

# Walpole Cross Keys Primary School

## Weekly Newsletter – 5th September 2025



**Hello everyone,**

Welcome back everyone and welcome to our new children and parents.

**PARKING OUTSIDE OF SCHOOL** – Could you please ensure that you are respectful of the residents and do not park across any driveways as access is required. Please park sensibly.

Our allocated PE days are as below. Please send your child to school in their full school PE kit (pale blue polo shirt & navy shorts) with appropriate outerwear (plain navy) on their day: Class 2&3 (Years 2-6) – Wednesday's and Class 1 (R-1) – Friday's. Please ensure that school lunches are booked (if applicable) via your MCAS account by no later than midnight on a Saturday! The school menu can be located on the website.



Clubs—ICS Football afterschool club can now be booked via this <https://icscoaching.pembee.app/activity/68781e8a0038a2e8e8d4c8bc>



We are still seeking members for our PTA. If you are interested, please speak to Mr Overton as soon as possible. Thank you for all your support.



Best Wishes

Ms J. Borley  
(Executive Head Teacher)

**\*Please check page 2 for future diary dates.**

### Weekending—05.09.2025

#### Stars:

Max (Class 1), Bella (Class 2) & Lilley (Class 3)

#### Kindness:

Jessica (Class 1), Hudson (Class 2) & Evan (Class 3)

#### Handwriting:

Ted (Class 1), Emilé (Class 2) & Annabelle (Class 3)

#### THANK YOU card winners:

Nova (Class 1), Jacob (Class 2) & Sno-Keanu (Class 3)

Golden Broom: Class 2



### Attendance

Class 1: 100%

Class 2: 100%

Class 3: 100%

Congratulations to everyone!  
Whole school: 100%




[www.walpolecrosskeysprimary.co.uk](http://www.walpolecrosskeysprimary.co.uk)  
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## Diary Dates

**\*Please be aware that dates are for guidance only and are subject to change\***

Diary dates are also located on the school website. Please note that the West Norfolk Academies Trust school calendar for 2025/26 & 2026/27 can be located from the school's website. School holiday dates are slightly different to NCC.

<b>Wednesday 10th September 2025</b>	Class 1—Curriculum meeting—Parents/carers invited from 3.15pm
<b>Thursday 11th September 2025</b>	Class 2—Curriculum meeting— Parents/carers invited from 3.15pm
<b>Friday 12th September 2025</b>	Class 3—Curriculum meeting—Parents/carers invited from 3.15pm
<b>Wednesday 17th September 2025</b>	Class 1—Phonics Workshop—Parents/Carers invited from 3.15pm
<b>Thursday 25th September 2025</b>	Class 3 - Robert Armin Festival (Shakespeare) King's Lynn Minister
<b>Monday 29th September 2025</b>	Active Kids Festival @ Lynnsport (selected). Consent will be via your MCAS account.
<b>Thursday 16th October 2025</b>	Year 6 & Year R NCMP/Vision and Hearing Screening (NHS)
<b>Friday 24th October 2025</b>	School breaks up at the usual time of 3.15pm for Half Term.
<b>Monday 27th October to Friday 31st October 2025</b>	SCHOOL CLOSED
<b>Monday 3rd November 2025</b>	School opens—Prompt registration at 8.45am
<b>Wednesday 5th November 2025</b>	Family Workshop at Clenchwarton Primary School—9.30am—10.30am
<b>Friday 7th November 2025</b>	Lilacmoon Photography—Whole School—individual photos.
	
<b>Wednesday 12th November 2025</b>	Family Workshop at Clenchwarton Primary School—9.30am—10.30am
<b>Wednesday 19th November 2025</b>	Family Workshop at Clenchwarton Primary School—9.30am—10.30am
<b>Thursday 20th November 2025</b>	Class 3—Chemistry Kitchen at Springwood High School. More details to follow.
<b>Wednesday 10th December 2025</b>	Whole School—Panto and King's Lynn Corn Exchange. 'Jack and the Beanstalk'. More details to follow.
<b>Friday 19th December 2025</b>	School breaks up at the usual time of 3.15pm for Half Term
<b>Tuesday 6th January 2025</b>	School opens—Prompt registration at 8.45am

### PE—Autumn Term 1

Wednesday's — Class 2 & Class 3 - **\*Wear PE kits\***

Friday's — Class 1 - **\*Wear PE kits\***

# CLUBS

## Clubs Overview Autumn Term 1 - 2025

Please see below a list of lunchtime and after school clubs taking place at Walpole Cross Keys for the above term. Thank you

Day	Theme	Dates / Times	Yr Group	Cost
Mondays	LUNCHTIME READING CLUB with Mrs Roesner	8 <sup>th</sup> September to 20 <sup>th</sup> October 2025 12:30pm-12:50pm	All years	Free: No booking necessary
	LUNCHTIME TIMES TABLE CLUB with Mr Overton	8 <sup>th</sup> September to 20 <sup>th</sup> October 2025 12:30pm-12:50pm	All years	Free: No booking necessary
Tuesday	LUNCHTIME WALKING/STEP COUNTER CLUB with Mr Overton	9 <sup>th</sup> September to 21 <sup>st</sup> October 2025 12:30pm – 12:50pm	All years	Free: No booking necessary
Wednesdays	LUNCHTIME CLUB WITH with Joe - TBC	10 <sup>th</sup> September- 23 <sup>rd</sup> October 12:30pm-12:50pm	All years	Free: No booking necessary
	AFTER SCHOOL FOOTBALL CLUB with Joe – TBC (football boots & shin pads are optional)	10 <sup>th</sup> September- 21 <sup>st</sup> October 3:15pm-4:15pm	All years	Book & pay direct with ICS Coaching please click on the link to book <a href="https://icscoaching.pembee.app/activity/68781e8a0038a2e8e8d4c8bc">https://icscoaching.pembee.app/activity/68781e8a0038a2e8e8d4c8bc</a>
Thursdays	LUNCHTIME MINDFULNESS CLUB with Mrs Jones	11 <sup>th</sup> September- 22 <sup>nd</sup> October 12:30pm-12:50pm	Years 4, 5 & 6	Free: No booking necessary
Fridays	AFTER SCHOOL LEGO CLUB with	12 <sup>th</sup> September to 23 <sup>rd</sup> October 3.15pm – 4pm	KS1	Free: Booking via MCAS (On a first come first serve basis) Available to book on MCAS from W/C 01.09.25



### Term Dates 2025-2026 – Primary Schools

September 2025							October 2025							November 2025							December 2025						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7			1	2	3	4	5						1	2	1	2	3	4	5	6	7
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				
January 2026							February 2026							March 2026							April 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
			1	2	3	4							1							1			1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31		23	24	25	26	27	28		23	24	25	26	27	28	29	27	28	29	30			
														30	31												
May 2026							June 2026							July 2026							August 2026						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5						1	2
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
25	26	27	28	29	30	31	29	30						27	28	29	30	31			24	25	26	27	28	29	30
																					31						

Key: White dates – school open to pupils  
 Orange dates – pupil holidays  
 Purple dates – staff training days  
 Red dates – bank holidays

Staff training days are – Monday 1 September, Tuesday 2 September, Monday 5 January, Monday 13 April as whole training days.  
 Monday 20 July 2026 is disaggregated.

# 10 Top Tips for Parents and Educators

## RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

### 1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

### 2 KEEP CONVERSATIONS FLOWING



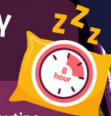
Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

### 3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

### 4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

### 5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

### 6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

### 7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

### 8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

### 9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

### 10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College®

## SAFEGUARDING

Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play. At our school we have a designated safeguarding team who are trained professionals in safeguarding, however all our staff are trained in safeguarding if you want to discuss any concerns with them.

The Safeguarding team.

If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team.



Mrs Maddison



Mr Overton



Mrs Roesner



Mrs Jones



Mrs Preston