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Acting Headteachers: Mrs Terri Blake, BA (Hons)
Mrs Vicky Davies, BSc (Hons)

No. 3

School Newsletter

November 2025

Dear Parents and Carers,

We hope you all had an enjoyable half term. The children have returned to school enthusiastic about their new topics and we have seen some wonderful learning taking place.

As we edge closer to the 'C' word, we have a number of events organised in school to celebrate and help bring our community together. Children have begun preparations for their Christmas performances and our PTA are busy wrapping gifts for the Christmas shop to name just a few. We look forward to celebrating the festive season with you and your children over the coming weeks.

Kind regards,
Mrs Blake and Mrs Davies
Acting Headteachers

A reminder about clothing

We would like to take the opportunity to remind you that children will be outside at break and lunchtimes as well as during lessons even in cold weather. As a school we are committed to taking learning outside of the classroom and this is much easier when children have appropriate clothing. Where possible, children should be bringing a named waterproof coat, gloves and hat to school each day during the winter months. Additionally, for children who would like to play in our den building and manipulative play areas during lunchtimes, a change of old shoes or wellies are essential. These can be brought in and stored in your child's classroom or brought to school each day. Please ensure that any spare footwear is also named.



A reminder about safe and considerate parking

We have recently received several reports of inconsiderate and unsafe parking on the local roads during school drop-off and pick-up times. We would like to politely remind all parents and carers of the importance of showing consideration for our neighbours and, most importantly, ensuring the safety of our children.



We fully appreciate that parking can be challenging at busy times of the day. However, we kindly ask that you:

- Avoid blocking driveways, pavements, and access points
- Consider parking a little further away and walking the final part of the journey
- Leave enough space for pedestrians, wheelchairs, and pushchairs to pass safely

By taking these simple steps, we can help maintain positive relationships within our community and ensure a safer environment for everyone.

Thank you for your continued cooperation and support.

Wellbeing Champions

Anti-Bullying Week:

Last week, our school celebrated the importance of Anti-Bullying Week, by talking about this year's theme; Power For Good. 'Power For Good' means the ability to stand up for ourselves or help those who are experiencing being bullied. We held an assembly and discussed a story about a boy who was laughed at. We discussed solutions and actions that others around him could have done to help the situation. Now, our school has learnt about the role of an 'active bystander' and what we can do to help others in a similar situation.

Odd Socks:

As a celebration of Anti-Bullying Week, our school wore odd socks to show we are all unique and different from one-another. Everyone came in with multi-coloured, patterned or whacky, wonderful socks! We took many pictures of our student's amazing socks. We all really enjoyed our chance to wear socks of our own and show off how different we all really are - it is a symbol of our uniqueness and individuality!



Positive Affirmations:

As one of the final things we did to celebrate, we wrote affirmations of positivity to spread a happy message across school. Each class was given coloured slips of paper and we all wrote positive messages and words of encouragement to put up in the school. This task was a good chance to spread a little happiness across our building and brighten the spirits of our hard-working students. A huge thank you to our Wellbeing Committee for organising all the resources in their lunch time!



Article written by Charlie (Wellbeing Champion, Year 6)

FoFJS Disco– SIGN UP ON SCOPAY IN ADVANCE– DEADLINE IS 12 NOON ON FRIDAY



FRIENDS OF FREEGROUNDS JUNIOR SCHOOL (FOFJS) BRINGS YOU

DISCO NIGHT

FRIDAY 21ST NOVEMBER

YEARS 3&4: 4.30PM-5.40PM
YEARS 5&6: 5.50PM-7PM

£3.50 per ticket

PAYMENTS VIA SCOPAY

Drinks, snacks and accessories available to buy on the night



Disco Price List

Pop Rings £1	Push Pops £1
Neon Glasses £1	Squishees 50p
Lipsticks 50p	Gummy Pythons 50p
Candy Floss tub £1	Drinks £1
Crisps 50p	Rainbow Pencil 50p
Fizzy Rollers 50p	Gummy burgers/hot dogs/fries/pizza 2 for 50p

Governor Spotlight!

We are excited to welcome some new members to the governing body.

Claire Fortune- Co-opted governor- Curriculum and Standards committee



I am joining the governor team to support Freegrounds as I have a passion for young people within school. I am currently a secondary school PE teacher and have been for nearly 15 years. I have been Head of Year for over 10 years and also a member of SLT leading on personal development for the last 2 years. I hope to be able to support the school as much as I can to help the children thrive as much as possible.

Emma Whitlock- Parent governor– Finance, Personnel and Resources committee



Hello, my name is Emma, and I'm delighted to be joining the governing body as a Parent Governor. I have two daughters, one in Year 2 and one in Year 4. I am a primary school teacher with a love for music, quizzes, sunshine, and making memories with my family. I'm always happy to chat with anyone, so please feel free to say hi anytime! I look forward to helping Freegrounds Junior School continue to be a thriving community for every child.

We are still looking for a clerk to the governing body. If this is a role you would be interested in, please contact Ms Matthews in the school office.

Year 3

We have had a wonderfully busy and exciting month in Year 3, and we would like to begin by saying a heartfelt thank you for the fantastic support you have given your children with their Stone Age home learning project – the outcomes were brilliant! The Stone Age settlements they created were exceptional in both detail and accuracy. Many included realistic features such as shelters, fire pits, rivers, tools and hunting areas. We were incredibly impressed by the time and effort that went into these projects, and the children loved sharing them with the class. Thank you for helping to make this such a successful and meaningful learning experience.



In History, our topic has taken us on a journey through prehistoric Britain. The children have been learning about the Stone Age, Bronze Age and Iron Age, and exploring how life gradually changed across these periods of time. We discussed how early humans developed new tools and materials, how their homes changed, and how their clothing and weapons became more advanced. The children were fascinated by how people adapted their lifestyles depending on the resources available to them, and they particularly enjoyed comparing the similarities and differences between the three ages.



In Art, we explored Stone Age cave painting and considered how early humans used natural materials to express ideas, record events and communicate. The children experimented with earthy-coloured paints such as browns, reds and yellows, and learned how these colours could be layered or smudged to create texture. They enjoyed recreating traditional cave-style imagery, including handprints, animals and hunting scenes.

Our Science topic this month will be focused on rocks and soil. The children were delighted to share their rocks during circle time, and their enthusiasm created a fantastic starting point for our learning. We examined the rocks closely, discussed their different properties and sorted them based on texture, colour and appearance.

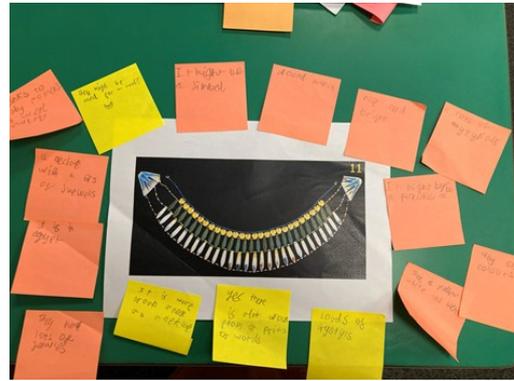
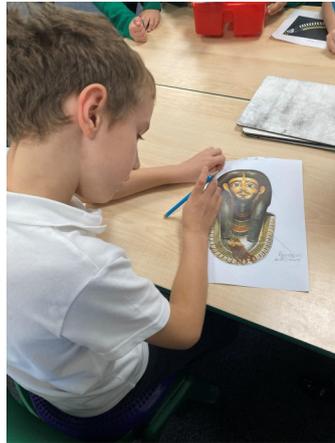
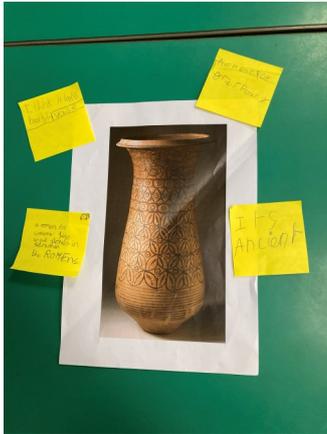
In English, we have been writing imaginative and entertaining instruction texts on the theme of "How to Wash a Sabre-Tooth Tiger." The children have been learning to write instructions in clear chronological order, use imperative verbs and include details that make their writing lively and engaging.

We are incredibly proud of the children's hard work and look forward to another great month ahead.

Year 4

November has been a busy month with so much going on including marking Remembrance Day and Antibullying week and we began rehearsals for our Year 4 Christmas production 'Bah Humbug!!' We are looking forward to performing it to friends and family next month.

In History this month we have launched our new topic 'Ancient Egyptians'. We have studied this ancient civilisation in the context of others including the Indus Valley and Sumer. We have located where they lived on a world map and placed them on a timeline. We looked at photographs of artefacts and had to use our historical detective skills to decide which ancient civilisation they were from.

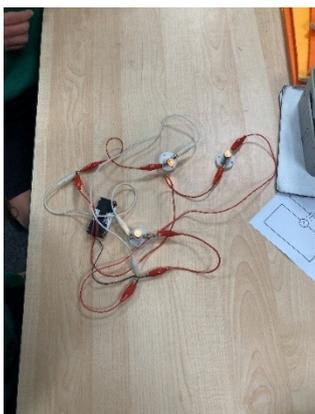


In Maths we have been learning formal methods for addition and subtraction. We have practised this skill using place value counters, then using pictorial representations then written in the formal column method. We have worked really hard to confidently and efficiently subtract up to four digits using exchanges.



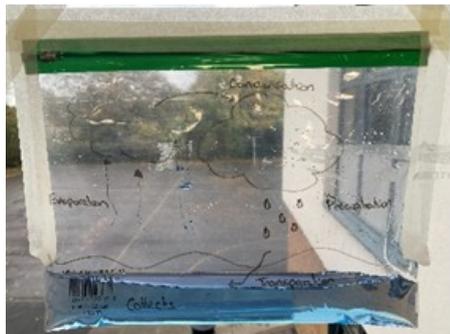
Our writing this month has been focussed around the book 'Greenling' by Levi Pinfold. We used extracts from this book and others to write our own founding tale, where we used similes and dialogue to evoke empathy in the reader. The children created some beautiful pieces of writing.

Our topic in Science is 'Electrical circuits' and we have been learning about objects that are powered by electricity and whether they require mains power or battery power. We used the symbols for bulb, battery and wires to draw circuit diagrams and then used these diagrams to make our own working circuits.



Year 5

Year 5 have begun this half term's topic – Rivers! – by exploring the water cycle and the features of rivers. We were luckily enough to be joined by Ross from The Wessex River Trust who supported us in creating a model of a local river and teaching us about its different human and physical features. Did you know that our local rivers are some of the rarest in the world because they are made from chalk? We were amazed to find out how many creatures call these waterways home, everything from salmon and herons to ducks and eels!



In addition, we have been focusing on how to cross rivers by designing bridges in our DT lessons. We are focusing on 4 types of bridges – truss, arch, suspension and beam. Leading up to making our own bridges to support a 1kg weight we have looked at different engineers and their famous bridge designs from around the world. We even had a go at making a truss bridge from spaghetti!



In science, we have learning all about fossils! A subject that has interested a lot of us and prompted us to share our own experiences of finding fossils and our wealth of knowledge about dinosaurs. We have discovered how palaeologists excavate and categorise fossils and how they are formed over millions of years. In the next few weeks, we will be drawing and making our own fossils and learning more from an expert – Dr Bellamy – who will be visiting school in December.

In English, we have been drawing on our space knowledge from before half term to write a short narrative about finding life on the moon. Our work has been inspired by HG Wells' 'First Men in the Moon' novel set in 1901. It has been fun to imagine what it would have been like to be a pioneer in the Space race and to have seen things no one else has seen before.

Year 6

Year 6 have had an action-packed term, exploring exciting topics across the curriculum and developing a wide range of skills. Their enthusiasm and focus continue to impress us!

In Maths, the focus has been on fractions. The children have been working hard to find equivalent fractions, simplify them, and confidently add and subtract fractions with different denominators. Using practical examples, concrete resources, and problem-solving challenges, they have built strong fluency and are increasingly able to solve a wide range of questions.

In English, the children have been writing eye-witness accounts of the Blitz from the perspective of a child living through it. They examined contemporary sources, including the report of a tourist visiting at the time, as well as a poem depicting life for children during the war. Using these resources, they practised using emotive language to convey the fear, hardship, and resilience experienced during the war. The children have worked hard to create writing that captures both the terrifying and awe-inspiring aspects of life during that time.

In History, the focus has been on Southampton during World War II. The children explored the city's significance as a port and transport hub, and investigated what daily life was like for people living through wartime Britain. From rationing to air raids, the lessons encouraged empathy and a deeper understanding of how communities coped during challenging times. The children also enjoyed their trip to the D-Day museum.



In Art, the children have been using a mixed-media approach to create Blitz scenes. They combined drawing, painting, and collage to reflect the mood and atmosphere of wartime Britain. The children thought carefully about colour, texture, and composition to bring their ideas to life, producing some truly striking and creative pieces.

In Science, we have been investigating electricity. The children explored how electricity flows, how circuits work, and how energy is generated. They carried out experiments to build their own circuits, testing different components and learning to troubleshoot when things didn't work as expected. These hands-on activities helped the children understand key scientific concepts in a practical and engaging way.

The Empowerment Approach

Following on from an online parents' information session last year, we have continued to embed our new behaviour approach in school which supports the development of pro-social skills and teaches children about their brains.

To support our whole school community in understanding the Empowerment Approach, we are keen to start to share bite-sized information of the key models being taught to our children.

Our website now has lots of information on about the Empowerment Approach, a video from Kit Messenger who wrote the book 'Curious not Furious' in which the Empowerment Approach sits alongside and some short 5 minute videos we have created to share how the approach is being implemented at our school.

Please do have a look at our website for further information:

[Freegrounds Junior School - Empowerment Approach](#)



5C Needs



At the start of your child's journey with us, we teach them how to be at their Brain Best and what this looks and feels like. We summarise this by teaching children about our 5C needs which can be categorised as our physical needs, our emotional needs and our sensory needs. Children understand that if their 5C needs are met, this then allows their brains to be at their best for learning. But we can't all have our needs met all of the time, and we help children to manage this by having a set of strategies to support their regulation.

Please have a look at the 5C Needs 5 minute video: [Freegrounds Junior School - Empowerment Approach Videos](#)

For any parent who missed the online session led by Kit Messenger last year or who are new to the school then please see the link below to a parent flipbook which explains all about the Empowerment Approach with some useful videos.

[School Parent Session Academic Year 2025 2026 flipbook - Flip PDF | FlipBuilder](#)

The infant school have also adopted the approach and we are pleased to be building on existing knowledge with our Year 3 children this term.

Please look out for further bite-sized videos and information about the Empowerment Approach in our newsletters.

Mrs Robinson

(SENCO/Inclusion lead)

FoFJS Christmas Shopping event

IT'S BACK!

'ELFRIDGES

Get ready for the Christmas shopping event

£3 a present via Scopay you can 'shop till you drop' with an unlimited number of presents.

Think Mums, Dads, special people, Grandmas, Grandads, brothers, sisters, cousins, friends and don't forget the cats and dogs!

Who will you buy for?

THURSDAY 4TH DECEMBER (IN SCHOOL TIME)
PLEASE SEND YOUR CHILD IN WITH A CARRIER BAG TO TAKE THEIR PRESENTS HOME IN.

Harvest donations to Hedge End food bank

We would like to thank everybody for their generous donations to the Hedge End food bank as part of our Harvest celebrations just before half term. We were very pleased to be donating four very large crates of food which we know will help local families in our community.



Christmas Family Prize Bingo

Tuesday 9th December
6pm-8pm

Freegrounds Junior School hall



Get into the holiday spirit with a fun-filled family Christmas Bingo Night!

Enjoy an evening of festive fun, prizes, and holiday cheer.

This will be non-profit and all proceeds will be put towards the cost of the event.

£2 a ticket OR
a booklet of 6
tickets for £10
payable on
ScoPay



**Bringing our school
community together!**

Bring your own snacks and drinks- we will not have any on sale.

Booklets of 6 tickets can be separated - Ticket sales close on Friday 5th December

Diary Dates

Friday 21st November– FoFJS Disco (Year 3/4 4:30pm-5:40pm and Year 5/6 5:50pm-7:00pm)

Thursday 27th November– Whole school flu vaccination day

Friday 28th November– Year 4 Ancient Egyptian Day

Monday 1st December– **INSET DAY**

Thursday 4th December– Year 4 Listen2me concert to parents (Pine 9:15am/ Beech 10:00am/ Maple 11:10am)
FoFJS Christmas shopping event

Tuesday 9th December– Year 5 and 6 Christmas performance (9:15am-10:15am)

Tuesday 9th December– Family Prize Bingo– 6:00pm (tickets must be purchased on ScoPay by 5th December)

Wednesday 10th December– Rock 2 the beat concerts AM (time TBC)

Year 5 and 6 Christmas performance (2:00pm-3:00pm)

Thursday 11th December– Michelle's Christmas Craft Coffee Morning (9:00am-10:15am)



Christmas jumper and lunch day (£2 donation to Cash for kids South Coast)

Monday 15th December—Friday 19th December– Year 6 Bikeability (more details to follow)

Wednesday 17th December– Year 3 and 4 Christmas play (2:00pm-3:00pm)

Thursday 18th December– Year 3 and 4 Christmas play (9:15am-10:15am)

Friday 19th December– Festive PJ day (children invited to wear festive PJ's to school)

LAST DAY OF TERM

Monday 22nd December—Friday 2nd January– **CHRISTMAS HOLIDAYS**

Monday 5th January– **SPRING TERM BEGINS**

Tuesday 20th January– Young Voices choir performing at the O2

Friday 23rd January– Year 5 Mexicolore workshop in school all day

Tuesday 10th February– Pupil Voice trip to Houses of Parliament

Wednesday 11th February– Year 6 height and weight check

Friday 13th February– **INSET DAY**

Santa's Grotto

@The Grange Nursing Home

Free Entry

29/11/25

2pm-4pm

Come visit Santa in his Grotto at our indoor Christmas Market on the
29/11/25 from 2pm - 4pm

There will be crafts, games and gift bags.

@The Grange Nursing Home, 72 Upper Northam Road, Hedge End, SO30 4EB