

Walpole Cross Keys Primary School

Weekly Newsletter – 5th January 2024



Welcome back and Happy New Year, we hope you all had a wonderful Christmas break.

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

Class 1 (reception & year 1) - Fridays

Class 2 & 3 (years 2-6) - Thursdays

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

Should you need to contact **Teresa Munday, Executive SENCO**, please use the email address below:

t.munday@westnorfolkacademiustrust.co.uk.

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 ...

No awards assembly this week.

Tuesday

- Music lessons *remember instruments*

Wednesday

- Lunchtime games club

Thursday

- Yrs 2-6 PE day *wear PE kits*

- Starter band practice *sign ups only*

- Lego club 3:15pm-4pm *bookings*

- Football club 3:15pm-4:15pm *bookings*

Friday

- Yrs R&1 PE day *wear PE kits*

- PTA tuck shop @ 3:15pm

Attendance

Reception: 85.71%

Year 1: 100%

Year 2: 95.24%

Year 3: 83.33%

Year 4: 100%

Year 5: 100%

Year 6: 87.5%

Whole school: 93.33%

Attendance bear winners: Class 3



Please check following pages for future diary dates.

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Email: office@walpolecrosskeysprimary.co.uk

Governors: chairofgov@clenchwartonprimary.co.uk

Senco: t.munday@westnorfolkacademiustrust.co.uk

www.walpolecrosskeysprimary.co.uk





✓ Young voices 16/1: Payments must be made in full by Friday 5th January.

Diary Dates

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

Thursday 21st December to Wednesday 3rd January	SCHOOL CLOSED FOR CHRISTMAS BREAK
Tuesday 16th January	Young Voices @ O2 Arena (choir club)
Friday 19th January	School nurse visiting Year R & 6
	Celebration Event @ Springwood High School *details to follow*
Thursday 25th January	Yrs 1&2 Active Kids Festival *letter to follow*
Monday 12th February	Yrs 5&6 Tag Rugby (postponed from 27th November)

After School Clubs Overview Spring Term 2024

Please see below a list of lunchtime and after school clubs taking place at Walpole Cross Keys for the above term. Thank you

Day	Theme	Dates / Times	Year Group	Cost
Wednesdays	LUNCHTIME GAMES	10 th January to 14 th February 12:30pm-12:50pm	All years	Free: No booking necessary
Thursdays	LUNCHTIME TABLE TENNIS CLUB with Aaron	11 th January to 15 th February 12:30pm-12:50pm	Years 4, 5 & 6	Free: No booking necessary
	LEGO CLUB with Mrs Preston *FULLY BOOKED*	11 th January to 15 th February 3:15pm-4:00pm	All years	£6 for 6 sessions Book via ParentPay (places limited, first come first served)
	FOOTBALL CLUB with Aaron (football boots & shin pads are optional)	11 th January to 15 th February 3:15pm-4:15pm	All years	£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)
Fridays	LUNCHTIME CHOIR CLUB with Mr Overton & Mrs Preston	5 th January to 16 th February 12:30pm-12:50pm	All years	Free: No booking necessary

LUNCHTIME CO.®

Commencing: 30th Oct, 20th Nov, 11th Dec, 8th Jan, 26th Feb, 18th March

Week 1

Monday

Tuesday

STREET FEAST
WEDNESDAY

Thursday

Friday

Main Meal

Beef Pasta Bolognese served with Garlic and Herb Bread, Peas and Sweetcorn (G) (W) (MK) (SO) (MU)	Mild Chicken Fajita Wrap served with Wholegrain Rice, Peas & Sweetcorn (G) (W) (MK)	Sausage Baguette served with Potato Wedges & Seasonal Vegetables (G) (W) (SO) (SU) (SE)	Roast Chicken served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy (G) (W)	Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans (G) (W) (F)
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Meat Free

Vegetable Pasta Bolognese served with Garlic and Herb Bread, Peas and Sweetcorn (G) (W) (MK) (SO) (MU)	Vegetable Fajita Wrap served with Wholegrain Rice, Peas & Sweetcorn (G) (W) (MK)	Vegan Quorn Sausage Baguette served with Potato Wedges & Seasonal Vegetables (G) (W) (SE)	Quorn Fillet served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy (G) (W) (E)	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans (G) (W)
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Pasta and Jackets

Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Homemade Tomato and Vegetable Sauce served with Fresh Salad and Chunky Bread (G) (W) (MK) (SO) (MU)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)	Pasta Twists with Cheddar Cheese Sauce served with Fresh Salad and Chunky Bread (G) (W) (MK) (SO) (MU)	Jacket Potato with Choice of Toppings served with Fresh Salad (MK) (F) (E)
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Lunchtime Lunchbox

Cheese Sandwich Tortilla Chips Salad Sticks Choose one of our Fabulous Desserts (G)(W)(B)(SO)(MK)(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)(B)(F)(E)(SO)(SE)	Ham Sandwich Cheese Straw Salad Sticks Choose one of our Fabulous Desserts (G)(W)(B)(E)(MK)(SO)(SE)	Cheese Sandwich Tortilla Chips Salad Sticks Choose one of our Fabulous Desserts (G)(W)(B)(SO)(MK)(SE)
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Desserts

Chocolate Crunch Fresh Fruit Pot (G) (W) (E)	Vanilla Sponge & Peaches Fresh Fruit Pot (G) (W) (E) (MK)	Toffee Apple Crumble Fresh Fruit Pot (G) (W)	Vanilla Ice-Cream & Fruit Sauce Fresh Fruit Pot (MK)	Ice Chocolate Cake Fresh Fruit Pot (G) (W) (E)
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Making lunchtime the highlight of your day



Allergen Key: Barley (B), Calary (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), 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

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY
MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE
BOX

The
National
College



National
Online
Safety

#WakeUpWednesday

TERRINGTON TIGERS FOOTBALL CLUB



GIRLS ONLY SESSIONS SCHOOL YEARS 4 & 5

DETAILS

- Training Wednesdays 17:30 - 18:30
- Matches currently played on Sunday mornings
- Fun & friendly atmosphere
- Great source of exercise & social activity
- Qualified & DBS checked coaches
- Established team looking to strengthen
- Playing 9 aside football at League level next season (match days move to Saturdays)
- Beginners & experienced players welcome



CONTACT

- Jamie (Team manager)
on 07771 767003
- Carrie (Team coach) on
07412 530610

COFFEE CLUB

Feel Good Fridays

Every Friday

8th December - 23rd February

12:30PM - 2:30PM

1870

▲ Free Admission

▲ Free Refreshments

▲ Commitment to providing a warm place this winter





SUTTON BRIDGE
PLAYERS

Sutton Bridge
Westmere Primary School
PE12 9TB



THE WONDERFUL WIZARD OF OZ

25.01 - 7:30pm 26.01 - 7:30pm 27.01 - 2:30pm & 7:30pm

£7 per person, children aged 11 and under go free

Get in touch with our box office to book your tickets:

Phone: 07907 827108

Email: info@suttonbridgeplayers.co.uk



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