

Walpole Cross Keys Primary School

Weekly Newsletter - 2nd December 2022



On Monday afternoon our year 5/6 **Tag Rugby team** went to the West Norfolk Rugby Club to take part in the Tag Rugby Festival. They played a total of 5 matches. Well done to everyone who took part. Congratulations to Mia for getting awarded player of the match for our team.



It was lovely to see so many parents and carers at our **class assemblies** this week, we hope you enjoyed seeing a glimpse of what your children have been up to with us.



On Thursday our **Anti-Bullying Ambassadors**, Bluebell & Grace, went to Springwood high School to take part in training led by a team who work for The Diana Award Anti-Bully Campaign, a charity set up in memory of Diana, Princess of Wales. The mission of the campaign is to foster, develop and inspire positive change in the lives of young people.

This morning class 3 went to Springwood High School to rehearse for the **WNAT Christmas Carols Service** due to take place on **Wednesday 7th December**. Tickets are FREE and available from www.ticketsource.co.uk/springwood-high-school-music-department. Our Year 1 pupils went to **True's Yard** this morning to discover what life was like for the fisher folk of the North End, for part of their history topic, photos overleaf.

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: Edward (Yr1), Ivy.O (Yr2) & Eli (Yr4)
KINDNESS: Mabel (YrR), Josie (Yr3) & Lillyrose (Yr6)



HANDWRITING: Brody (YrR), Taylor (Yr3) & Beau (Yr4)
GOLDEN BROOM: Class 3

Attendance

Reception: 93.06%

Year 1: 92.59%

Year 2: 95.83%

Year 3: 79.63%

Year 4: 94.44%

Year 5: 82.54%

Year 6: 73.61%

Whole school: 87.86%

Congratulations Year 2

Attendance bear winners: Class 1

Next week ...

Monday

-A Miracle in Town performance 2pm

Tuesday

-A Miracle in Town performance 9:30am

-Art club 3:15pm-4pm (bookings)

Wednesday

-Snow White & the Seven Dwarfs

-PTA tuck shop 3:15pm

-Yrs4-6 WNAT Christmas Carol Service @ St Nicholas Chapel 6pm start (tickets only)

Thursday

-Rudolph Run **festive jumper day* (sponsor forms & cash please)

-Music lesson (sign up only) - swapped from Monday

-Starter band practice & showcase (sign up only) - last one this term

-Lego club 3:15pm-4pm (bookings)

Friday

-Yrs R,1,4,5,&6 PE day (wear PE kits)

-Yrs 2&3 music & dance (wear PE kits)

-All years homework club 12:30pm

Please check following
pages for future diary dates.

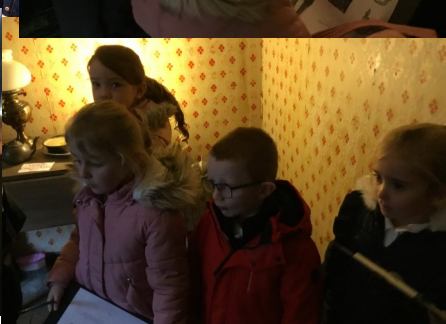
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www.walpolecrosskeysprimary.co.uk



Class assemblies



Yr1 True's Yard Friday 2nd December 2022





- ✓ All years Snow White & the Seven Dwarfs 7/12: Kitchen closed - packed lunch only (home or school). All outstanding payments by Monday.
- ✓ Rudolph Run 8/12: Sponsor forms and cash to be handed in by 8th December please.
- ✓ Class Christmas parties 15/12: Please pop to your child's class to let us know if you are able to donate any items (sign up sheet in each class).
- ✓ All years Christmas Lunch 15/12: Complete the online form (sent via text) by the end of today.
- ✓ Yr4 Norwich Castle 3/2: Consents & 1st instalments on ParentPay by the end of today.
- ✓ Yr6 Theatre Trip (date TBC): Complete the online form letting us know if your child would like a ticket by the end of today.

Diary Dates

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

Monday 5th December	'A Miracle in Town' 2pm performance *limited availability* **please remember to bring your pennies for the PTA's split the pot raffle, 50p per number**
Tuesday 6th December	'A Miracle in Town' 9:30am performance *tickets available* **please remember to bring your pennies for the PTA's split the pot raffle, 50p per number**
Wednesday 7th December	All years Panto
	no hot dinners - home or school packed lunch only Yrs4-6 WNAT Christmas Carols Concert @ St Nicholas Chapel 6pm start *free tickets available*
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 is now closed*
Thursday 15th December	Christmas lunch *book by 2nd December*
	Class Christmas parties *sign up sheets for parents/carers to donate items are available in each class*
Monday 19th December to Tuesday 3rd January 2023	**SCHOOL CLOSED CHRISTMAS BREAK**
Thursday 2nd February	Yrs1&2 Active Kids Festival *letter to follow*
Friday 3rd February	Yr4 Norwich Castle *consents & 1st instalments by 2nd December*
Monday 13th to Friday 17th February 2023	**SCHOOL CLOSED HALF TERM**

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Commencing: 14th Nov, 5th Dec, 2nd Jan, 23rd Jan, 20th Feb, 13th March
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)

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)

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

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

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

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

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

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

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

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

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

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

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

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

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

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)

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

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

KITCHEN CLOSED FOR HOT
DINNERS—SCHOOL PACKED
LUNCH ONLY

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

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



THE SNOWMAN IS COMING TO KINGS LYNN! AND YOU'RE INVITED!!

The Ultimate start to the Christmas Season for all the family.

Saturday 17 December 2022

Peter Hopkins Hall, Springwood High School, Queensway, Kings
Lynn. PE30 4AW

**Performances at 10.30am, 1.00pm and 4.00pm
£5 per ticket**

Join us at Springwood for the perfect start to your Christmas, something for the whole family when the Snowman comes to visit.

It is now 40 years since the animated film version of Raymond Briggs' classic tale "The Snowman" reached our TV screens. It tells the story of the little boy, James, and his adventures with a snowman he makes that then comes to life.

This December, at Springwood, experience the film on the big screen with the soundtrack provided by a live orchestra of Springwood students along with narration including the classic Christmas song "Walking in the Air".

But that's not all, join in with your other Christmas Favourites including Selections from "Frozen" and "Here Comes Santa Claus" along with many others. This is an event not to be missed!

Run Time - approx. 1 hour


"The Snowman"

Based on the book by Raymond Briggs
Music by Howard Blake

Musicians from Springwood High School.
Conductor: Mr. R. Norman
Narrator: Mrs. S. Burchell

Tickets £5.00 each

Available online at
www.ticketsource.co.uk/springwood-high-school-music-department



Russen & Turner Christmas Story Competition 2022



WRITE YOUR OWN CHRISTMAS STORY

UP TO 500 WORDS TO WRITE YOUR BEST CHRISTMAS STORY!

You can win the chance to have your story read on Radio West Norfolk, win a £65 voucher to spend at The Entertainer plus £200 Waterstone vouchers for your school as well as a selection of new books.

CLOSING DATE: Friday 9th December – WINNER ANNOUNCED ON: Wednesday 14th December

JUST POP YOUR STORIES INTO US AT 17 HIGH STREET KINGS LYNN PE30 1BP!

GOOD LUCK!

Name

Age

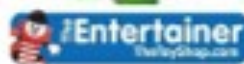
Contact Number.....

Address

Signature of a parent or guardian giving permission to enter the competition

☐

Please tick if you are happy for Russen & Turner to take a photo of the winner with their story and use it in the local press and on social media sites.



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) (V) (GF) (GL) (D) (MR)

Allergies Key: Barley (B), Dairy (D), Egg (E), Fish (F), Gluten (G), Nuts (N), Milk (M), Mustard (MU), Sesame Seeds (SS), Soya (SO), Sulphur Dioxide (SD), Wheat (W)

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrains young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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Sources: <https://www.bbc.com/news/technology-55224505>
<https://iproutsocial.com/insight/social-media-digital-well/>



www.nationalonlinesafety.com



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