

Walpole Cross Keys Primary School Weekly Newsletter - 31st March 2023



We have had an extremely busy week! On Monday two of our pupils, Krystian & Ella.W, travelled to Cambridge to start their **Young Scholars programme** at the Peterhouse University. This was a chance for them to experience the environment of a university. They will undertake regular tutorial sessions at West Lynn Primary and complete an assignment. On Tuesday our Year 1-4 pupils went to St Clements High to take part in their **Tri Golf** festival, unfortunately the weather had other ideas and the event was called off, they are hoping to re-arrange.

It was lovely to see so many children enjoying our **PTA Movie Night** on Wednesday, we hope to hold more events with the support of parents/carers. This event raised **£105** which is amazing support for our PTA. These funds help with trips, pupil gifts, leaver hoodies plus much more. Thank you to the PTA for the children's **Easter eggs** which were given out today.



Yesterday some of our year 3&4 pupils went to Lynnsport to take part in the **Bee Netball** festival, they had lots of fun whilst improving their skills. This afternoon our Year R pupils have been to Clenchwarton Primary School to take part in a visit from **Bluewatch fire service**.

Please remember, the school is closed from 3rd to 17th April, we are back open to pupils on Tuesday 18th April. Have a lovely Easter 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 or speak with the class teacher.

Best Wishes
Ms J. Borley, Executive Head Teacher

****LUNCHTIME COMPANY** Pupil paid meals will increase to £2.50 per meal from 1st April 2023.**

STARS: Isaac (YrR), Brianna (Yr1), Yr3/4 Bee Netball team and all year 6
KINDNESS: Brody (YrR), Leo (Yr2) & Bethany (Yr4)
HANDWRITING: Ivy.O (Yr2), Penelope (Yr3) & Harry (Yr5)
THANK YOU: Jacob (YrR), Florence.P (Yr2), Grace (Yr5) & Mrs Mead



Week commencing 17th April ...

- Monday**
SCHOOL CLOSED TO PUPILS - INSET DAY
- Tuesday**
-Music lesson *remember instruments*
-Yrs4&5 sports leader course *wear PE kits*
-NO CRAFT CLUB
- Wednesday**
-Games club 12:30pm-12:50pm
-PTA tuck shop
- Thursday**
-Yrs2&3 swimming *swim kit inc towel & cap*
-Young scholars tutorial
-Band practice (sign up only)
- Friday**
-PE day for class 1&3 *wear PE kits*
-Table tennis club 12:30pm-12:50pm
-NO HOMEWORK CLUB
-All years football club 3:15pm-4:15pm (bookings)

Attendance

Reception: 97.22%
Year 1: 91.67%
Year 2: 87.3%
Year 3: 93.65%
Year 4: 100%
Year 5: 93.06%
Year 6: 97.22%
Whole school: 94.34%
Congratulations Year 4 (100%)
Attendance bear winners: Class 3

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



Bee Netball Thursday 30th March 2023



Easter Egg Design

The Junior Leadership Team has decided to set a colouring competition to keep children busy over the Easter break. All your child has to do is design an Easter Egg with any theme - it could be an animal design, famous person, Easter theme, plant or flower...anything goes. The Junior Leaders will pick a winner from each year group with the winners being awarded an Easter egg as a prize. Please bring your designs to school on Tuesday 18th April.

Good luck everyone



The items below are available to purchase via the school office - please email, call or pop to the office to place your order:

- ♦ Swimming hat £1
- ♦ Water bottle £1
- ♦ Baseball cap £3.95 (limited stock)

Thank you

Year 4 & 5 Sports Leader Course

Our year 4 and 5 pupils will be taking part in the sports leader course. This will take place in school on Tuesday 18th & 25th April and 2nd May. They must come to school wearing their PE kits.

Thank you



- ✓ Yr6 Crucial Crew 24/4: Consents on ParentPay by 31st March.
- ✓ Yr1 Shabbat 26/4: Consents & payments on ParentPay by 31st March.
- ✓ Year 6 London Trip 14/6: 2nd instalments on ParentPay by 31st March.

PE Summer Term 1

Allocated PE days will be as follows:

- ⇒ CLASS 2 (years 2 & 3)- THURSDAYS
(swimming, full swim kits in bag with towel and swimming cap please)
- ⇒ CLASS 1 & 3 (years R, 1, 4, 5 & 6) - FRIDAYS (wear PE kits to school please. These must consist of plain pale blue polo shirts with plain black or blue shorts/tracksuit bottoms or leggings. NO PATTERNS/ GLITTER). Thank you

**PHYSICAL
EDUCATION**

Diary Dates

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

Monday 3rd to Monday 17th April 2023	**SCHOOL CLOSED EASTER BREAK & INSET**
Tuesday 18th April	Yrs 4&5 sports leader course *wear PE kits* 3 week course 18th & 25th April & 2nd May*
Monday 24th April	Lynn News photographer - Year R first class photos
	SPECIAL LUNCH St George's Day *no jacket potato or school packed lunch options* Bridget Jones assembly
	Yr6 crucial crew *consents on ParentPay by 31st March*
Wednesday 26th April	Yrs 2&3 Lynn Museum (TBC)
	Yr1 West Lynn for multi-sensory Shabbat session *consents on ParentPay by 31st March*
Monday 1st May 2023	**SCHOOL CLOSED BANK HOLIDAY**
Monday 8th May 2023	**SCHOOL CLOSED BANK HOLIDAY**
Tuesday 9th May	Yr6 SATs breakfast club all week
Thursday 11th May	Yr1 St Clements Church *consents on ParentPay by 28th April*
Wednesday 17th May	Yrs R&1 Sandringham *second instalments by 19th April*
Thursday 18th May	Yrs 1&2 active kids festival *consents on ParentPay by 28th April*
Monday 29th May to Friday 2nd June 2023	**SCHOOL CLOSED HALF TERM BREAK**

ST. GEORGE'S DAY



MONDAY 24TH APRIL

THE FULL ENGLISH

Sausage (G)(W)(SU)(SO) or Vegetarian Sausage (G)(W)

Bacon

Hash Brown

Baked Beans

St. George Cookie (G)(W)(E)

Allergen key: (E) Egg, (G) Gluten, (Mk) Milk, (SO) Soya, (SU) Sulphites, (W) Wheat

LUNCHTIME CO[®]

After School Clubs Overview Summer Term 1

Please see below a list of lunchtime and after school clubs taking place at Waipole Cross Keys next term. Thank you

Day	Club	Dates / Times	Age Group	Cost
Tuesdays	CRAFT CLUB with Mrs Jones	25 th April to 29 th May 2023	Years 1, 2 & 3	£5 for 5 sessions Book via ParentPay (places limited, first come first served)
Wednesdays	LUNCHTIME GAMES	19 th April to 24 th May 2023	All years	Free: No booking necessary
Fridays	LUNCHTIME TABLE TENNIS CLUB with Aaron	21 st April to 26 th May 2023	Years 4, 5 & 6	Free: No booking necessary
	LUNCHTIME HOMEWORK CLUB with Miss Aou	21 st April to 26 th May 2023	All years	Free: No booking necessary
	FOOTBALL CLUB with Aaron	21 st April to 26 th May 2023	All years	£3.50 per session totalling to £21 for 6 weeks Book & pay direct with KS Coaching (online form sent out via email & posted on Facebook)

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

Menu w/c 17th April:

Commencing: 17th Apr, 8th May, 5th Jun, 26th Jun, 17th Jul, 18th Sep, 9th Oct

LUNCHTIME CO.

Week 1

Monday

Tuesday

**STREET FEAST
WEDNESDAY**

Thursday

Friday

Main Meal
Meat Free
Jackets
Lunchtime Lunchbox
Desserts

Meat Feast Pizza served with Herb Sautéed Potato and Broccoli (G) (W) (E)(SO) (MK) (SU)	Grilled Seasoned Chicken Wrap served with Golden Rice & Vegetable Medley with BBQ Sauce (G)(W)(B)(E)(SO)(C)	Fork Sausage served with Potatoes, Yorkshire Pudding, Carrots & Broccoli (G)(W)(E)(MK)(SO)(SU)	Fish Fingers served with Chips, Garden Peas or Baked Beans (G) (W) (F)
Margherita Pizza served with Herb Sautéed Potato and Broccoli (G) (W) (E) (SO) (MK)	Mediterranean Vegetable Wrap served with Golden Rice & Vegetable Medley with BBQ Sauce (G)(W)(B)(E)(SO)(C)	Quorn Sausage served with Potatoes, Yorkshire Pudding, Carrots & Broccoli (G) (W) (E) (MK)	Cheese Pepper & Onion Pasty served with Chips, Garden Peas and Baked Beans (G) (W) (MK)
Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)
Ham Sandwich Pizza Finger Salad Sticks Choose one of our Fabulous Desserts (G)(W)(B)(E)(MK)(SO)(SE)	Tuna Mayo Sandwich Tortilla Chips Salad Sticks Choose one of our Fabulous Desserts (G)(W)(B)(F)(E)(SO)(SE)	Ham Sandwich Cheese Straw Salad Sticks Choose one of our Fabulous Desserts (G)(W)(B)(E)(MK)(SE)(SO)	Cheese Sandwich Pizza Finger Salad Sticks Choose one of our Fabulous Desserts (G)(W)(B)(E)(MK)(SO)(SE)
Chocolate & Orange Cake Fresh Fruit Pot (G) (W) (E) (MK)	Banana Loaf Fresh Fruit Pot (G) (W) (E)	Vanilla Ice-Cream & Fruit Sauce Fresh Fruit Pot (MK)	Marble Cake Fresh Fruit Pot (G) (W) (E)

**SCHOOL CLOSED
INSET DAY**

Making lunchtime the highlight of your day



Allergen Key: Barley (B), Calery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (M), Sesame Seeds (SE), Soya (SO), Sulphites (SD), Wheat (W)

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

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications, she consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>

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@nationalonlinesafety

@national_online_safety

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Motivating kids to read



This is to certify that
by reading for fun the pupils of

**Walpole Cross Keys
Primary School**

have raised an amazing

£40.00

By completing your sponsored read
you've helped us bring the magic of books
and stories to children in hospital.



Well done and THANK YOU!

A handwritten signature in blue ink that reads "Tony Robinson".

Sir Tony Robinson, patron

A handwritten signature in blue ink that reads "Justine Daniels".

Justine Daniels, CEO

readforgood.org



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.



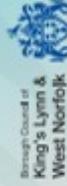
Family-friendly activity.

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



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

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



Booking essential
kingslynnexchange.co.uk/theatre/whats-on/
aged 11-25
£2 per child

Funded by:
King's Lynn & West Norfolk
West Norfolk

Partners:
Norfolk
County Council
HM Government

In co-operation with:
Norfolk
Museums
Service



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 Street,
King's Lynn
PE30 1HA



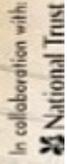
Recommended for children aged 5-12 and their families
£2 per child, accompanying adult free

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

Funded by:
King's Lynn & West Norfolk
West Norfolk

Partners:
Norfolk
County Council
HM Government

In collaboration with:
Norfolk
Museums
Service





Easter Family Forest Fun

at
The Sandringham Estate

Tuesday 4 April
Wednesday 5 April
Thursday 6 April

Sessions at
10am - 12noon
or 1pm-3pm

Join us for family forest fun this Easter,
try your hand at:

Sky Gazing
Target Shooting
Fairy Finding
Wood Whittling
Bread Baking
Hammock Swinging

£5 per person suitable for ages 3 to 103!

Under 3 free, free parking

www.bookwhen.com/lavenderforest



Easter Family Forest Fun

at The Sandringham Estate

Tuesday 4, Wednesday 5, Thursday 6 April

Sessions at 10am - 12noon or 1pm-3pm

£5 per person (ages from 3 to 103)

Under 3 free, free parking

www.bookwhen.com/lavenderforest

Sky Gazing
Target Shooting
Fairy Finding
Wood Whittling
Bread Baking
Hammock Swinging





Easter Holiday activities at Norwich Theatre Royal 11 – 14 Apr

Come and explore how creativity can be used to help the climate. Making, performing and play sessions start from just £5 per child, with free spaces for adults.

Explore and book at: norwichtheatre.org/take-part



Take Part this Summer

For you:



Unwind with...

4 May – 6 Jul

Wind down from life's daily stresses. Relaxing sessions focusing on either creative writing, visual art or movement are a mindful introduction to expressing yourself creatively.



Writing through Motherhood

21 Jun – 19 Jul

A space for mothers at any stage in their journey to learn from peers, talk about their experiences and work on an anthology of words and poems.

For the family:



Sing, Dance, Play for Babies and Toddlers

21 Apr - 23 Jun

Movement, music, and play-based sessions are a brilliant opportunity to connect with your child and other parents in a creative and supportive space.



Family Story Makers

15 May – 24 Jul

Interactive sessions for children and their grown-ups dedicated to story time with lots of ideas to help keep story time engaging.

N Norwich
Theatre

To book or find more info, visit:
norwichtheatre.org/take-part



**COME AND JOIN IN SOME EASTER FUN
AT THE WALKS STADIUM!**

**6th of April
10am till 12 noon**



£1 Per Child

Accompanying Adult Goes FREE



Draw a King's Lynn landmark below using the colours Red and Blue

The winner will have their design placed on the bag along with their name and school

The winner will receive a bag of goodies (in a printed bag) along with a £50.00 Youngsters World voucher!

DESIGN
OUR
NEW TOTE
BAGS!

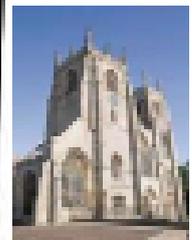
Get your design to us by the 12th of May at our office on the High Street

Winner will be announced on the 19th of May

Open for ages 3 to 11

Top Tip: Keep the design simple, use only red & blue, use a recognisable landmark


RUSSEN & TURNER
www.russenandturner.co.uk



Name

Age

Contact Number

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

Please note the winner will have their design displayed on our tote bags which are handed out to new homeowners

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


RUSSEN & TURNER
www.russenandturner.co.uk