

Walpole Cross Keys Primary School

Weekly Newsletter – 11th November 2022



Yesterday our **year 1** pupils went on a **village walk** in Walpole to enable them to write a recount in their English lesson.

Thank you to everyone who supported the **Royal British Legion's poppy appeal** this year. Today the whole school took part in a 2 minute silence to honour those soldiers who died fighting to protect the nation.



Congratulations to **Miss Calaby** who has recently announced that she is due to have her second baby in May. We are currently advertising for maternity cover, the closing date for this vacancy is 24th November. We will keep you informed.

****SAFETY**** Could we kindly ask parents/carers to ensure children are not running in or around the entrance/car park area. This is a huge safety concern, particularly with younger children.

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

Next week ...

Monday

- Music lessons (sign up only)
- PTA meeting 2:30pm

Tuesday

- Yrs R&1 PE day (wear PE kits)
- Yrs4-6 remembrance rehearsal (pupils to be in school for 8:30am)
- Art club 3:15pm-4pm (bookings)
- Yrs4-6 remembrance performance (drop pupils to Springwood High School for 5:30pm)

Wednesday

- WNAT music rehearsal & performance (remember your instruments)
- PTA tuck shop 3:15pm

Thursday

- Starter band practice (sign up only)
- All years lego club 3:15pm-4:00pm (bookings)
- Class 3 parents evening 3:30pm-7:30pm (bookings only)

Friday

- CHILDREN IN NEED NON UNIFORM DAY
- Yrs 2-6 PE day (wear PE kits)
- All years homework club 12:30pm
- Table tennis club 12:30pm
- Football club 3:15pm-4:15pm (bookings)

STARS: Zoe (Yr1), Rosie.C (Yr3), Harry (Yr5) & Daniella (Yr5)
KINDNESS: Isaac (YrR), Nelly (Yr2) & Ella.K (Yr4)
HANDWRITING: Layla (Yr1), Leon (Yr3) & Bluebell (Yr5)

FRENCH: Taylor (Yr3) & Evie (Yr4)

GOLDEN BROOM: Class 1

THANK YOU WINNERS: Jacob (YrR), Evan (Yr2), Alan (Yr5) & Mrs Mead



Attendance

Reception: 98.61%

Year 1: 90.12%

Year 2: 87.5%

Year 3: 81.94%

Year 4: 87.5%

Year 5: 95.24%

Year 6: 91.67%

Whole school: 90.28%

Congratulations Year R

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





✓ Parent Questionnaire: We would be grateful if you could complete feedback (sent via text) by 11am on 14th November.

✓ Yr1 Zoolab 24/11: Final payments due by 21st November.

✓ All years Snow White & the Seven Dwarfs 7/12: 2nd payments due by 30th November.

✓ All years Christmas Lunch 15/12: Complete the online form (sent via text) by 2nd December.

Diary Dates

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

Monday 14th November	**NEW** Anti Bullying week Odd Socks Day *wear odd socks to school*
	PTA meeting 2:30pm *all welcome**
Tuesday 15th November	Yrs 4-6 WNAT remembrance Rehearsal— pupils to be in school for 8:30am Performance—pupils to arrive at Springwood for 5:30pm *tickets will be sent out w/c 7/11*
Wednesday 16th November	WNAT concert rehearsal and performance @ Gaywood Primary School (music pupils only)
Thursday 17th November	*change of date* Class 3 parents evening 3:30pm-7:30pm
Friday 18th November	Children in Need *non uniform spotty clothes & donations on ParentPay*
Wednesday 23rd November	Flu immunisations 2nd visit *for those who were absent on previous visit*
Thursday 24th November	Yr1 Zoolab visit @ West Lynn Primary *2nd payments by 21st November*
	SSP Cross Country Finals (finalists only)
Monday 28th November	Yr5&6 Tag Rugby (selected pupils) *letter to follow*
Tuesday 29th November	Class 3 assembly @ 3pm *parents/carers invited*
Wednesday 30th November	Class 2 assembly @ 3pm *parents/carers invited*
Thursday 1st December	Class 1 assembly @ 3pm *parents/carers invited*
Friday 2nd December	WNAT Christmas Carols Concert Rehearsal *letter to follow*
	Yr1 Trues Yard *letter to follow*
Wednesday 7th December	All years Panto *2nd payment due by 30th November*
	WNAT Christmas Carols Concert @ St Nicholas Chapel 6pm start *information to follow*
Thursday 8th December	The Norfolk Hospice Tapping House Rudolph Run & Christmas Jumper Day *sponsor forms & cash by 8th December please*
Wednesday 14th December	Yrs R & 6 school nursing team *opt out deadline is 25th November*
Thursday 15th December	Christmas lunch *book by 2nd December*
Monday 19th December to Tuesday 3rd January 2023	**SCHOOL CLOSED CHRISTMAS BREAK**

Next week's menu:

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Week 3

Monday

Tuesday

**STREET FEAST
WEDNESDAY**

Thursday

Friday

Main Meal

Meat Free

Jackets

**Lunchtime
Lunchbox**

Desserts

Ham & Cheese French
Bread Pizza served with
Potato Wedges and
Fresh Salad
(G) (W) (SE) (SO) (MK)

Classic Macaroni Cheese
served with Garlic and
Herb Bread and Fresh
Salad
(G) (W) (MK) (SO)

Gourmet Hot Dog
Pork Sausage in a Bun
with Ketchup, Seasoned
Wedges & Salad Bar
(G) (W) (SE)

Roast Chicken with Roast
Potatoes, Carrots,
Cabbage, Stuffing Ball
and Gravy
(G) (W)

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

Margherita French Bread
Pizza served with Potato
Wedges and Fresh Salad
(G) (W) (SE) (SO) (MK)

Mild Vegetable Curry
served with Fluffy White
Rice & Pitta Bread Finger
(G) (W) (MK)

Gourmet Hot Dog
Quorn Sausage in a Bun
with Ketchup Seasoned
Wedges & Salad Bar
(G) (W) (E) (MK) (SE)

Broccoli & Cauliflower
Bake served with Roast
Potatoes, Yorkshire
Pudding and Gravy
(G) (W) (E) (MK)

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

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)

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

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

Ham Sandwich
Chicken Goulash
Salad Sticks
Choose one of our
Fabulous Desserts
(G) (W) (MK) (SE)

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

Ham Sandwich
Cocktail Sausage
Salad Sticks
Choose one of our
Fabulous Desserts
(G)(W)(SE)(SO)(SU)

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

Oat & Sultana Biscuit
Fresh Fruit Pot
(G) (W) (B) (E) (MK)

Chocolate Brownie
Fresh Fruit Pot
(G) (W) (E) (MK)

Dutch Apple Sponge
Fresh Fruit Pot
(G) (W) (E) (MK)

Fruity Flapjack
Fresh Fruit Pot
(G) (W) (B) (E) (MK)

Marble Cake
Fresh Fruit Pot
(G) (W) (MK) (E)

Available every day:

A selection of fresh
vegetables and tasty salad

Delicious freshly
baked bread

Jacket potatoes with a
choice of 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



Children in Need

On Friday 18th November the children **may** wear **non uniform** spotty clothes **to school**. Any donations should be **made on ParentPay**.

All money raised **will go** **direct to children** in need.

Thank you for your support.



We're holding

Odd Socks Day

for Anti-Bullying Week
again this year

Monday 14th November 2022

Andy and The Odd Socks

Rudolph Run



The Rudolph Run is a festive fundraiser where a school or class come together to complete a course of their choosing, whether that is walking, jogging or running.

Each child taking part will receive free antlers to wear on the day and a certificate of thanks. There is no minimum sponsorship needed to take part but children are expected to collect sponsorship to support The Norfolk Hospice Tapping House.

The Norfolk Hospice is a charity based in West Norfolk. They care for people living with a life-limiting illness as well as the families and friends who have also been affected by that diagnosis.



Rudolph Run



Our Rudolph Run
will be on

Thursday 8th December

at

Walpole Cross Keys
Primary School

We are raising
money for The
Norfolk Hospice



Please complete form sent via email to confirm if your child would like a Christmas lunch by Friday 2nd December 2022.
Thank you



Christmas Lunch

Thursday 15th December

Traditional Roast Chicken with Stuffing, Roast Potatoes, Mini Sausage, Carrots, Broccoli, Peas & Gravy

or

Quorn Christmas Roast with Stuffing, Roast Potatoes, Mini Sausage, Carrots, Broccoli, Peas & Gravy (V)

Festive Cookie

* Fresh Fruit and Yogurts are also available

LUNCHTIME CO®

Christmas Lunch Menu Contains:
(G) (W) (GF) (GL) (D) (MIL)

Allergies Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MIL), Mustard (M), Sesame Seeds (SS), Soya (SO), Sulphur Dioxide (S), Wheat (W)

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

OSCAR

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday



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