

Walpole Cross Keys Primary School

Weekly Newsletter - 1st March 2024



Welcome back, we hope you had a lovely half-term break.

On Monday class 2 had a visit from Ali Atkins, artist and sculptor, to begin their River of Hope project, the children thoroughly enjoyed the day creating large art on the classroom floor, displaying messages in their origami boats and creating a message about rivers using the International flag code system. Today class 2 have been on a trip to a river in Narborough, this forms part of their River of Hope project and will give them some inspiration when working on their art project.

PRELOVED UNIFORM - if you have any spare uniform items please pop them to the school office so that we can try to find them a new home at our next stall taking place on Friday 22nd March.

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.

Next week ...

Monday

- River of Hope artist visiting class 2
- Yrs 2&3 PE day *wear PE kits*
- Lunchtime table tennis club

Tuesday

- Music lessons *remember instruments*
- Lunchtime reading club

Wednesday

- Public speaking event
- Lunchtime games club
- Parent consultations *bookings only*

Thursday

- Harry Potter lunch *no pasta or school packed lunch options*
- Yrs R,1,4-6 PE day *wear PE kits*
- Starter band practice *sign ups only*
- Football club 3:15pm-4:15pm *bookings*

Friday

- World Book Day dress up

STARS: Lucas yr1 & Evie yr5
KINDNESS: Amelia yrR & Grace yr6
HANDWRITING: Hudson yr1 & Harry yr6
PHSE: Jacob, Mabel & Brody yr1,
Penelope yr4 & Grace yr6
THANK YOU: Jacob yr1 & Kobi yr6



Attendance

Reception: 100%

Year 1: 96.6%

Year 2: 100%

Year 3: 100%

Year 4: 94.29%

Year 5: 95%

Year 6: 80%

Whole school: 94.8%

Attendance bear winners: Class 2



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





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 th February to 25 th March 12:30pm-12:50pm	All years	Free: No booking necessary
Tuesday	LUNCHTIME READING CLUB with Mr Overton	27 th February to 26 th March 12:30pm-12:50pm	All years	Free: No booking necessary
Wednesdays	LUNCHTIME GAMES CLUB	28 th February to 27 th March 12:30pm-12:50pm	All years	Free: No booking necessary
Thursdays	LUNCHTIME TABLE TENNIS CLUB with Aaron	29 th February to 21 st March 12:30pm-12:50pm	Years 4, 5 & 6	Free: No booking necessary
	FOOTBALL CLUB with Aaron (football boots & shin pads are optional)	29 th February to 21 st 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 th February (link will be sent out via email & posted on Facebook)



- ✓ Music workshop & performance 14/3: Return slip to school by 5th March.
- ✓ YrR fire service workshop 18/3: Consent and pay first instalment by 1st March.
- ✓ Houses of Parliament 21/3: Pay final instalment by 4th March.
- ✓ Yr6 London theatre experience 19/6: Pay second instalment by 31st March.
- ✓ Yrs5&6 Gressenhall 2/7: Consent and 1st payment due by 1st March.
- ✓ Yr6 Crucial Crew 29/4: Consent on ParentPay by 22nd March.

Diary Dates

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

Thursday 14th March	CANCELLED — Yrs3&4 Bee Netball
	Music workshop & performance (music pupils only) *complete return slip by 5th March*
Friday 15th March	Red Nose Day *details to follow*
Monday 18th March	Year R visit Clenchwarton for Fire Service Workshop *consent & 1st instalment by 1st March*
Tuesday 19th March	Class 2 assembly @ 3pm *parents/carers invited*
Wednesday 20th March	Class 3 Shakespeare Workshop
	Class 1 assembly @ 3pm *parents/carers invited*
Thursday 21st March	Houses of Parliament (JLT Team) *pay final instalment by 4th March*
Friday 22nd March	Preloved uniform stall
	Class 3 assembly @ 3pm *parents/carers invited*
Tuesday 26th March	PHSE & homework displays @ 3:15pm *parents/carers invited to drop into classes to view displays*
Thursday 28th March to Friday 12th April	SCHOOL CLOSED FOR EASTER 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 extended: Friday 19th April 2024

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)

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)

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)

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)

Desserts

Chocolate & Orange
Shortbread
Fresh Fruit Pot
(G) (W)

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

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

Ice School Cake
Fresh Fruit Pot
(G) (W) (E)

CHANGE OF MENU — SEE NEXT PAGE

No pasta or school packed lunch
options today

Next week's menu:



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

HARRY POTTER THEME DAY



THURSDAY 7TH MARCH
- Hogwarts Menu -

Dumbledore's BBQ Chicken Pizza

Or

Professor Minerva's Margherita Pizza

All served with Potato Wands & Magic Beans

Harry Potter Magical Salads also available

Chocolate Frog Cake with Wizard Dusting and Ice Cream

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[®]

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT

It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one: it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



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to talk to my child

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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.makin@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



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