

Walpole Cross Keys Primary School

Weekly Newsletter - 17th March 2023



On Wednesday our class 3 pupils went to **Duxford Imperial War Museum** and had a lovely time exploring this interesting museum.

Yesterday the whole school watched a **mad science show** which was amazing, quite hair raising for some! Thank you to everyone who contributed towards this event.



Today we supported **Red Nose Day** by holding a non uniform day (wear red), so far we have raised **£43**. The payment item will stay open until the end of today for any last minute donations. Thank you for your support.

****PARKING**** Could we kindly ask all parents/carers please ensure they are not blocking driveways when dropping off or picking up their children. Thank you for your support.

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 or speak with the class teacher.

Best Wishes
Ms J. Borley
Executive Head Teacher

****Lunchtime Company News**** Pupil paid meals will increase to £2.50 per meal from 1st April 2023.

Next week ...

Monday

-Class 2&3 Gymnastics *wear PE kits*

Tuesday

-Music lessons (sign up only)
-Class 1 assembly 3pm start *parents/carers*
-Easter art club 3:15pm-4pm (bookings)

Wednesday

-Class 1 dance festival *wear PE kits & bring bright coloured top in named bag*
-Games club 12:30pm-12:50pm
-Music workshop & performance *music pupils*
-NO TUCK SHOP THIS WEEK
-Handwriting club 3:15pm-4pm (bookings)

Thursday

-Band practice (sign up only)
-Class 3 assembly 3pm start *parents/carers*

Friday

-PE day for class 2&3 *wear PE kits*
-Yr3/4 netball practice 12:30pm-12:50pm
-Homework club 12:30-12:50pm
-Class 2 assembly 3pm start *parents/carers*
-All years football club 3:15pm-4:15pm (bookings)



STARS: Jacob (YrR), Olivia (Yr2) & Aaron (Yr5)

KINDNESS: Layla (Yr1), Ivy.O (Yr2) & Daniella (Yr5)

HANDWRITING: Mabel (YrR), Nelly (Yr2) & Logan (Yr6)

Attendance

Reception: 87.5%

Year 1: 94.44%

Year 2: 84.72%

Year 3: 88.89%

Year 4: 91.67%

Year 5: 79.17%

Year 6: 100%

Whole school: 89.47%

Congratulations Year 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

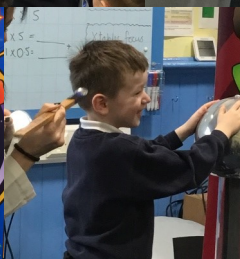
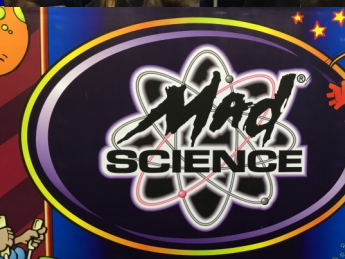
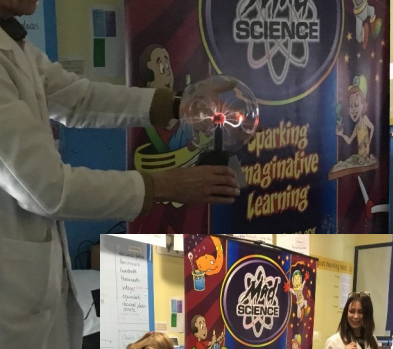
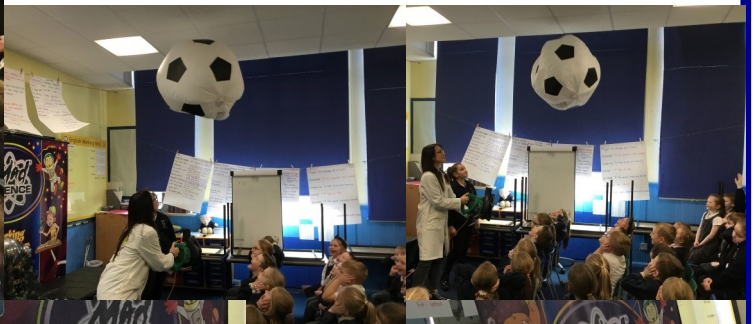




Duxford Wednesday 15th March 2023



Mad Science Show Thursday 16th March 2023



Red Nose Day Friday 17th March 2023



PTA Movie Night

The PTA are pleased to announce that they will be holding a movie night for the children on Wednesday 29th March after school.

The details are as follows:

- ⇒ Time: 3.15pm - 5.15pm
- ⇒ Movie: Peter Rabbit 2
- ⇒ Snacks: Hot Chocolate & Cookies
- ⇒ Cost: £3.50 per child



Children are welcome to bring in their own cosy blanket, which can be stored during the school day!

We will need to sell a certain number of tickets in order to run the event, unfortunately if there isn't enough interest we may need to cancel.

We would love to see your child there - If they'd like to come please visit the PTA's Facebook page and comment / send then a PM by Wednesday 22nd. You can pay via PayPal or cash.

Any money raised will go towards supporting the PTA, who fund things like the children's Easter & Christmas presents, coaches for trips and special treats throughout the year.

Thank you

WALPOLE CROSS KEYS PRIMARY SCHOOL

28 Sutton Road, Walpole Cross Keys,
King's Lynn, Norfolk, PE34 4HD.

Executive Headteacher: Ms J. Borley



Telephone 01553 828680
office@walpolecrosskeysprimary.co.uk
www.walpolecrosskeysprimary.co.uk

Mental Health and Wellbeing at Walpole Cross Keys Primary School

In our school, we have three members of staff who are trained Mental Health Champions. The Mental Health Champions can give support, guidance, and signpost help and make referrals to support services, if needed. If you have any concerns for your child's mental health, please either speak to the Mental Health Champions directly or talk to a member of the staff who can then pass this on. Please also look at the Mental Health tab on our school website for information, links to support services, wellbeing activities. You will find this on www.walpolecrosskeysprimary.co.uk under the 'About Us' tab.

Our Mental Health Champions

Mrs Anuradha Palanisamy

Teaching Assistant

Ms Dawn Adams

Teaching Assistant

Mrs Emma Radford

Trust Assistant SENCO



We're working
towards Artmark
Awarded by Arts
Council England



Part of
**West Norfolk
Academies Trust**

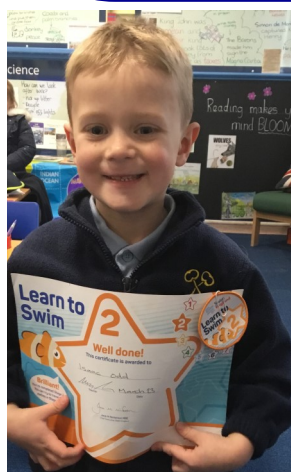


- ✓ Yrs1-4 Tri Golf 28/3: Consents on ParentPay by 24th March.
- ✓ Yrs3&4 Bee Netball 30/3 (selected): Consents on ParentPay by 24th March.
- ✓ Yrs2&3 Swimming starting 20/4: Consents on ParentPay by 24th March.
- ✓ Yr6 Crucial Crew 24/4: Consents on ParentPay by 31st March.
- ✓ Yr1 Shabbat 26/4: Consents & payments on ParentPay by 31st March.
- ✓ YrR&1 Sandringham 17/5: Consents and first instalments on ParentPay by 22nd March.
- ✓ Year 6 London Trip 14/6: 2nd instalments on ParentPay by 31st March.

Diary Dates

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

Tuesday 21st March	Class 1 assembly @ 3pm parents/carers invited
Wednesday 22nd March	Class 1 dance festival @ Corn Exchange 1pm *tickets available direct from Corn Exchange*
	Music workshop & performance *letter to follow*
Thursday 23rd March	Class 3 assembly @ 3pm parents/carers invited
Friday 24th March	*CHANGE OF DATE* Class 2 assembly @ 3pm parents/carers invited
Monday 27th March	Young Scholars @ University Peterhouse Cambridge (selected pupils)
Tuesday 28th March	Yrs1-4 Trigolf *consents on ParentPay by 24th March*
Wednesday 29th March	PTA Movie Night 3:15pm-5:15pm *tickets available direct from PTA*
Thursday 30th March	Yr3/4 Bee Netball (selected pupils) *consents on ParentPay by 24th March*
Friday 31st March	Yr R King's Lynn Fire Service @ Clenchwarton Primary *consents on ParentPay by 27th March*
Monday 3rd to Monday 17th April 2023	**SCHOOL CLOSED EASTER BREAK & INSET**



PUPIL SPOTLIGHT

Well done to Isaac (YrR) for achieving his swimming level 2 certificate. Swimming is such an important skill to master, keep it up - we can't wait for you to bring in future certificates and see the progression you have made.

If your child has a particular talent, we would love to hear about it and celebrate any successes they have had with the whole school community. Please send us information via email (office@walpolecrosskeysprimary.co.uk).

Next week's menu:

<div> <div>LUNCHTIME CO.[®]</div> <div>Commencing: 31st Oct, 21st Nov, 12th Dec, 9th Jan, 30th Jan, 27th Feb, 20th March</div> <div> Allergens Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lactose (L), Molluscs (MO), Mustard (MT), Sesame Seeds (SE), Soya (SO), Sulphites (ST), Wheat (W) </div> </div>						
Week 1						
	Monday	Tuesday	STREET FEAST WEDNESDAY	Thursday	Friday	
Main Meal	Sausage & Baked Beans with Creamy Mashed Potato (O) (W) (ST) (SO) (MK)	Pasta Bake served with Garlic & Herb Bread and Fresh Salad (O) (W) (MK) (SO)	PIZZA STREET Meat Feast Pizza served with Potato Wedges and Fresh Salad (O) (W) (E) (SO) (MK)	Roast Chicken with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy (O) (W)	Fish Fingers served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (O) (W) (E)	
Meat Free	Quorn Sausage & Baked Beans with Creamy Mashed Potato served with Broccoli & Cauliflower (O) (W) (B) (E) (MK)	Vegetable Pasta Bake served with Garlic & Herb Bread and Fresh Salad (O) (W) (MK) (SO)	PIZZA STREET Margherita Pizza served with Potato Wedges and Fresh Salad (O) (W) (E) (SO) (MK)	Quorn Filled with Roast Potatoes, Carrots, Broccoli, Stuffing and Gravy (O) (W) (E)	Vegetable Nuggets served with Chips, Garden Peas and Baked Beans and Tomato Ketchup (O) (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)	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 (O) (W) (MK) (E) (SE)	Ham Sandwich Chicken Onion Salad Sticks Choose one of our Fabulous Desserts (O) (W) (MK) (SE)	Tuna Mayo Sandwich PIZZA STREET Salad Sticks Choose one of our Fabulous Desserts (O) (W) (MK) (E) (SE) (SO)	Ham Sandwich Cocktail Sausage Salad Sticks Choose one of our Fabulous Desserts (O) (W) (SE) (SO) (ST)	Cheese Sandwich PIZZA STREET Salad Sticks Choose one of our Fabulous Desserts (O) (W) (MK) (E) (SE) (SO)	
Desserts	Chocolate Crunch Fresh Fruit Pot (O) (W) (E) (MK)	Apple Crumble & Custard Fresh Fruit Pot (O) (W) (E) (MK)	Mixed Berry Sponge Fresh Fruit Pot (O) (W) (E) (MK)	Vanilla Ice-Cream Fresh Fruit Pot (MK)	Lemon Delish Cake Fresh Fruit Pot (O) (W) (E) (MK)	
<div> <div>Available every day:</div> <div> <div> A selection of fresh vegetables and tasty salad </div> <div> Delicious freshly baked bread </div> <div> Jacket potatoes with a choice of toppings </div> </div> </div>						



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

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of InGage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National
Online
Safety®
#WakeUpWednesday

Big Norfolk Holiday Fun



April 3 - April 17

- Funded holiday activity scheme for children aged 4 - 16 this Easter
- **FREE** for all families eligible for benefits related free school meals
- Fantastic range of sports, outdoor, arts and creative activities across Norfolk for your child in a warm space with a free healthy lunch
- We try to make our activities inclusive to all. Please make the provider aware when booking if your child has special educational needs or a disability (SEND)
- More specialist SEN providers available for 2023
- Search for an activity near you with our Every Move activity finder



Booking now open
Find an activity near you

Visit www.norfolk.gov.uk/bignorfolkholidayfun

THIS
SATURDAY!
FREE ADMISSION
for all U18s to
watch King's Lynn
Town
vs
Spennymoor





Easter Holiday Activities

at Stories of Lynn

Monday 3 and Tuesday 4 April
10am – 3pm

Tiles and patterns

Make, bake and paint your own clay tile.
Drop in to Stories of Lynn to get creative
within our lovely building.

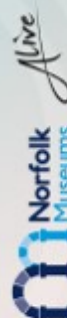
Family-friendly activity.

Drop-in event, suitable for all ages.

Sessions are free with museum admission.
Child £1.45, Adult £3.45, Concession £2.45.

No need to book. For further information call 01553 774297.

storiesoflynn.co.uk



TREASURE ISLAND
At St George's Guildhall Theatre
Wednesday 5 April 2023

Two Sessions
10.30am to 11.45am or 12.30pm to 1.45pm

Explore the theatre. Enjoy the short, family-friendly story of Treasure Island.
Make crafts to take home.
Get dressed up and deliver your lines on stage!

King Street, King's Lynn PE30 1HA

Recommended for children aged 5-12 and their families
£2 per child, accompanying adult free

Funded by:

Partners:

Booking essential
kingslynncornexchange.co.uk/theatre/whats-on/

TREASURE ISLAND
At St George's Guildhall Theatre
Wednesday 12 April 2023

Workshop
10.30am to 2.30pm

Ahoey there, join us aboard stage for a Treasure Island themed theatre workshop.
Find out about stage-craft and try acting short scenes from the play.
Suitable for young people aged 11-25.

King Street, King's Lynn PE30 1HA

Funded by:

Partners:

Booking essential
kingslynncornexchange.co.uk/theatre/whats-on/