

Walpole Cross Keys Primary School

Weekly Newsletter - 2nd February 2024



Next week is Children's mental health week, we will be holding a special assembly and completing related activities. On **Friday** children may come to school in non uniform to support mental health and our PTA. The theme is 'clothes you love'. Class 1 please wear clothes suitable for PE. If your child would like to come to school in non uniform please pay your donation on the day - cash via school or online via the PTA. All money raised will go direct to the PTA to provide treats for pupils & contribute towards trips throughout the year. Thank you

PLAYTIME — please send your child to school with a spare pair of shoes, trainers or wellies in a named bag to ensure all children can play on the field.

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: Frederick yrR, Layla yr2 & Star yr6
KINDNESS: Isaac.C yrR, Nelly yr3 & Grace yr6
HANDWRITING: Isaac.O yr1, Evan yr3 & Eli yr5
PHSE: Mabel, Hudson, Matthew & Millie yr1, Ivy.O & Nelly yr3, Alfie yr5
GOLDEN BROOM: Class 2
THANK YOU: Gabrielle yrR, Nelly yr3 & Ella yr5



Attendance

Reception: 90.48%

Year 1: 83.95%

Year 2: 69.84%

Year 3: 85.19%

Year 4: 100%

Year 5: 79.63%

Year 6: 91.67%

Whole school: 86%

Attendance bear winners: Class 3



Next week ...

Tuesday

-NO MUSIC LESSONS THIS WEEK

Wednesday

-Hayley Roberts public speaking rehearsal
-Lunchtime games club

Thursday

-Yrs 2-6 PE day *wear PE kits*
-Class 2 Judaism workshop
-Starter band practice *sign ups only*
-Lego club 3:15pm-4pm *bookings*
-Football club 3:15pm-4:15pm *bookings*

Friday

-Non uniform day for children's mental health week/PTA *clothes you love* donations to PTA (class 1 clothes suitable for PE)
-Yrs R&1 PE day *wear PE kits*

Please check following pages for future diary dates.

Tel: 01553 828680

Email: office@walpolecrosskeysprimary.co.uk

Governors: chair@gov@clenchwartonprimary.co.uk

Senco: t.menday@westnorfolkacademiustrust.co.uk

www.walpolecrosskeysprimary.co.uk





- ✓ Yrs6 leaver hoodies: Complete online form by Friday 2nd February.
- ✓ Yrs5&6 tag rugby 12/2: Consent on ParentPay by 2nd February.

- ✓ Parent consultations 6/3: Complete online booking form by 28th February.
- ✓ 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

Monday 12th February	Yrs 5&6 Tag Rugby (postponed from 27th November) *consent on ParentPay by 2nd February*
Tuesday 13th February	Pancake day dessert *order lunch in the usual way on ParentPay by midnight on Sunday 11th February*
Wednesday 14th February	Homework display @ 3:15pm (all classes) *parents/carers may drop in to their child's class(es)*
Friday 16th February	Preloved Uniform Stall *in playground before and after school - please pop along to give these items a new home. Money donations will go direct to PTA*
Monday 19th to Friday 23rd February	SCHOOL CLOSED FOR HALF-TERM BREAK

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.

LUNCHTIME CO[®]

Commencing: 6th Nov, 27th Nov, 18th Dec, 15th Jan, 5th Feb, 4th March, 25th March

Week 2

Monday

Tuesday

STREET FEAST
WEDNESDAY

Thursday

Friday

Main Meal

Macaroni Cheese with Crispy Bacon Topping served with Garlic & Herb Bread and Rainbow Roasted Vegetables
(G) (W) (MK) (SO) (MU)

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

Grilled Chicken Fillet in a Bun served with Jacket Wedges, Seasonal Vegetables & Choice of Sauces
(G)(W)(B)(C)(E)(SO)(SE)

Pork Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy
(G)(W)(E)(MK)(SO)(SU)

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

Meat Free

Traditional Macaroni Cheese served with Garlic & Herb Bread and Rainbow Roasted Vegetables
(G) (W) (MK) (SO) (MU)

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

Quorn Burger in a Bun served with Jacket Wedges, Seasonal Vegetables & Choice of Sauces
(MK)(G)(W)(B)(C)(E)(SO)(SE)

Quorn Sausage served with Potatoes, Yorkshire Pudding, Carrots & Broccoli
(G) (W) (E) (MK)

Vegan Sausage Roll served with Chips, Garden Peas or Baked Beans
(G) (W)

Pasta and Jackets

Jacket Potat 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 & Orange Shortbread Fresh Fruit Pot
(G) (W)

Oaty Flapjack Fresh Fruit Pot
(G) (W) (E) (MK)

Lemon Drizzle Fresh Fruit Pot
(G) (W) (E)

Chocolate Cookie & Apple Fresh Fruit Pot
(G) (W) (E) (MK) (SO)

Iced School Cake 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 (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

PANCAKE DAY



TUESDAY 13th FEBRUARY

TODAY'S DESSERT

Fabulous Pancakes

with Amazing Toppings, including ...

**Chocolate Sauce, Strawberry Sauce, Squirty
Cream, Sprinkles and Fresh Fruit Cocktail**

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

LUNCHTIME CO[®]

MY VOICE MATTERS



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT'S YOUR ONLINE LIFE LIKE?

WHAT CAN I DO TO HELP YOU?

MY VOICE MATTERS



TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say - and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week - to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off' conversations about our mental health' - sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling - it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying - I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me - I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age - my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCOI8

For secondary children: bit.ly/3LBD2WK

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety®

#WakeUpWednesday

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

WEST NORFOLK ACADEMY TRUST

PHOTOGRAPHY COMPETITION 2024... OUR ENVIRONMENT

OPEN TO ALL AGE GROUPS ACROSS WHAT SCHOOLS

SUBMISSION DEADLINE 6TH MARCH 2024

PLEASE SEND SUBMISSIONS WITH ENTRANTS NAME, AGE AND SCHOOL TO

v.matkin@westnorfolkacademytrust.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

