

# Walpole Cross Keys Primary School

## Weekly Newsletter - 19th April 2024



Welcome back, we hope you all had a lovely Easter break.

Class 2 will start swimming next week. This will take place on **Thursdays** so please ensure all pupils in **years 2 and 3** have their **swim kits** with them every Thursday this term. The swim kit must include a towel, swimwear, swim hat and goggles (if required). Swim hats are available from the office for £1, please contact the office if you would like one.

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 have now increased to £2.60 per meal.

STARS: Lucas yr1, Leo yr3 & Lottie yr5  
KINDNESS: Bella yrR, Nelly yr3 & Evie yr5  
HANDWRITING: Matthew yr1, Edward yr2 & Taylor yr4  
PHSE - know how to make friends: Chase & Edward yr2, Evan & Leo yr3, Max yr4 & Lottie yr5  
GOLDEN BROOM: Class 3  
THANK YOU: Mabel yr1, Evan yr3 & Taylor yr4



## Attendance

Reception: 98.41%  
Year 1: 100%  
Year 2: 100%  
Year 3: 100%  
Year 4: 97.22%  
Year 5: 100%  
Year 6: 88.89%  
Whole school: 97.65%  
Attendance bear winners: Class 2 (100%)



## Next week ...

### Monday

-Lunchtime table tennis club

### Tuesday

-Music lessons \*remember instruments\*  
-St George's Day lunch \*no jacket potato or school packed lunch options\*  
-Lunchtime reading club  
-Parents/carers coffee & cake afternoon @ 2:30pm

### Wednesday

-Lunchtime golf club

### Thursday

-Lunchtime table tennis club  
-Young Scholars tutorial  
-Class 2 swimming \*swim kits in bag\*  
-Yrs R, 1-4-6 PE day \*wear PE kits\*  
-Starter band practice  
-Football club 3:15pm-4:15pm \*bookings\*

### Friday

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

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





- ✓ Yr1 Judaism workshop 2/5: payment due by 29th April.
- ✓ 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 23rd April</b>	<b>SPECIAL LUNCH—St George's Day</b> <b>*no jacket potato or school packed lunch options*</b> <b>Coffee &amp; Cake afternoon @ 2:30pm</b> <b>*parents/carers invited to attend*</b>
<b>Friday 26th April</b>	<b>Preloved Uniform stall *before &amp; after school*</b>
<b>Monday 29th April</b>	<b>Year 6 Crucial Crew</b>
<b>Tuesday 30th April</b>	<b>Yrs1-4 Trigolf</b>
<b>Thursday 2nd May</b>	<b>Yr1 Judaism workshop *payments by 29th April*</b>
<b>Monday 13th May</b>	<b>Year 6 SATs week</b>
<b>Friday 17th May</b>	<b>Year 6 End of SATs celebration lunch</b>
<b>Friday 24th May</b>	<b>Preloved Uniform stall *before &amp; after school*</b>
<b>Monday 27th to Friday 31st May</b>	<b>SCHOOL CLOSED FOR HALF-TERM</b>



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**



## **Coffee & Cake Afternoon**

On Tuesday 23rd April we are holding our first coffee and cake afternoon at 2:30pm at Walpole Cross Keys Primary School. We will be joined by Sarah from the Family Hub. Sarah will be available for a friendly chat and to offer signposting to activities and services for all your family support needs in the local area. We look forward to welcoming you all.

If you require any further information please email:  
[g.scott@westnorfolkacademiestrust.co.uk](mailto:g.scott@westnorfolkacademiestrust.co.uk)

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## WEEK 2 MENU

WEEKS: 22/04, 13/05, 10/06, 01/07, 02/09, 23/09, 14/10



### STREET FEAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

#### MAIN MEAL

Beef Bolognaise served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

#### MEAT FREE

Vegetable Bolognaise served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

#### JACKETS

Jacket Potato with Choice of Toppings served with Fresh Salad

#### LUNCHTIME LUNCHBOX

Choice of Sandwich Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks

#### DESSERTS

Chocolate Shortbread with Orange Wedge Fresh Fruit Pot

CHANGE OF MENU TODAY—SEE NEXT PAGE FOR DETAILS  
NO JACKET POTATO OR SCHOOL PACKED LUNCH OPTIONS

Fish Fingers served with Chips, Garden Peas or Baked Beans

Pork Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy

Cheese & Tomato Pinwheel served with Wholemeal Vegetable Rice & Mixed Salad

Vegan Sausage Roll served with Chips, Garden Peas or Baked Beans

Quorn Sausage served with Potatoes, Yorkshire Pudding, Carrots & Broccoli

Vegetable Korma served with Wholemeal Rice and Naan Finger & Mixed Vegetables

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Jacket Potato with Choice of Toppings served with Fresh Salad

Choice of Sandwich Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks

Choice of Sandwich Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks

Choice of Sandwich Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks

Iced School Cake Fresh Fruit Pot

Ice Cream Thursday Vanilla Ice-Cream & Fruit Sauce Fresh Fruit Pot

Sticky Toffee Apple Cake Fresh Fruit Pot

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



# ST. GEORGE'S DAY



**TUESDAY 23<sup>RD</sup> APRIL**

**Sausage Bap**

**Or vegan Quorn Sausage Bap**

**Served with Seasoned Potato Wedges & Baked Beans**

**Followed by dessert**

**St Georges Cross Biscuits**

**LUNCHTIME CO<sup>®</sup>**



# 10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

## 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

## 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively effect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

## 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

## 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

## 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

## 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

## 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

## 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

## 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

## 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

## 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 Penistone Grammar School.



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# What Parents & Educators Need to Know about TOWNSHIP

AGE RESTRICTION  
**4+**

(on the App Store: 'Everyone' on Google Play)

## WHAT ARE THE RISKS?

Despite launching in 2011, Township remains popular with children and adults alike. A city-building game with farming elements, it tasks players with developing their settlement and unlocking new features along the way. Aimed at the more casual gamer, it's mostly child friendly – but there are still some related risks to be mindful of.

### MISLEADING PUBLICITY

Township's developers have previously faced criticism for advertising the game on social media by using clips of gameplay which can't actually be found in the final product. This may well lead to a child or young person downloading the game with severely misplaced expectations of what they'll be playing.

### IN-GAME ADVERTS

While it's common for mobile games to feature in-game advertisements for other products and services, Township employs a particularly egregious strategy seen in several similar products. It offers users in-game currency in exchange for watching such adverts, which can obviously encourage young people to willingly expose themselves to marketing material.

### IN-GAME PURCHASES

The game's core concept of building up a settlement to increase its population and income can feel slow paced at first – and players are incentivised to spend real-world money to move things along more quickly. That can mean handing over anything from £1.99 to £19.99 for these in-game boosts; amounts that can rapidly add up to a considerable sum if left unchecked.

### TIME-CONSUMING GAMEPLAY

Township's gameplay loop of acquiring resources and reinvesting them into your little community is a fun one – but this rewarding sense of making progress can lead to players spending far more hours staring at the screen than they realise. There are also special in-game events which run for a limited time, designed to entice players into even longer gaming sessions.

### ONLINE MULTIPLAYER MODE

After reaching level 19, players in Township can form a 'co-op' and unlock the option to exchange goods with up to 30 other users. Online multiplayer modes are nothing new, of course – but neither are the potential risks they pose to children and young people. Chances are, youngsters will be interacting with complete (and possibly much older) strangers within the game environment.

## Advice for Parents & Educators

### DISCUSS THE GAME IN ADVANCE

While older children may notice and understand that Township might be marketed in a potentially misleading way, it could be worth explaining to prospective younger players how and why the game differs from what's been advertised. This will help them to manage their expectations and avoid any possible disappointment if they do decide to download and play it.

### MONITOR SPENDING AND SCREEN TIME

More modestly priced in-app bundles can be a welcome treat for a child wanting to speed up their progress in Township, but it's wise not to leave a linked payment method active in case a youngster gets carried away. Likewise, to prevent Township from causing an increase in screen time, parental controls on most devices allow limits to be placed on how long a game can be played each day.

### BE WARY OF EXTERNAL SITES

Township's makers state that all in-game ads are age-appropriate: children won't be shown adverts recommending more violent titles, for instance. Even so, clicking on these adverts can take players out of the game and onto external sites that have nothing to do with Township or its developers: this raises the risk of children encountering inappropriate content or being tempted by online purchases.

### TALK ABOUT ONLINE STRANGERS

Township's online multiplayer mode (as with any game which includes that functionality), is an avenue through which a child could be contacted by people who they don't actually know. It's worth reminding young Township fans, therefore, not to give out any personal information to strangers online – whether that's within the game itself or in the social networks associated with it.

## Meet Our Expert

Editor in Chief of gaming and esports site GGRcon, Lloyd Coombes has worked in the games media industry for five years. A regular visitor to the App Store to try out new games and tools, he's also a parent who prioritises online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



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# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

## Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Tasted, a sensory food education charity.



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Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)