

# Walpole Cross Keys Primary School

## Weekly Newsletter - 16th February 2024



On Monday afternoon our **tag rugby** team went to the West Norfolk Rugby Club to take part in a SSP Festival. They all played really well, learning lots of new skills and working together as a team. Well done everyone.

Thankyou to everyone who supported our PTA on non uniform day, we managed to raise a fabulous total of **£59.50**, every penny goes directly towards creating special memories for all our pupils.

Next term our allocated **PE** days are as below. Please send your child to school in their full school PE kit (pale blue polo shirt & navy shorts) with appropriate outerwear (plain navy) on their day:  
Class 2 (years 2&3) – Mondays  
Class 1&3 (years R, 1,4-6) –Thursdays

**Please remember we are closed next week for half-term. We will be back open for pupils on Monday 26th February. Have a lovely break everyone.**

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

**\*\*Lunchtime Company News\*\*** Pupil paid meals will increase to £2.60 per meal from 1st April 2024.

**STARS:** Isaac.O yr1, Chase yr2 & Taylor yr4  
**KINDNESS:** Bella yrR, Cleo yr2 & Josie yr4  
**HANDWRITING:** Brody yr1, Ivy.H yr2 & Rosie.M yr4  
**PHSE healthy eating:** All class 1, Zoe yr2, Florence.P yr3, Penelope yr4 & Ebony yr6  
**Golden Broom:** Class 2  
**THANK YOU:** Gabby yrR, Zoe yr2 & Lilley yr4



### w/c 26th February ...

#### Monday

- Yrs 2&3 PE day \*wear PE kits\*
- Lunchtime table tennis club

#### Tuesday

- Music lessons \*remember instruments\*
- River of Hope artist visiting class 2
- Lunchtime reading club

#### Wednesday

- Hayley Roberts public speaking rehearsal
- Lunchtime games club

#### Thursday

- Yrs R, 1, 4-6 PE day \*wear PE kits\*
- Starter band practice \*sign ups only\*
- Football club 3:15pm-4:15pm \*bookings\*

#### Friday

- Yrs 2&3 river trip

## Attendance

Reception: 79.37%

Year 1: 96.3%

Year 2: 96.83%

Year 3: 83.33%

Year 4: 85.71%

Year 5: 88.89%

Year 6: 97.22%

Whole school: 90.22%

Attendance bear winners: Class 3



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

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





## Yrs 5 & 6 Tag Rugby 12th February 2024



### PRELOVED UNIFORM STALL



If you are looking for a particular item of uniform in a certain size please contact the school office and we will check our stock to see if we can help you.

Thank you



Thank you to the PTA for part funding our leaver hoodies.



- ✓ Yrs2&3 river trip 1/3: Consent and pay on ParentPay by 16th February.
- ✓ Parent consultations 6/3: Complete online booking form by 28th February.
- ✓ Houses of Parliament 21/3: Pay final instalment by 4th March.
- ✓ Yr6 London theatre experience 19/6: Consent and pay first instalment by 29th February.
- ✓ Yrs5&6 Gressenhall 2/7: Consent and 1st payment due by 1st March.

## Diary Dates

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

<b>Monday 19th to Friday 23rd February</b>	<b>SCHOOL CLOSED FOR HALF-TERM BREAK</b>
<b>Friday 1st March</b>	<b>Yrs2&amp;3 river trip *consent and payment by 16th February*</b>
<b>Wednesday 6th March</b>	<b>Public speaking event (selected pupils)</b>
	<b>Parent consultations 3:30pm-7:30pm (class 1 6:30pm end) *complete online form by 28th February*</b>
<b>Thursday 14th March</b>	<b>Yrs3&amp;4 Bee Netball *letter to follow*</b>
<b>Friday 15th March</b>	<b>Red Nose Day *details to follow*</b>
<b>Thursday 21st March</b>	<b>Houses of Parliament (JLT Team) *pay final instalment by 4th March*</b>
<b>Friday 22nd March</b>	<b>Preloved uniform stall</b>
<b>Thursday 28th March to Friday 12th April</b>	<b>SCHOOL CLOSED FOR EASTER BREAK</b>

### 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
Monday	LUNCHTIME TABLE TENNIS CLUB with Mr Overton	26 <sup>th</sup> February to 25 <sup>th</sup> March 12:30pm-12:50pm	All years	Free: No booking necessary
Tuesday	LUNCHTIME READING CLUB with Mr Overton	27 <sup>th</sup> February to 26 <sup>th</sup> March 12:30pm-12:50pm	All years	Free: No booking necessary
Wednesdays	LUNCHTIME GAMES CLUB	28 <sup>th</sup> February to 27 <sup>th</sup> March 12:30pm-12:50pm	All years	Free: No booking necessary
Thursdays	LUNCHTIME TABLE TENNIS CLUB with Aaron	29 <sup>th</sup> February to 21 <sup>st</sup> March 12:30pm-12:50pm	Years 4, 5 & 6	Free: No booking necessary
	FOOTBALL CLUB with Aaron (football boots & shin pads are optional)	29 <sup>th</sup> February to 21 <sup>st</sup> March 3:15pm-4:15pm	All years	£3.50 per session totalling to £14 for 4 weeks Book & pay direct with ICS Coaching by 28 <sup>th</sup> February (link will be sent out via email & posted on Facebook)

## Week 1

### Monday

Swapped top Wednesday

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

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

### Tuesday

Mild Chicken Fajita Wrap served with Wholegrain Rice, Peas & Sweetcorn

(G) (W) (MK)

### STREET FEAST WEDNESDAY

Swapped top Monday

Sausage Bagnuette served with Potato Wedges & Seasonal Vegetables

(G) (W) (SO) (SU) (SE)

### Thursday

Roast Chicken served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy

(G) (W)

### Friday

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans

(G) (W) (F)

## Main Meal

## Meat Free

## Pasta and Jackets

## Lunchtime Lunchbox

## Desserts

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 Bagnuette 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)

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)

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)

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)

Iced Chocolate Cake  
Fresh Fruit Pot

(G) (W) (E)



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

# What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

## WHAT ARE THE RISKS?

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they *actually* end up using it for.

## ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

## WEBCAM BLACKMAIL

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

## DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has then declined to match with them. This form of rejection can feel extremely hurtful and degrading.

## CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

## STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

## Advice for Parents & Carers

### KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

### TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

### PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

### HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

## 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

NOS National Online Safety®  
#WakeUpWednesday

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

# THE ORIGINAL BIG BOUNCE

MONDAY 19TH FEBRUARY

## HUDSON LEISURE CENTRE

BOOK ONLINE

[WWW.CAPTAINCASTLEENTERTAINMENTS.CO.UK](http://WWW.CAPTAINCASTLEENTERTAINMENTS.CO.UK)



# 19th February Big bounce

## Meet and greet

## Hudson Leisure Centre

**£10 PER TEAM**  
(UP TO 4 PERSONS  
PER TEAM)

# Quiz Night

Free Tea / Coffee served during the break.  
Bring your own refreshments

**To book Contact:**

**Julian Beeken on 01945 430102**

**by 6th February**

Funds in aid of Marshland Hall

**Walk-Ins Welcome**

*Do you have what it takes to be the ultimate quiz champion?  
Then, gather your friends and join us for Quiz Night at Marshland  
Hall & Tearoom. This is your chance to show off your knowledge  
and have fun in a friendly competition.*

**SATURDAY, 24TH FEBRUARY**

**DOORS OPEN 7PM | MARSHLAND HALL & TEAROOM  
START AT 7:30 PM**

Team of 4 Tickets **£10.00** (£2.50 per head)  
If possible could Each Team provides a **1 draw prize**

**Marshland Hall  
& Tea Room**  
Beating at the Heart of the Community

PROUDLY PRESENT

# KIDS DISCO PARTY

With Emily Cooper

**Friday, 23rd of February**  
from 4pm - 6pm

Marshland Hall & Tearoom

**£6 PER KID**  
(INC 1  
ADULT  
FREE)

<https://www.ticketsource.co.uk>  
/mdcsc/t-pqqjne