

Walpole Cross Keys Primary School

Weekly Newsletter - 27th January 2023



We are pleased to be able to confirm that we will not be affected by the upcoming teacher strike on **Wednesday 1st February 2023**. School will remain open to all classes as usual.



Next week it is **National Storytelling Week**, we are inviting parents/carers in to the school for storytelling activities. Class 2 will be on Tuesday at 3pm and Class 1 on Wednesday at 3pm. Please ensure you arrive early to sign in at the school office. Thank you

This term our allocated **PE days** for each class are as follows:

- **Class 1 (reception & year 1) - Thursdays**
- **Class 2 & 3 (years 2-6) - Fridays**

Please send your child to school in their PE kits on their allocated day, thank you.

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 ...

Tuesday

- Music lessons (sign up only)
- Class 2 storytime 3pm start

Wednesday

- Class 2 Swaffham museum trip
- Games club 12:30pm-12:50pm
- Anti-bullying ambassador training (online)
- Class 1 storytime 3pm start
- PTA tuck shop 3:15pm

Thursday

- PE day for class 1 ****wear PE kits****
- Yr1&2 active kids festival
- Lego club 3:15-4pm (bookings)
- Band practice (sign up only)

Friday

- Yr4 Norwich Castle trip
- PE day for class 2&3 ****wear PE kits****
- Table tennis club 12:30pm-12:50pm
- NO HOMEWORK CLUB THIS WEEK**
- WNAT public speaking rehearsals with Hayley Roberts
- Yrs1-6 football club 3:15pm-4:15pm (bookings)

STARS: Jacob (YrR), Florence P (Yr2) & Eli (Yr4)
KINDNESS: Chase (Yr1), Nelly (Yr2) & Grace (Yr5)

HANDWRITING: Hudson (YrR), Rosie M (Yr3) & Ebony (Yr5)

GOLDEN BROOM: Class 1

THANK YOU WINNERS: Glenn (Yr1), Nelly (Yr2), Star (Yr5) & Mrs Hurn



Attendance

Reception: 98.61%

Year 1: 100%

Year 2: 88.89%

Year 3: 98.15%

Year 4: 98.61%

Year 5: 100%

Year 6: 98.61%

Whole school: 97.53%

Congratulations Years 1 & 5 (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





- ✓ Yrs 2&3 Swaffham Museum 1/2: Consents and payments on ParentPay by 27th January.
- ✓ Yr 4 Norwich Castle (03/02): 2nd instalments on ParentPay by 31st January.

- ✓ Yrs4-6 Duxford (15/03): Consents and 1st instalments on ParentPay by 27th January.

Diary Dates

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

Tuesday 31st January	Class 2 storytime @ 3pm *parents/carers invited*
Wednesday 1st February	Yrs2&3 Swaffham Museum *consents & payments on ParentPay by 27th January*
	Anti-Bullying Ambassador Training (selected pupils)
	Class 1 storytime @ 3pm *parents/carers invited*
Thursday 2nd February	Yrs1&2 Active Kids Festival
Friday 3rd February	Yr4 Norwich Castle *2nd instalment by 31st January*
Monday 6th February	Non uniform day to support 'Place2Be' children's mental health week **red/yellow "let's connect" theme** donations can be made via ParentPay
Monday 13th to Friday 17th February 2023	**SCHOOL CLOSED HALF TERM**



Parent Governor

We are pleased to let you know we currently have a Parent Governor vacancy. The Governors of Walpole Cross Keys Primary School hold regular meetings in which they

discuss and make decisions concerning the curriculum, school policies and many other issues that directly affect the well-being of the children at the school. Being a school Governor involves having a privileged insight into the running of the school and any prospective Governor must understand the need for confidentiality. The Governing Body will also expect that any new Governor would be willing to attend a short training course. Please consider whether you might make a good Governor and if you are interested in applying please email or call the school office for an application form. Should there be more applicants than spaces available, an election will be held.

Closing date: **Friday 3rd February 2023.**

Next week's menu:

LUNCHTIME CO.[®]

Commencing: 31st Oct, 21st Nov, 12th Dec, 9th Jan, 30th Jan, 27th Feb, 20th March

Allergies Key: Dairy (D), Eggs (E), Fish (F), Gluten (G), Legum (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)

Week 1

Monday

Tuesday

STREET FEAST WEDNESDAY

Thursday

Friday

Main Meal

Sausage & Baked Beans with Creamy Mashed Potato

(G) (W) (SU) (SO) (MK)

Meat Free

Quorn Sausage & Baked Beans with Creamy Mashed Potato served with Broccoli & Cauliflower

(G) (W) (E) (E) (MK)

Jackets

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Lunchtime Lunchbox

Cheese Sandwich
Cheese Straw
Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (MK) (E) (SE)

Desserts

Chocolate Crunch
Fresh Fruit Pot

(G) (W) (E) (MK)

Main Meal

Pasta Bake served with Garlic & Herb Bread and Fresh Salad

(G) (W) (MK) (SO)

Meat Free

Vegetable Pasta Bake served with Garlic & Herb Bread and Fresh Salad

(G) (W) (MK) (SO)

Jackets

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Lunchtime Lunchbox

Ham Sandwich
Chicken Goujon
Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (MK) (SE)

Desserts

Apple Crumble & Custard
Fresh Fruit Pot

(G) (W) (E) (MK)

Main Meal

Pizza Street
Meat Feast Pizza served with Potato Wedges and Fresh Salad

(G) (W) (E) (SO) (MK)

Meat Free

Pizza Street
Margherita Pizza served with Potato Wedges and Fresh Salad

(G) (W) (E) (SO) (MK)

Jackets

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Lunchtime Lunchbox

Tuna Mayo Sandwich
Pizza Finger
Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (MK) (E) (SE) (SO)

Desserts

Mixed Berry Sponge
Fresh Fruit Pot

(G) (W) (E) (MK)

Main Meal

Roast Chicken with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy

(G) (W)

Meat Free

Quorn Fillet with Roast Potatoes, Carrots, Broccoli, Stuffing and Gravy

(G) (W) (E)

Jackets

Jacket Potato with Cheese and Baked Beans served with Fresh Salad

(MK)

Lunchtime Lunchbox

Ham Sandwich
Cocktail Sausage
Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (SE) (SO) (SU)

Desserts

Vanilla Ice-Cream
Fresh Fruit Pot

(MK)

Main Meal

Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup

(G) (W) (E)

Meat Free

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)

Lunchtime Lunchbox

Cheese Sandwich
Pizza Finger
Salad Sticks
Choose one of our Fabulous Desserts

(G) (W) (MK) (E) (SE) (SO)

Desserts

Lemon Delish Cake
Fresh Fruit Pot

(G) (W) (E) (MK)

Available every day:

Delicious freshly baked bread

Jacket potatoes with a choice of toppings

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Jacket potatoes with a choice of toppings



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

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



NOS
National Online Safety
#WakeUpWednesday

Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>



www.nationalonlinesafety.com



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Flu Nasal/IM Vaccination

Vaccination UK would like to offer those parents/legal guardians whose children did not receive the Flu vaccine in school the opportunity to attend one of our Catch-up Clinics.

We will be operating our clinics on an appointment only basis. Therefore, please email norfolk@v-uk.co.uk with a preferred time. Alternatively, please call 01603 559320 to make an appointment.

If you require an IM, please advise when making your booking as this will enable us to bring enough vaccines with us on the day.

Town	Venue address	Date & Time
King's Lynn	King's Lynn Library, London Road, PE30 5EZ	Sat 28 January 2023 10:30 – 14:00
Norwich East	Rackheath Village Hall, Green Lane West, Rackheath, NR13 6LT	Sat 28 January 2023 10:00 – 14:00



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