairing relationships after hard times
- What can help in school and how to talk to school about your child's needs
- Creating a simple regulation plan that works in real life

Come along to share experiences, build understanding, and leave with practical ideas and helpful resources. There will be time to talk with other parents and carers who understand, get support from our team, and explore our book and sensory library.

This workshop has been written and is delivered by the Reminds team, drawing on lived experience, our training in neurodiversity, and our work alongside CAMHS to support families..

To book onto the workshop, please email:

info@reminds.org.uk



New date added
due to high demand



Emotionally-Based School Avoidance Virtual Workshop

9.30am Wednesday 20th May

Feedback From Families

feel better able to
support their child

92%

confidence grown
from 9% to 80%+

91%

report improved
wellbeing

would recommend
the course

100%

"I don't feel alone
anymore.
That's made a huge
difference."

"I finally feel like I
understand what's
going on with my child
and what to do next."

"Schools need this
training as much as
parents do."

"This has completely
changed how I respond
to my child."

You also get:

1:1 support, private parent group for attendees and regular meet-ups
outside of the workshop

To book onto the workshop, please email:

 info@reminds.org.uk



Emotionally-Based School Avoidance Virtual Workshop



9.30am Wednesday 20th May

About the Workshop

We will cover:

- What's really going on beneath school anxiety and avoidance
- How school anxiety presents across different ages and needs
- Small, practical steps that can make everyday school life easier
- Support, shared understanding, and where to go next
- Your legal rights and what schools can do to help

Share understanding, learn practical strategies, and take away helpful resources in a supportive space. There will be time to talk with other parents and carers who are going through the same thing and receive support from our team.

To book onto the workshop, please email:



info@reminds.org.uk

Children's Therapy Service



Solent
NHS Trust



Are you concerned about your child's development?

**Please call our Advice Line if you
have noticed a difference in
the way your child walks,
plays, learns or speaks**

0300 300 2019

**Ages
0-19**

**Our
Advice
Line
can:**

- offer reassurance
- give you tips on ways to help
- give you activities to improve your child's skills
- decide if your child needs to be referred to us for a more detailed assessment
- suggest others who can offer you more advice

Email: **SNHS.SolentChildrensTherapyService@nhs.net**
Visit: **www.what0-18.nhs.uk/solent**