

# Walpole Cross Keys Primary School

## Weekly Newsletter – 19th January 2024



What an exciting week for our **choir** members who took part in the **Young Voices concert** at the **O2 Arena** in London on **Tuesday**. It was a very long day but it was an absolutely amazing experience for everyone involved.

This morning the **school nursing team** visited our **year R and 6 pupils** to carry out vision and hearing (year R only) and height and weight checks.

The West Norfolk Academies Trust are really pleased to have reached an amazing milestone with all of our schools achieving a **"good" Ofsted** rating. Josie (yr4) and Eli (yr5) represented our school today at a **celebration event** held at Springwood High School.

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**

**STARS:** Hudson yr1, Florence.P yr3, Florence.E yr3, Ivy.O yr3 & Rosie.C yr4

**KINDNESS:** Emilé yrR, Edward yr3 & Ella yr5

**HANDWRITING:** Mabel yr1, Glenn yr2 & Ella yr5

**GOLDEN BROOM:** Class 2

**THANK YOU:** Amelia yrR, Ivy.H yr2 & Bethany yr5



## Attendance

Reception: 100%

Year 1: 98.77%

Year 2: 90.48%

Year 3: 94.44%

Year 4: 98.41%

Year 5: 98.15%

Year 6: 83.33%

Whole school: 94.67%

Attendance bear winners: Class 1



## Next week ...

### Tuesday

-Music lessons \*remember instruments\*

### Wednesday

-Hayley Roberts public speaking rehearsal

-Lunchtime games club

### Thursday

-Yrs1&2 active kids festival \*wear PE kits\*

-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

-Preloved uniform stall \*in playground before and after school\*

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

**Please check following pages for future diary dates.**

Tel: 01553 828680

Email: [office@walpolecrosskeysprimary.co.uk](mailto:office@walpolecrosskeysprimary.co.uk)

Governors: [chair@gov@clenchwartonprimary.co.uk](mailto:chair@gov@clenchwartonprimary.co.uk)

Senco: [t.menday@westnorfolkacademiestrust.co.uk](mailto:t.menday@westnorfolkacademiestrust.co.uk)

[www.walpolecrosskeysprimary.co.uk](http://www.walpolecrosskeysprimary.co.uk)





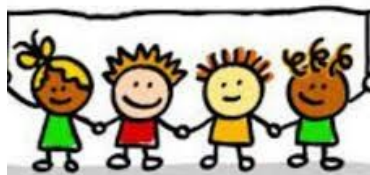
- ✓ Yrs1&1 active kids festival 25/1: Consent on ParentPay by 19th January.
- ✓ Houses of Parliament 21/3: Complete online form and pay first instalment by 26th January.
- ✓ Yr6 London theatre experience 19/6: Consent and pay first instalment by 29th February.
- ✓ Yrs5&6 Bikeability w/c 24/6: Complete and return booking form no later than Friday 9th February.

### **Diary Dates**

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

<b>Thursday 25th January</b>	<b>Yrs 1&amp;2 Active Kids Festival</b> <b>*consent on ParentPay by 19th January*</b>
<b>Thursday 8th February</b>	<b>Judaism workshop class 2</b>
<b>Monday 12th February</b>	<b>Yrs 5&amp;6 Tag Rugby (postponed from 27th November)</b>
<b>Wednesday 14th February</b>	<b>Homework display @ 3:15pm (all classes)</b> <b>*parents/carers may drop in to their child's class(es)*</b>
<b>Monday 19th to Friday 23rd February</b>	<b>SCHOOL CLOSED FOR HALF-TERM BREAK</b>

### **Parent Governor Vacancy**



We are pleased to let you know we currently have a **Parent Governor vacancy**. The Governors of Walpole Cross Keys Primary School hold regular **meetings** in which they discuss and make decisions concerning the curriculum, school policies and many other issues that directly affect the

well-being of the children at the school. Being a school Governor involves having a **privileged insight** into the running of the school and any prospective Governor must understand the need for **Confidentiality**. The Governing Body will also expect that any new Governor would be willing to attend a **short training course**. Please consider whether you might make a good Governor and if you are interested in applying please email or call the school office for an **application form**. Should there be more applicants than spaces available, an election will be held.

**Closing date: Friday 9th February 2024.**

## Week 3

Monday

Tuesday

**STREET FEAST**  
WEDNESDAY

Thursday

Friday

### Main Meal

Italian Meatballs in a Rich Tomato Sauce served with Penne Pasta, Peas & Sweetcorn  
(G) (W) (MK) (SO) (MU)

Tasty Beef & Cheese Burrito served with Whole Grain Rice, Tomato & Cucumber Salsa  
(G) (W) (MK)

Homemade Wholemeal Meat Pizza served with Herb Sautéed Potato and Seasonal Vegetables or Fresh Salad  
(G) (W) (E) (SO) (MK)

Roast Chicken served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy  
(G) (W)

Fish Fingers served with Chips, Garden Peas or Baked Beans  
(G) (W) (F)

### Meat Free

Vegan Meatballs in a Rich Tomato Sauce served with Penne Pasta, Peas & Sweetcorn  
(G) (W) (MK) (SO) (MU)

Tasty Quorn Mince & Cheese Burrito served with Whole Grain Rice, Tomato & Cucumber Salsa  
(G) (W) (B) (E) (MK)

Homemade Wholemeal Margherita Pizza served with Herb Sautéed Potato and Baked Beans or Fresh Salad  
(G) (W) (E) (SO) (MK)

Roast Broccoli, Cauliflower & Lentil Bake, served with Crusty Bread  
(G) (W) (MK)

Vegetable Nuggets served with Chips, Garden Peas or Baked Beans  
(G) (W)

### 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)

### 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)

### Desserts

Chocolate Brownie  
Fresh Fruit Pot  
(G) (W) (E)

Strawberry Muffin  
Fresh Fruit Pot  
(G) (W) (E) (MK)

Apple & Berry Crumble  
Fresh Fruit Pot  
(G) (W)

Vanilla Crunch  
Fresh Fruit Pot  
(G) (W) (E) (MK)

St Clements Shortbread  
Fresh Fruit Pot  
(G) (W)

Making lunchtime the **highlight** of your day



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



# SMARTPHONE SAFETY TIPS

## for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

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WEST NORFOLK ACADEMY TRUST

# PHOTO TO GRAPHY

## COMPETITION 2024... OUR ENVIRONMENT

OPEN TO ALL AGE GROUPS ACROSS WNAT SCHOOLS

SUBMISSION DEADLINE 6TH MARCH 2024

PLEASE SEND SUBMISSIONS WITH ENTRANTS NAME, AGE AND SCHOOL TO  
[v.matkin@westnorfolkacademiestrust.co.uk](mailto:v.matkin@westnorfolkacademiestrust.co.uk)

PRIZES CATEGORIES FOR KS1,2,3,4,5 & STAFF

FINAL 18TH MARCH 2024 @ SPRINGWOOD HIGH SCHOOL

JUDGING BY KINGS LYNN & DISTRICT CAMERA CLUB



COFFEE CLUB

# Feel Good Fridays

Every Friday

8th December - 23rd February

12:30PM - 2:30PM

- 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](mailto:info@suttonbridgeplayers.co.uk)



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