

# Walpole Cross Keys Primary School

## Weekly Newsletter – 13th October 2023



On Monday our **year 4** pupils went to **West Stow Anglo Saxon Village**. They had a lovely day walking through a village as it would have looked in AD420, handling artefacts & exhibit replicas and taking part in a craft demonstration. On Tuesday we raised awareness of **World Mental Health day** by wearing green and holding a special assembly. We also held a **phonics** meeting on Tuesday for all key stage 1 parents/carers, we hope you all found this useful.

On Wednesday we had a visit from **Cambridge Science Outreach**. In the morning class 2 built a miniature land-yacht and designed a sail from everyday materials to ride like the wind in an exciting finale where they raced with each other! After lunch class 3 designed their own energy efficient houses thinking about which items use electricity, which materials are the best insulators and how the overall layout of the house might impact energy use.

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, email the school office or speak with the class teacher.

Best Wishes  
Ms J. Borley  
Executive Head Teacher

### Next week ...

#### Monday

-Yrs3-6 cross country (selected pupils)  
\*wear PE kits\*

#### Tuesday

-NO MUSIC LESSONS THIS WEEK

#### Wednesday

-Hayley Roberts remembrance rehearsals with class 3  
-Lunchtime games club  
-PTA tuck shop \*3:15pm in playground\*  
-Yrs 3-6 golf club 3:15-4pm \*bookings only\*

#### Thursday

-Yrs2&3 Houghton Hall  
-Yrs 2-6 PE day \*wear PE kits\*  
-Starter band practice @ St Clements High \*pick up 5pm from high school\*  
-PHSE display in classrooms 3:15pm  
-Yrs2-6 computing club 3:15-4pm  
\*bookings only\*  
-All yrs football club 3:15pm-4:15pm  
\*bookings only\*

#### Friday

-Yrs R&1 PE day \*wear PE kits\*  
-Choir club 12:30pm

STARS: Emilé (YrR), Florence.E (Yr3) & Bluebell (Yr6)  
KINDNESS: Jacob (Yr1), Glenn (Yr2) & Daniella (Yr6)  
HANDWRITING: Brody (Yr1), Evan (Yr2) & Alan (Yr6)  
GOLDEN BROOM: Class 2  
THANK YOU: Hudson (Yr1), Nelly (Yr3) & Ebony (Yr6)



## Attendance

Reception: 92.59%

Year 1: 90.28%

Year 2: 90.48%

Year 3: 71.43%

Year 4: 100%

Year 5: 98.15%

Year 6: 87.5%

Whole school: 89.8%

Attendance bear winners: Class 3

Please check following  
pages for future diary dates.

Tel: 01553 828680 Email: [office@walpolecrosskeysprimary.co.uk](mailto:office@walpolecrosskeysprimary.co.uk)  
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[www.walpolecrosskeysprimary.co.uk](http://www.walpolecrosskeysprimary.co.uk)







Year 3 & 4 Quicksticks Hockey Festival  
Friday 6th October 2023



Year 4 West Stow Anglo Saxon Village  
Monday 9th October 2023







Non uniform for World Mental Health Day  
Tuesday 10th October 2023



Cambridge Science Outreach  
11th October 2023





- ✓ Yrs2&3 Houghton Hall 19/10: Final payment on ParentPay by 15th October.
- ✓ All years parent consultations 8/11: Complete online form by 1st November.

- ✓ All years flu immunisations 9/11: Complete online form by 3rd November.
- ✓ Yr1 zoolab 22/11: Consent and first instalment on ParentPay by 20th October.
- ✓ Yr1 True's Yard 29/11: Consent and first instalment on ParentPay by 20th October.
- ✓ All years Dick Whittington 13/12: Consent and first instalment on ParentPay by 31st October.
- ✓ Data collection sheets: Sent home with pupils on 12th September. Please check details are correct, sign, date & return the form return to the school.

### Diary Dates

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

<b>Monday 23rd to Friday 27th October</b>	<b>SCHOOL CLOSED FOR HALF-TERM</b>
<b>Thursday 2nd November</b>	<b>Yrs3-6 cross country finals (finalists only) *letter to follow*</b>
<b>Friday 3rd November</b>	<b>Individual &amp; sibling photos *if you would like photos with any siblings who do not attend our school please come to the school office at 8:30am*</b>
<b>Wednesday 8th November</b>	<b>Year 1 village walk</b>
	<b>Parent consultations 3:30pm-7:30pm *complete online form by 1st November*</b>
<b>Thursday 9th November</b>	<b>All years flu immunisations *complete online form by 3rd November*</b>
<b>Wednesday 15th November</b>	<b>Yrs4-6 remembrance rehearsal &amp; performance</b>
<b>Thursday 23rd November</b>	<b>Yr1 zoolab workshop @ West Lynn *consent &amp; 1st instalment by 20th October*</b>
<b>Monday 27th November</b>	<b>Yrs5&amp;6 tag rugby (selected pupils) *letter to follow*</b>
<b>Wednesday 29th November</b>	<b>Yr1 True's Yard visit *consent &amp; 1st instalment by 20th October*</b>
<b>Friday 1st December</b>	<b>Yr6 midsummer nights dream @ Guildhall *letter to follow*</b>
<b>Tuesday 12th December</b>	<b>Nativity performance @ 9:30am *details to follow*</b>
<b>Wednesday 13th December</b>	<b>Dick Whittington @ King's Lynn Corn Exchange *consent &amp; 1st instalment by 31st October*</b>
<b>Thursday 14th December</b>	<b>School nurse visiting YrR&amp;6 *details to follow*</b>
	<b>Nativity performance @ 2:20pm *details to follow*</b>
<b>Thursday 21st December to Wednesday 3rd January</b>	<b>SCHOOL CLOSED FOR CHRISTMAS BREAK</b>

# LUNCHTIME CO®

Commencing: 24th Apr, 15th May, 12th Jun, 3rd Jul, 4th Sep, 25th Sep, 16th Oct

## Week 2

Monday

Tuesday

STREET FEAST  
WEDNESDAY

Thursday

Friday

### Main Meal

Sausage Roll served with Seasoned Wedges & Country Mixed Vegetables

(G) (W) (SU)

Beef Pasta Bolognese served with Garlic and Herb Bread, Peas and Sweetcorn

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

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

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

Savoury Mince in a Rich Gravy served with Creamy Potato & Seasonal Vegetables

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

Fish Fingers served with Chips, Garden Peas or Baked Beans

(G) (W) (F)

### Meat Free

Vegan Sausage Roll served with Seasoned Wedges & Country Mixed Vegetables

(G) (W)

Vegetable Pasta Bolognese served with Garlic and Herb Bread, Peas and Sweetcorn

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

Pizza Street Margherita Pizza served with Potato Wedges and Fresh Salad

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

Savoury Quorn Mince in a Rich Gravy served with Creamy Potato & Seasonal Vegetables

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

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans

(G) (W)

### Jackets

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)

Jacket Potato with Choice of Toppings served with Fresh Salad

(MK) (F) (E)

### Lunchtime Lunchbox

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

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

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)(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)

### Desserts

Chocolate Shortbread Fresh Fruit Pot

(G) (W)

Pineapple Upside Down Fresh Fruit Pot

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

Ice Cream Carrot Cake Fresh Fruit Pot

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

Oat & Cherry Cookie Fresh Fruit Pot

(G) (W) (B) (MK)

Ice Cream Sponge Fresh Fruit Pot

(G) (W) (E)

Making lunchtime the highlight of your day



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



# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.



## Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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#WakeUpWednesday



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Source: <https://www.bbc.com/news/health-6147005> <https://www.childrensblog.org/supporting-your-child-with-upsetting-content/> <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>





## West Norfolk Rugby Women's & Girls' Section

Come and try  
Girls Rugby



**Training  
Wed Evenings:**  
Girls aged 11 (year 6)  
to 18 (year 13)  
6pm - 7pm

**Year 5/6 Taster Sessions**  
11th Oct | 25th Oct | 21st Nov  
15th Nov | 29th Nov | 5pm - 6pm



Find us at: Gatehouse Lane, North Wootton, King's Lynn, Norfolk PE30 3RJ  
Find us on: [f](#) @westnorfolkladiesRFC [X](#) @WestLadies [ig](#) @west\_norfolk\_rufc



Come and try Hockey  
@ Pelicans HC



@ Lynnsport, Greenpark Avenue PE30 2NB

**SCHOOL YEAR 2 to 7**

### JUNIOR TRAINING DATES SATURDAYS

Sept 9th to Oct 14th - Nov 4th to Dec 16th  
Jan 6th to Feb 10th - March 2nd to March 23rd

#### JUNIOR TRAINING SESSIONS

U8/U10/U12

8.45am - Registration at Pitch

9:00 - 10:00am - U8

9:00 - 10:20am - U10

9:00 - 10:30am - U12

**Contact:**

Marelize Verdoes

07734691377

Email:

Pelicansjuniorclub@gmail.com

Please remember:

Shinpads and Gumshields must be worn

Squashhack open pitchside 9am to 11am serving Bacon rolls and Hot drinks



Scan QR code to join the  
Club Teamo App