

# Walpole Cross Keys Primary School

## Weekly Newsletter - 15th March 2024



On Thursday Rosie.C, Eli and Grace went to St Clements High to take part in a **music workshop and performance** in front of an audience of parents/carers. Well done everyone.

Today we have supported **Red Nose Day** by coming to school in non uniform — wearing something red. We guessed how many sweets in a jar and the name of a teddy. We have raised an amazing **£107.50**, ParentPay will remain open for last minute donations. Thank you for all your support.



**SAFEGUARDING** — Thank you to the parents who completed our recent safeguarding questionnaire. Following this, some parents reported that they were not aware of who the school's designated safeguarding leads were, so we wanted to highlight these to you. Our Designated Safeguarding Leads:



If you have any concerns about a child's welfare or safety, please speak to a member of the school's safeguarding team. Thank you

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:** Hudson yr1, Nelly yr3 & Ella yr5  
**KINDNESS:** Lucas yr1, Florence.E yr3 & Alan yr6  
**HANDWRITING:** Isaac.C yrR, Edward yr2 & Harry yr6  
**PHSE - keeping others safe:** Ella yr5  
**GOLDEN BROOM:** Class 3  
**THANK YOU:** Brody yr1, Leo.A yr3 & Lilley yr4



## Attendance

Reception: 90.48%

Year 1: 97.53%

Year 2: 96.83%

Year 3: 96.3%

Year 4: 97.22%

Year 5: 96.3%

Year 6: 88.89%

Whole school: 94.77%

Attendance bear winners: Class 2



## Next week ...

### Monday

- EYFS visit Clenchwarton — fire service
- Yrs 2&3 PE day \*wear PE kits\*
- Lunchtime table tennis club

### Tuesday

- Music lessons \*remember instruments\*
- Lunchtime reading club
- Class 2 assembly @ 3pm \*parents/carers\*

### Wednesday

- Class 3 Shakespeare workshop
- Lunchtime games club
- Class 1 assembly @ 3pm \*parents/carers\*

### Thursday

- JLT to Houses of Parliament
- River of Hope artist visiting class 2
- Yrs R,1,4-6 PE day \*wear PE kits\*
- Football club 3:15pm-4:15pm \*bookings\*

### Friday

- Preloved uniform stall \*before & after school\*
- Class 3 assembly @ 3pm \*parents/carers\*

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@westnorfolkacademiustrust.co.uk](mailto:t.menday@westnorfolkacademiustrust.co.uk)  
[www.walpolecrosskeysprimary.co.uk](http://www.walpolecrosskeysprimary.co.uk)



## Music Workshop & Performance—Thursday 14th March 2024



- ✓ Yr6 London theatre 19/6: Pay 2nd instalment by 31st March.
- ✓ Yrs2&3 swimming 25/4-23/5: Consent on ParentPay by 22nd March.
- ✓ Yr6 Crucial Crew 29/4: Consent on ParentPay by 22nd March.
- ✓ Yrs5&6 Gressenhall 2/7: 2nd payment due by 30th April.

### Diary Dates

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

<b>Tuesday 26th March</b>	<b>PHSE &amp; homework displays @ 3:15pm</b> <b>*parents/carers invited to drop into classes to view displays*</b>
<b>Thursday 28th March to Friday 12th April</b>	<b>SCHOOL CLOSED FOR EASTER 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 extended: Friday 19th April 2024**



### PUPIL SPOTLIGHT

Edward (Yr2) received his red certificate and medal in gymnastics on Friday evening. Well done, keep up the hard-work.

If your child has a particular talent, we would love to hear about it and celebrate any successes they have had with the whole school community. Please send us information via email: [office@walpolecrosskeysprimary.co.uk](mailto:office@walpolecrosskeysprimary.co.uk).



## 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)

### 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)

### 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 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



# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.





# SOCCER SCHOOLS

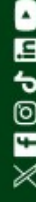
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Click here to book

[communitysportsfoundation.org.uk](https://communitysportsfoundation.org.uk)

Norwich City Community Sports Foundation, Norwich City FC, Carrow Road, Norwich, NR1 1LE. Registered charity number: 1088219



**GRAFFITI**  
CLASSICS

The Comedy String Quartet

PRESENTS

# PLAYGROUND PROMS

POP-UP SHOWS IN NORWICH

SATURDAY 23 MARCH 2024

10:30 – Norwich Cathedral

11:30 – Chantry Place

13:00 – Norfolk and Norwich Hospital



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