

Walpole Cross Keys Primary School

Weekly Newsletter - 10th February 2023



This week we have supported Place2Be's children's mental health week with a variety of activities around the school. On Monday children came to school in non uniform, the theme was "let's connect red and yellow". Thank you for helping us to raise **£49** for this worthwhile cause.

As you know, Miss Calaby is due to have her baby in May. We are now in a position to let you know we have appointed **Mrs Reale** as **maternity cover** starting with us after Easter. Mrs Reale has worked within our school as a supply teacher and is now looking forward to joining the team.

Please remember we are closed next week for half-term, we are back open to pupils on **Monday 20th February**. We hope you all have a lovely break.

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: Lucas (YrR), Isaac (YrR), Jacob (YrR), Leo (Yr2) & Ebony (Yr5)



KINDNESS: Brody (YrR), & Eli (Yr4)

HANDWRITING: Zoe (Yr1), Ivy.O (Yr2) & Aaron (Yr5)

THANK YOU WINNERS: Brianna (Yr1), Taylor (Yr3) & Bluebell (Yr5)

Attendance

Reception: 100%

Year 1: 95%

Year 2: 90%

Year 3: 96.61%

Year 4: 91.78%

Year 5: 100%

Year 6: 95.83%

Whole school: 95.54%

Congratulations Years R & 5 (100%)

Attendance bear winners: Class 1

w/c 20th February ...

Monday

- Class 2&3 Gymnastics *wear PE kits*
- PTA meeting 2:30pm, all welcome

Tuesday

- Music lessons (sign up only)
- Special lunch with pancake dessert

Wednesday

- Class 1 dance rehearsals *wear PE kits*
- Games club 12:30pm-12:50pm
- PTA tuck shop 3:15pm
- Handwriting club 3:15pm-4pm

Thursday

- Band practice (sign up only)
- Parents evening (bookings)

Friday

- 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)

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



Year 4 Norwich Castle Friday 3rd February



Place2Be's Children's Mental Health Week 6th - 10th February 2023





- ✓ Yrs 2-6 Gymnastics: Consents on ParentPay by 10th February.
- ✓ Yrs4-6 Duxford 15/03: 2nd instalment by 28th February.
- ✓ Yrs R&1 Dance Festival 22/3: Consents on ParentPay by 10th February.

✓ Yr6 London Trip 14/6: Consents & first instalment on ParentPay by 28th February.

Please ensure your child wears their full PE kit on the allocated day:

- Class 1 years R & 1 - Wednesdays (dance)
- Class 2&3 years 2-6 - Fridays

Diary Dates

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

Monday 13th to Friday 17th February 2023	**SCHOOL CLOSED HALF TERM**
Tuesday 21st February	SPECIAL LUNCH with pancake dessert *book lunch on ParentPay in usual way - no jacket potato or school packed lunch options*
Thursday 23rd February	Parents evening 3:30pm-7:30pm (class 1 3:30-5pm) *online bookings*
Thursday 2nd March	World Book Day *details to follow*
	SPECIAL LUNCH World Book day *book lunch on ParentPay in usual way- no jacket potato or school packed lunch options*
Wednesday 8th March	WNAT public speaking event *letter to follow for selected pupils*
Wednesday 15th March	Yrs4-6 Duxford
Friday 17th March	Red Nose Day *details to follow*
Wednesday 22nd March	Class 1 dance festival @ Corn Exchange *consents by 10th February*
Wednesday 29th March	WNAT music rehearsal & performance *letter to follow for music pupils*
Monday 3rd to Monday 17th April 2023	**SCHOOL CLOSED EASTER BREAK & INSET**

After School Clubs Overview Spring Term 2

Please see below a list of lunchtime and after school clubs taking place at Walpole Cross Keys next term. If you need to book please do so on ParentPay, unless stated otherwise. Thank you

Day	Club	Dates / Times	Age Group	Cost
Tuesdays	EASTER ART CLUB with Miss Calaby **FULLY BOOKED**	28 th February to 21 st March 2023 3:15pm-4pm	All years	£4 for 4 sessions Book via ParentPay (places limited, first come first served)
Wednesdays	LUNCHTIME GAMES	22 nd February to 29 th March 2023 12:30pm-12:50pm	All years	Free: No booking necessary
	HANDWRITING CLUB with Ms Jackson	22 nd February to 29 th March 2023 3:15pm-4pm	Year R, 1, 2 & 3	£6 for 6 sessions Book via ParentPay (places limited, first come first served)
Fridays	LUNCHTIME TABLE TENNIS CLUB with Aaron	24 th February to 31 st March 2023 12:30pm-12:50pm	Years 4, 5 & 6	Free: No booking necessary
	LUNCHTIME HOMEWORK CLUB with Miss Anu	24 th February to 31 st March 2023 12:30pm-12:50pm	All years	Free: No booking necessary
	FOOTBALL CLUB with Aaron	24 th February to 31 st March 2023 3:15pm-4:15pm		£3.50 per session totalling to £21 for 6 weeks Book & pay direct with ICS Coaching (online form sent out via email & posted on Facebook)

w/c 20th February menu:

LUNCHTIME CO[®]

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

Allergens: Egg: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lactose (L), Milk (MK), Mustard (M), Sesame Seeds (SE), Soya (SO), Sulphites (S), Wheat (W)

Week 3

Monday

Tuesday

STREET FEAST
WEDNESDAY

Thursday

Friday

Main Meal

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

Meat Free

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

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

SPECIAL LUNCH with pancake dessert.

No jacket potato or school packed lunch options.

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) (E)

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)

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

Ham Sandwich
Cooktail 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)

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:

Delicious freshly baked bread

Jacket potatoes with a choice of toppings

A selection of fresh vegetables and tasty salad



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

WORLD BOOK DAY



THURSDAY 2ND MARCH

Ratburger ^{(o)(w)(sa)} or Lord Voldemort Veggie Burger ^{(o)(w)(p)(mc)(sa)} served with Mr Skinny Chips, Jack's Magic Beans and Gangsta Granny's Salad Bar
Orange Squash

Willy Wonka Chocolate Chip cake ^{(o)(w)(p)(mc)} or James & The Giant Peach Fruit Selection

Allergen key: (E) Egg, (G) Gluten, (MK) Milk, (S) Sesame Seeds, (W) Wheat

LUNCHTIME CQ

PANCAKE DAY



TUESDAY 21ST FEBRUARY

Sausage Roll ^{(o)(w)(su)} or Vegan Sausage Roll ^{(o)(w)} served with Chips and Beans or Garden Peas
Followed by our Fabulous Pancakes ^{(o)(w)(p)(mc)} with Amazing Toppings, including...

Chocolate Sauce, Strawberry Sauce, Squirry Cream, Sprinkles and Fresh Fruit Cocktail

Allergen key: (E) Egg, (G) Gluten, (MK) Milk, (SU) Sulphites, (W) Wheat

LUNCHTIME CQ

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf

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