

Walpole Cross Keys Primary School

Weekly Newsletter – 23rd January 2026



Hello everyone,

On Monday the Choir had a very exciting day at the O2 Area for the Young Voices. They had a wonderful experience.



Tapping House visited us on Tuesday to collect the fundraising from our Rudolph Run. They wanted to say a massive 'thank you' to all the children and their sponsors. We raised a very impressive £170, which will help them run their hospice to support ill people and families.

As always, we would like to ensure that your **experience** at Walpole Cross Keys Primary is a **positive** one. If you have any concerns, in the first instance please telephone, email the school office or speak with the class teacher.



Best Wishes

Ms J. Borley
(Executive Head Teacher)

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

Attendance

Class 1: 100%

Class 2: 95.9%

Class 3: 83%

Congratulations to Class 1

Whole school: 92.1%



Weekending—23.01.2026

Stars:

Jessica (Class 1), Gabby (Class 2) & Rosie C (Class 3)

Kindness:

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

Handwriting:

Frankie (Class 1), Brody (Class 2), Taylor (Class 3)

THANK YOU card winners:

Isabella (Class 1), Devon (Class 2), Florence E & Mrs Loomes (Class 3)

Golden Broom: Class 2

PSHE—Work well with partner or a group

Hugo, Frankie, Nova, Toby, Rosie & Isabella (Class 1)

Isaac O, Bella, Gabby & Jacob (Class 2)

Hector, Ivy H & Ivy O (Class 3)



www.walpolecrosskeysprimary.co.uk

Tel: 01553 828680

Email: office@walpolecrosskeysprimary.co.uk

Governors: n.gay@wnat.co.uk


SENCO: primarysend@wnat.co.uk

Attendance and Pastoral Support: g.scott@westnorfolkacademiestrust.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 may be slightly different to NCC.

Monday 26th January 2026	Active Kids Festival (Yr 1 & Yr 2).
Tuesday 10th February 2026	Class 2—Norwich Castle. Consent and payment via MCAS.
Friday 13th February 2026 	Wear Bright Colours (appropriate for school please) in support of a Mental Health Day.
Friday 13th February 2026	School break up at the usual time of 3.15pm for Half Term
Monday 23rd February 2026	School opens-Prompt registration at 8.45am
Tuesday 24th February 2026	WNAT Play Day & Concert—MITI pupils Yr5 & Yr6
Thursday 26th February 2026	SSP Girls Football—Selected.
Monday 2nd March 2026	SSP Quick sticks—More details to follow.
Wednesday 4th March 2026	WNAT Primary Literary Event at King's Lynn Corn Exchange—Selected
Thursday 5th March 2026	Lunchtime Special Menu—World Book Day. All bookings via your MCAS account.
Friday 6th March 2026	Lunchtime menu change—will now be serving chicken nuggets.
Tuesday 10th March 2026	SSP Dance Festival — Class 2
Wednesday 11th March 2026	Class 1 Assembly—3:00pm. Parents/carers invited.
Thursday 12th March 2026	WNAT OAA Sports Event—Selected. Class 3 –Assembly—3:00pm. Parents/carers invited
Monday 16th March 2026	SSP BEE Netball—More details to follow.
Tuesday 17th March 2026	St Clements Cluster BEE Netball—More details to follow.
Wednesday 18th March 2026	Class 2 Speed Stacking—WNSSP Class 2 –Assembly—3:00pm. Parents/carers invited.
Friday 27th March 2026	School breaks up at the usual time of 3.15pm for Half Term
Tuesday 14th April 2026	School opens-Prompt registration at 8.45am
Monday 20th April 2026	SSP BEE Netball—Finals—TBC
Tuesday 28th April 2026	Year 6—Crucial Crew Trip—More details to follow.
Wednesday 29th April 2026	Tri Golf Festival—More details to follow.
Monday 4th May 2026	BANK HOLIDAY—School Closed.
Tuesday 19th May 2026	Year 4—Stories of Lynn Trip—Consent via MCAS.
Wednesday 20th May 2026	Dynamos Cricket—More details to follow.
Friday 22nd May 2026	School breaks up at the usual time of 3.15pm for Half Term
Monday 1st June 2026	School opens-Prompt registration at 8.45am
Thursday 18th June 2026	Reception—Sea Life Centre Trip-. Consent via MCAS.

PE—Spring Term 1

Wednesday's - Class 1 & 2 ***Wear PE kits***.

Friday's - Class 3 ***Wear PE kits***.

Have your circumstances changed recently?

You may be eligible for Free School Meals!

The school receives funding for each child who comes under Pupil Premium (including FSM).

You can apply online:-

<https://www.norfolk.gov.uk/freeschoolmeals>



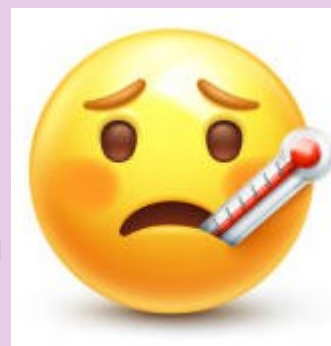
Could you please ensure your child comes to school suitably dressed for the elements.



If your child is not 'fit' to go into school?

Each day your child is unfit to come to school, please report this absence by calling the school office on 01553 828680 before 9:15am to let us know.

In the message please leave your child's full name, class and give the specific reason for absence. The information you give will be recorded on our official register. Thank you.



SCHOOL UNIFORM



PLEASE NOTE WE ARE CLOSED 29TH AND 30TH JANUARY FOR STOCKTAKE. ALL ORDERS / QUERIES SENT THROUGH DURING THIS TIME WILL BE ACTIONED WHEN WE ARE BACK OPEN ON THE 2ND FEB

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.



Miss Daws



Mrs Roesner



Mrs Jones



Mrs Preston

CLUBS

Clubs Overview Spring Term 1 - 2026

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	Year Group	Cost
Tuesday	LUNCHTIME TIMES TABLE CLUB with Miss Daws	6th January-10 th February 12:30pm-12:50pm	All years	Free: No booking necessary
Wednesdays	LUNCHTIME READING CLUB with Mrs Roesner	7th January-11 th February 12:30pm-12:50pm	All years	Free: No booking necessary
	LUNCHTIME CLUB WITH Austin/Joe (ICS)	7th January-11 th February 12:30pm-12:50pm	All years	Free: No booking necessary
	FOOTBALL CLUB with Austin/Joe (ICS) (football boots & shin pads are optional)	7 th January -11th February 3:15pm-4:15pm	All years	£4.00 per session totalling to £24.00 for 6 weeks Book & pay direct with ICS Coaching by 5 th January please click on the link to book https://icscoaching.pembee.app/



Term Dates 2025-2026 – Primary Schools

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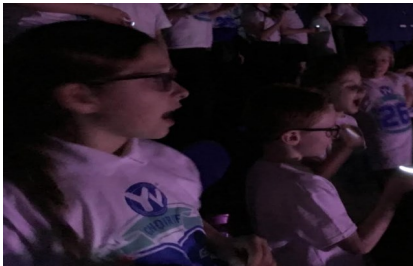
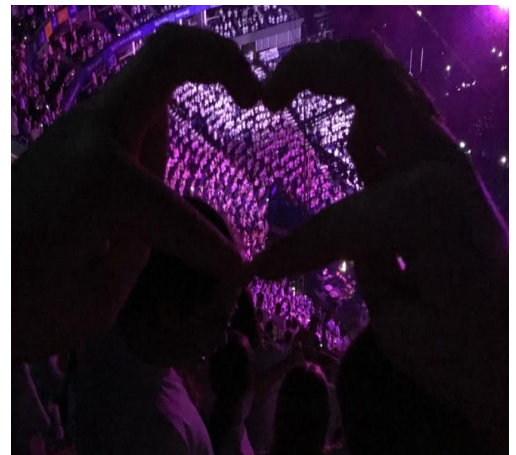
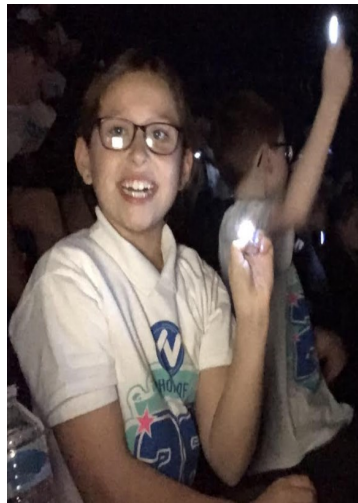
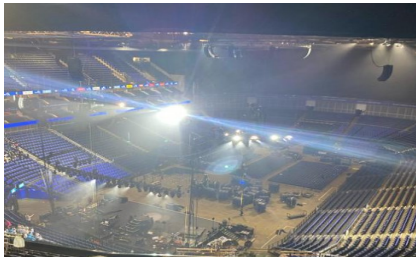
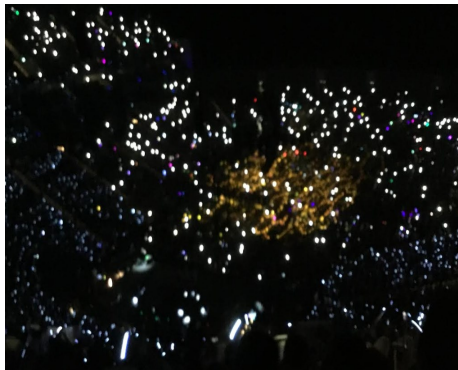
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Key: White dates – school open to pupils
 Orange dates – pupil holidays
 Purple dates – staff training days
 Red dates – bank holidays

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.



Young Voices



Rudolph Run—Tapping House



What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help moderate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

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

Community News



Supporting Your Child's Anxiety



A Parent/Carer Workshop

West Lynn Primary School
12/02/2026
2pm until school pick up

Refreshments will be provided.

Join our engaging workshop for parents and caregivers to learn how to support your child manage their anxiety. In this session, we'll cover:

- Defining anxiety
- Reasons why we experience anxiety?
- Recognising signs and symptoms in your child
- How to respond and support your child
- The importance of self-care and managing your own anxiety
- Further resources

ccs.mhstwestnorfolk@nhs.net

Cambridgeshire Community Services NHS Trust: delivering excellence in children and young people's services.

Sutton Bridge
Westmere Primary School
PE12 9TB

Aladdin

by Nigel Holmes

19th & 20th February 2026 - 7:30pm
21st February 2026 - 2:30pm & 7:30pm

£7.50 per Adult, Children 11 years of age and under free.
Children must be accompanied by an adult over 18

Get in touch with our Box Office to book your tickets:
Email: info@suttonbridgeplayers.co.uk

BOOK NOW

www.SuttonBridgePlayers.co.uk
 Follow us for updates
[@SuttonBridgePlayersOfficial](https://www.facebook.com/SuttonBridgePlayersOfficial)

ALIVE

Holiday Programme

16 – 22 February 2026

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

Scan to book

Booking is advisable for all activities
alivestnorfolk.co.uk

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

<https://www.alivestnorfolk.co.uk/activities/holiday-activities/>

Year 5

WISBECH
GRAMMAR SCHOOL

MARVELLOUS

Saturday 7th February 2026
09:00 - 13:00

Unlock the secrets of numbers!
Register now

wisbechgrammar.com/open-events

www.wisbechgrammar.com 01945 586750