

Walpole Cross Keys Primary School

Weekly Newsletter – 10th October 2025



Hello everyone,

On Monday selected children from Yr3 & Yr4 went to the SSP Quicksticks Hockey at Lynnsport and on Thursday selected children from Yr1 & Yr2 attended the WNAT Dodgeball Sports event at Gaywood. Well done to everyone who took part.

Today we raised awareness of **World Mental Health day** by wearing yellow and holding a special assembly. It was great to see so many children come into school in support of this.



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. A new menu will be available to use from 3rd November 2025 and will be emailed to you in due course.



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.

Join the PTA!



Best Wishes

Ms J. Borley
(Executive Head Teacher)

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

Attendance

Class 1: 99.3%

Class 2: 97.9%

Class 3: 95%

Congratulations to
Class 1!

Whole school: 97.1%



Weekending—10.10.2025

Stars:

Max (Class 1), Devon & Amelia (Class 2) & Ivy O (Class 3)

Kindness:

Thomas (Class 1), Hudson (Class 2) & Hector (Class 3)

Handwriting:

Frankie (Class 1), Gabby (Class 2) & Chase (Class 3)

THANK YOU card winners:

Tommy-Lee (Class 1), Isaac C (Class 2) & Sydney (Class 3)

Golden Broom: Class 2

PSHE—Work well with others:

Hollie, Nova, Toby & Max (class 1)



www.walpolecrosskeysprimary.co.uk

Tel: 01553 828680 Email: office@walpolecrosskeysprimary.co.uk

Governors: n.gay@wnat.co.uk


SENCO: primarysend@wnat.co.uk



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.

Thursday 16th October 2025	Year 6 & Year R NCMP/Vision and Hearing Screening (NHS)
Monday 20th October 2025	Year 4—West Stow—Consent/Payment via your MCAS account.
Tuesday 21st October 2025	Class 2—Holkham Hall—Consent/Payment via your MCAS account.
Wednesday 22nd October 2025	SSP Cross Country—Selected
Friday 24th October 2025	School breaks up at the usual time of 3.15pm for Half Term.
Monday 27th October to Friday 31st October 2025	SCHOOL CLOSED
Monday 3rd November 2025	School opens—Prompt registration at 8.45am
Wednesday 5th November 2025	Family Workshop at Clenchwarton Primary School—9.30am—10.30am Class 3-Mosque-Consent/Payment via your MCAS account.
Friday 7th November 2025 	Lilacmoon Photography—Whole School—individual photos.
Monday 10th November 2025	SSP Cross Country Finals—TBC
Tuesday 11th November 2025	Yr3 & Yr4 WNAT Remembrance Performance @ Springwood High School
Wednesday 12th November 2025	Family Workshop at Clenchwarton Primary School—9.30am—10.30am
Wednesday 19th November 2025	Family Workshop at Clenchwarton Primary School—9.30am—10.30am
Thursday 20th November 2025	Class 3—Chemistry Kitchen at Springwood High School. More details to follow.
Monday 24th November 2025 	Whole School immunisation programme (Flu). SSP Tag Rugby—Yr5 & Yr6—Selected.
Friday 28th November 2025	Y1—True's Yard Trip—Consent/Payment via your MCAS account.
Wednesday 10th December 2025	Whole School—Panto and King's Lynn Corn Exchange. 'Jack and the Beanstalk'. More details to follow.
Tuesday 16th December 2025	Nativity—Parents invited—9.20am—10.20am. More details to follow
Wednesday 17th December 2025	Nativity—Parents invited—2.15pm—3.15pm. More details to follow.
Friday 19th December 2025	School breaks up at the usual time of 3.15pm for Half Term
Tuesday 6th January 2025	School opens—Prompt registration at 8.45am

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 th September to 20 th October 2025 12:30pm-12:50pm	All years	Free: No booking necessary
	LUNCHTIME TIMES TABLE CLUB with Mr Overton	8 th September to 20 th October 2025 12:30pm-12:50pm	All years	Free: No booking necessary
Tuesday	LUNCHTIME WALKING/STEP COUNTER CLUB with Mr Overton	9 th September to 21 st October 2025 12:30pm – 12:50pm	All years	Free: No booking necessary
Wednesdays	LUNCHTIME CLUB WITH with Joe - TBC	10 th September- 23 rd 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 th September- 21 st October 3:15pm-4:15pm	All years	Book & pay direct with ICS Coaching please click on the link to book https://icscoaching.pembee.app/activity/68781e8a0038a2e8e8d4c8bc
Thursdays	LUNCHTIME MINDFULNESS CLUB with Mrs Jones	11 th September- 22 nd October 12:30pm-12:50pm	Years 4, 5 & 6	Free: No booking necessary
Fridays	AFTER SCHOOL LEGO CLUB with	12 th September to 23 rd 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.

Quicksticks Hockey



WNAT KS1 Sports Event





Come and try Hockey @ Pelicans HC



@ Lynnsport, Greenpark Avenue PE30 2NB

SCHOOL YEAR 2 to 7

JUNIOR TRAINING SATURDAY MORNING
TERM TIME ONLY

JUNIOR TRAINING SESSIONS

U8/U10/U12

8.45am - Registration at Pitch

9:00 - 10:00am - U8

9:00 - 10:20am - U10

9:00 - 10:30am - U12

Contact:

Marelize Verdoes

07734691377

Email:

Pelicansjuniorclub@gmail.com

Please remember:

Shinpads and Gumshields must be worn

Shack open pitchside 9am to 11am serving Bacon rolls and Hot drinks



**Scan QR code to join the
Club Teamo App**

FREE
PARKING

BookLife

FREE
ENTRY

HALF TERM

BOOK FEST

BOOKS
FOR
AGES
0-16

FREE TEA
&
COFFEE!

2025

BOOKS
£1
AND UNDER

29TH OCTOBER

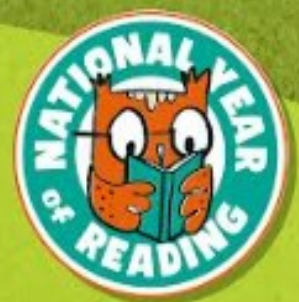
10am-3pm

OMNI House, Rollesby Road,
King's Lynn, PE30 4LS

Cash & Card payments
(card payments for orders over £5)



SCHOLASTIC



10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT - HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

Community News

ALIVE



Holiday Programme

27 Oct – 2 Nov 2025

Lynnsport, St James Pool,
Downham Leisure, Oasis,
South Lynn Community Centre
and Glebe House School

Booking is advisable for all activities
alivestnorfolk.co.uk



Scan to book

ALIVE Part of Borough Council of King's Lynn & West Norfolk

Booking Information

Discounted rates

Are subsidised by the Borough Council of King's Lynn & West Norfolk.

Applies to West Norfolk residents under 19yrs.

Booking is advisable for all activities

All bookings are in line with our standard booking policy. Visit alivestnorfolk.co.uk for full terms and conditions.

Junior Alive Cards are FREE

Simply apply at your local centre.

Alive Downham
01366 386868

Alive Lynnsport
01553 818001

Alive Oasis
01485 534227

Alive St James
01553 764888

All children should bring

Refillable drinks bottle, hat, jumper and jacket appropriate to the weather.

* Children under 5yrs must be accompanied at all times during the session by a parent or responsible adult over the age of 18yrs.
 ** A parent or responsible adult aged 18yrs or over must be booked in and participate in the activity on a ratio of 1 adult to 2 children. Bookable over the phone or at your local centre.
 *** Children under the age of 8yrs must be accompanied by a participating parent or responsible adult aged 18yrs or over on a ratio of 1 adult to 2 children.
 **** Participants should be confident in deep water and will be required to complete a swim test. If during the swim test participants are unable to swim 25 metres unaided, life jackets will be provided.
 If your child has any medical, SEND or additional needs which require additional support, please contact us prior to booking at enquiries@alivestnorfolk.co.uk to ensure we can facilitate this.
 For all activities excluding Holiday Clubs, children under the age of 8yrs must be accompanied by a responsible adult who must remain within the designated viewing area for the specific activity/site for the duration of the activity and be able to assist their child if needed.

All information is correct at time of print and may be subject to change.

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Holiday of Play

27 October – 2 November



Soft Play
Alive Oasis during opening hours



Tumble Tikes
Alive Lynnsport



Swimming
All pools during general swim sessions



KAUSET
Alive Lynnsport during opening hours



Tumble Teds
Alive Lynnsport

£1
Alive Card

50p
Alive Concession Card

Discounted prices are only available to children under 19 living in West Norfolk with an Alive Card, or an Alive Concession Card. Outside of this, activities are full price. Please see website for prices.

Mini Tennis

Mondays @ Downham
5–8yrs | 4.30pm–5.30pm
9–12yrs | 5.30pm–6.30pm

A fun introduction to indoor Short Tennis – children will learn basic skills and tips/tricks of the game in a fun and inclusive environment.

S £6
AC £5
ACC £4

School Holiday Booking Offers

Hire our Sports Hall/Multi-Use Pitch for football, netball or basketball for a discounted price over the holidays! 9am–4pm.

Lynnsport Half Sports Hall – £24 per hour
Lynnsport Multi-Use Third – £12 per hour

☎ 01553 818001 for more information

S: Standard | AC: Alive Card | ACC: Alive Concession Card

3

STORIES OF LYNN WITCHCRAFT WEEK

TUESDAY 28 OCTOBER.

Potion Brewing
10.30am – 11.30am / 1.30pm – 2.30pm

WEDNESDAY 29 OCTOBER

Witch Hunt
All day throughout the museum

THURSDAY 30 OCTOBER

Witch Mask Making
10.30am – 11.30am / 1.30pm – 2.30pm

FRIDAY 31 OCTOBER

Gaol House Ghost Stories
1.30pm – 2.30pm

Activities included in child admission, plus one adult goes free.
Book in advance via 01553 774297




flu: 5 reasons to vaccinate your child



1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

Most children have the nasal spray vaccine which is the preferred vaccine. A vaccine injection is also available which does not contain gelatine from pigs (porcine gelatine).

For more information visit
www.nhs.uk/child-flu

Flu  **mmunisation**
Helping to protect children, every winter

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