

Walpole Cross Keys Primary School

Weekly Newsletter – 10th June 2022



Welcome back, we hope everyone had a lovely half-term break and jubilee weekend.



Class 3 commenced their **swimming** lessons this week at Clenchwarton. We were really impressed with their behaviour and attitude. Unfortunately we have had to cancel the next two sessions therefore the next lesson will take place on **Wednesday 29th June**.

This week Class 3 also started learning their dance routine in readiness for the **WNAT dance Festival** taking place at Springwood high School on **Monday 18th July @ 6:00pm** (more information to follow).



Could we kindly remind all parents/carers to be mindful of their parking, in particular when parking near driveways and/or junctions. Thank you for your support to keep everyone safe.

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 (01553 828680), email the school office (office@walpolecrosskeysprimary.co.uk) or speak with the class teacher.

Best Wishes
Ms J. Borley, Executive Head Teacher

STARS: **Amelia (YrR), Rosie M (Yr2) & Fern (Yr6)**

KINDNESS: **Florence P (Yr1), Darcy (Yr2) & Mikey (Yr6)**

HANDWRITING: **Zoe-Marie (YrR), Josie (Yr2) & Logan (Yr5)**

GOLDEN BROOM: **Class 2**

THANK YOU WINNERS: **Ivy O (Yr1), Beau (Yr3), Mya (Yr6) & Miss Jordan**



Next week ...

Monday

Hayley Roberts visiting public speaking pupils
Yrs 4-6 dance with Kate Whyborn (PE kits)

Tuesday

Yrs 5&6 Quadkids Athletics (selected pupils)
WNAT liberation day (selected pupils)

Wednesday

NO SWIMMING LESSONS THIS WEEK
PTA tuck shop 3:15pm

Thursday

Lilac Moon class photos
Yrs 3,4,5&6 cookery club 3:15pm-4pm

Friday

Yrs R,1,2 & 3 PE day (PE kits)
Music lesson (please remember instruments)
Yrs 3&4 tackling tables club 3:15-4pm
Yrs 1-6 football club 3:15-4:15pm

Attendance

Reception: 92.5%

Year 1: 100%

Year 2: 100%

Year 3: 88.89%

Year 4: 88.89%

Year 5: 91.67%

Year 6: 100%

Whole school: 94.64%

Congratulations Years 1,2&6 (100%)

Attendance bear winners: Class 1

Please check following
pages for future diary dates.

Tel: 01553 828680 Email: office@walpolecrosskeysprimary.co.uk
Governors: chairofgov@clenchwartonprimary.co.uk
www.walpolecrosskeysprimary.co.uk



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- ✓ Quadkids Athletics 14th June: Please give any outstanding consents on ParentPay urgently.
- ✓ WNAT liberation day 14th June: Please give consent via online form emailed to relevant parents/carers.
- ✓ Class 1 & 2 Hunstanton Trip 22nd June: Please give consents and make payments on ParentPay by 17th June.
- ✓ Class 3 Leicester Space Centre 8th July: Payments must be made in full via ParentPay by Friday 1st July.

Diary Dates

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

Monday 30th May to Friday 3rd June	SCHOOL CLOSED FOR HALF TERM
Tuesday 14th June	Yrs 5/6 Quadkids Athletics (selected pupils) *consent via parentpay please*
	WNAT Falklands Liberation day (selected pupils)
Thursday 16th June	Lilac Moon Photographer - class photos
Wednesday 22nd June	Yrs R,1,2&3 Hunstanton Trip *consents & payments deadline 17th June*
Tuesday 28th June	Yrs 1&2 Active Kids Festival *information to follow*
Friday 1st July	Yrs 3&4 Mini Tennis *information to follow*
Thursday 7th July	Yr 6 Transition Day *information to follow*
Friday 8th July	Yrs 4,5&6 Leicester Space Centre *full payment due 1st July*
	Yrs R,1&2 Top Link Festival *information to follow*
Sunday 10th to Wednesday 13th July	Yr 6 Hilltop Residential
Tuesday 12th July	Yr 5 Opportunity Day *information to follow*
Thursday 14th July	Sports day *information to follow*
Monday 18th July	Yr 4,5&6 WNAT Dance Festival *information to follow*
Wednesday 20th July	Yr 6 Leavers Assembly *Yr6 parents/carers invited to attend - information to follow*

LUNCHTIME CO.®

Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Commencing: 25th Apr, 16th May, 13th Jun, 4th Jul, 29th Aug, 19th Sep, 10th Oct
Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Main Meal

Hand Made BBQ Chicken
Pizza served with Potatoes
Wedges and Fresh Salad
(G)(W)(B)(SO)(MK)(C)(E)

Butcher's Sausages served
with Mashed Potatoes
and Baked Beans
(G) (W) (SU) (MK) (SO)

Pasta Bolognese
served with
Mixed Vegetables
and Garlic Bread
(G) (W) (MK) (SO)

Farm Assured Roast
Chicken with Potatoes,
Carrots and Broccoli,
Yorkshire Pudding and
Gravy
(G) (W) (E) (MK)

Fish Fingers served with
Chips, Garden Peas and
Baked Beans and Tomato
Ketchup
(G) (W) (F)

Meat Free



Hand Made Cheese and
Tomato Pizza served with
Potatoes Wedges and
Fresh Salad
(G)(W)(B)(SO)(MK)(C)(E)

Vegetarian Sausages
served with Mashed
Potatoes and Baked Beans
(G) (W) (B) (E) (MK)

Mediterranean Vegetable
and Tomato Pasta with
Mixed Vegetables and
Garlic Bread
(G) (W) (MK) (SO)

Quorn Roast with
Potatoes, Carrot &
Broccoli, Stuffing and
Gravy
(G) (W) (E)

Vegetable Nuggets served
with Chips, Garden Peas
and Baked Beans and
Tomato Ketchup
(G) (W)

Jackets



Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad
(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad
(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad
(MK)

Jacket Potato with Cheese
and Baked Beans served
with Fresh Salad
(MK)

Lunchtime Lunchbox



Cheese Sandwich
Pasta Salad
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (E) (SE)

Ham Salad Sandwich
Cheese Straw
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (E) (SE)

Chicken Mayo Sandwich
Pizza Finger
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (E) (SE) (SO)

Tuna Mayo Sandwich
Cocktail Sausage
Salad Sticks
Choose one of our
Fabulous Desserts
(G)(W)(F)(E)(SE)(SO)(SU)

Cheese Sandwich
Pasta Salad
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (E) (SE)

Desserts



Choose One of Our
Fabulous Desserts
Rice Krispie Cake
Fresh Fruit
(G) (W) (B) (MK)

Choose One of Our
Fabulous Desserts
Cherry Flapjack
Fresh Fruit
(G) (W) (B)

Choose One of Our
Fabulous Desserts
Banana & Toffee Cake
Fresh Fruit
(G) (W) (E) (MK)

Choose One of Our
Fabulous Desserts
Short Bread Finger
Fresh Fruit
(G) (W) (MK)

Available every day:

A selection of fresh
vegetables and tasty salad

Delicious freshly
baked bread

Fruit platter and natural
yogurt with toppings



If your child would like any school lunches please order for the week using ParentPay, the deadline for orders is midnight on Sunday. If you miss the deadline please email the office by 9am on Monday with your child's choices for the week.
Thank you

After School Clubs Overview Summer 2022 Term 2

(6th June to 22nd July 2022)

Please see below a list of lunchtime and after school clubs taking place at Walpole Cross Keys this term. All bookings and payments (with the exception of football club) can be made via ParentPay. Thank you

Day	Club	Dates / Times	Age Group	Cost
Thursdays (swapped from Wednesdays)	COOKERY CLUB with Miss Rogers **fully booked**	22 nd June, 20 th June & 7 th July 2022 3:15pm-4:00pm	Years 3, 4, 5 & 6	£9 for 3 sessions Book via ParentPay (places limited, first come first served)
Fridays	TABLE TENNIS CLUB with Aaron	10 th June to 15 th July 2022 (exc 8 th July) 12:30pm-1pm	Years 4, 5 & 6	Free: No booking necessary
	FOOTBALL CLUB with Aaron	10 th June to 15 th July 2022 3:15pm-4:15pm	Years 1, 2, 3, 4, 5 & 6	£3.50 per session totalling to £21.00 for 6 weeks Book & pay direct with ICS Coaching – online form sent to all parents/carers
	TACKLING TABLES with Miss Jordan	10 th June to 15 th July 2022 (exc 8 th July) 3:15pm-4:00pm	Years 3&4	Free: Please complete online form sent to Yr3/4 parents & carers

What Parents & Carers Need to Know about VIRTUAL REALITY

WHAT ARE THE RISKS?

PREMATURE EXPOSURE

While VR has already found its way into schools worldwide – allowing teachers to take their class on digital field trips – most manufacturers advise an age restriction of 13. This safeguard is based on the idea that children's brains, eyes and bodies are still developing. With the technology still in its infancy, not enough research has been conducted as to how VR affects children in the longer term.

13+

EYE STRAIN

One of the main worries about VR is that essentially having TV screens so close to your eyes could harm them with prolonged use. Lenses inside each headset have been specifically designed to trick the human eye into focusing to infinity (just as they would in the real world) to mitigate possible eye strain. Even so, longer VR sessions should be limited to adults only.

PHYSICAL ACCIDENTS

When used correctly, VR isn't dangerous as there are safety features built in. A common concern is that a child wearing a headset could bump into real-world objects while playing – so creating a clear, tidy gaming space is essential. Headsets also come with 'Guardian' or digital barrier systems that can be set up beforehand, indicating where walls and furniture are located so nobody trips over and hurts themselves.

Virtual reality (VR for short) has existed for decades, but it's only in the last 10 years that the technology has really become publicly available. With VR's rapid rise as a gaming and educational medium, there are plenty of unknowns regarding its use – for adults and children alike. Is it safe? How long should someone use VR for? How expensive is it? What's clear is that VR is becoming ever more ubiquitous in everyday life: from companies using it for training to at-home fitness. Knowing what the technology is capable of is more useful than ever.

SOCIAL VR

VR is more immersive than normal gaming and makes players feel very present in the moment. There are additional online safety fears, therefore, relating to trolling and abusive comments as players engage with each other in social VR spaces. Personal information shouldn't be given out and privacy and safety controls (who can see your real name, for example) need to be activated where possible.

MOTION SICKNESS

Children who are prone to travel sickness might encounter what's known as 'simulator sickness'. This is nausea caused by the eyes seeing images which tell the brain that the person is moving, while the rest of the body knows it is stationary. Most apps have features to reduce this discomfort, while some games simply don't feature locomotion to make for a more comfortable experience.

VIOLENT CONTENT

Among the growing range of VR games and apps, not all of them are appropriate for young players. Violent content can be far more visceral and disturbing in VR, so it's important to consider the age and maturity of your child before giving them access to this type of gameplay. As the majority of VR content is digital, online store access is easy – so careful curation is advised.

Advice for Parents & Carers

START OFF SLOWLY

Just like regular video games, if your child wants to try VR the best way to reduce risks is moderation. Keep their VR sessions to short stints – and for young adults new to the technology, build up their usage time gradually to let them get acquainted with it. If they feel any discomfort, remove the headset and try again at a later point.

NO SURPRISES

It's easy to get lost in the moment in VR – and possibly forget where you might be standing in the real world. A minimum 2m x 2m play area is recommended, with no plant pots or other delicate objects within reach of flailing arms. Take pets into account, too: don't let the cat or dog walk into the room, for example, because a VR player won't see them and could certainly trip. A child is far more likely to get over-enthusiastic in VR, posing a risk to themselves and anything in their path.

KEEP A WATCHING BRIEF

It may seem that a VR player is in their own world, but all VR headsets allow external viewing via a linked monitor or mobile phone. This is the best way to ensure whatever a child is playing is appropriate. More VR supervision tools are on the way, such as securing specific apps behind unlock patterns or sending an approval notification to the parent if their child wants to purchase a game.

ANTI-NAUSEA OPTIONS

It's wise to get used to VR while comfortably seated and progress to standing or 'room-scale' VR (where players physically walk around an area) later. Look at the in-app options first: switching between seated and standing adjusts the player's height, while a vignette or 'tunnel' darkens the peripheral vision to reduce nausea. Teleportation Mode and Snap Turning are also important options for enhancing comfort.

RESEARCH CONTENT

There will be information online about most games and apps, explaining what type of experience they provide. They'll list age ratings indicating how violent the gameplay might be; comfort, so you'll know the intensity of the experience; and how much access the game requires to personal information or features like the built-in microphone.

Meet Our Expert

Peter Graham is the editor at XR (extended reality) and Web3 specialist site gmw3.com and has been writing about VR, augmented reality and the immersive tech industry for more than seven years. He's served as a panel speaker and a judge at awards events and game hackathons.



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Get Help

Samaritans

116 123

Lily

01553 616200

Wellbeing Service

0300 123 1503



Wellbeing

Family Lives Helpline

0808 800 2222

ECFS

(ages 0-5)

0344 800 8020

Parentline Text

07520 631590



Parenting

Just One Norfolk

0300 300 0123

NHS 111 Online

111

Change Grow Live

01603 514096



Health

West Norfolk Carers

01553 768155

Carers Matter

0800 083 1148

Short Breaks

0344 800 8020



Caring



Safety

Worried about a child's safety?

Children's Services 0344 800 8020

or NSPCC 0808 800 5000

In an emergency 999



Food Banks

King's Lynn

07582 558143

Hunstanton

07795 491154

Downham Market

07707 191674



Money Matters

Money Advice Hub

0333 305 7648

Norfolk Assistance Scheme

0344 800 8020

Christian's Against Poverty

0800 328 006



Housing Advice

West Norfolk Housing

01553 616200

Shelter (King's Lynn)

0344 515 1860



Relationships

Norfolk Family Mediation

01603 620588

Norfolk Community Law Service

01603 496623

National Domestic Abuse Helpline

0808 2000 247



Walk and Talk
Mental and Physical Health Matters

SUPPORTING



9th July 2022 10am
Starting at Jephson Hall, Walpole
Cross Keys PE34 4HE

CHOOSE ONE OF 3 ROUTES
AROUND THE VILLAGE

2.7KM 6.6KM OR 8.8KM

Refreshments in Jephson Hall upon
your return

£5pp £10 Event T-shirt

contact 07875 312507 to enter

Sign up link:

<https://www.eventbrite.com/e/sponsored-walk-for-856-foundation-tickets-357692587157?aff=eand>