

Walpole Cross Keys Primary School

Weekly Newsletter - 26th April 2024



Thank you to the parents/carers who came along Tuesday afternoon for our first **coffee and cake afternoon**. It was lovely to see you all.

Class 2 started **swimming** on Thursday at Clenchwarton. Please remember your swim kits every **Thursday** this term. Swimming hats are available from the office for £1, please contact the office if you would like to order one.

HEALTHY SNACKS — children need to bring in a healthy snack for break times. This could be fruit, vegetables, cereal bars (nut free), breadsticks or raisins, but no crisps or chocolate bars (these are fine in lunch boxes).

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: Hudson yr1, Zoe yr2 & Lilley yr4
KINDNESS: Isaac.O yr1, Florence.P yr3 & Penelope yr4
HANDWRITING: Mabel yr1, Leo yr3 & Rosie.M yr4
PHSE - solve friendship problems: Mabel yr1, Nelly yr3, Alfie yr5 & Grace yr6
GOLDEN BROOM: Class 2
THANK YOU: Gabby yrR, Evan yr3 & Ella yr5



Attendance

Reception: 100%

Year 1: 97.78%

Year 2: 87.3%

Year 3: 94.44%

Year 4: 94.44%

Year 5: 96.83%

Year 6: 95.83%

Whole school: 95.45%

Attendance bear winners: Class 1



Next week ...

Monday

- Lunchtime table tennis club
- Yr6 Crucial Crew

Tuesday

- Music lessons *remember instruments*
- Yrs1-4 Trigolf *wear PE kits*
- Lunchtime reading club

Wednesday

- Lunchtime golf club

Thursday

- Young Scholars tutorial
- Class 2 swimming *swim kits in bag*
- Lunchtime table tennis club
- Yr1 Judaism workshop
- Yrs R,1-4-6 PE day *wear PE kits*
- Starter band practice
- Football club 3:15pm-4:15pm *bookings*

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





- ✓ Yr1 Judaism workshop 2/5: Payment due by 29th April.
- ✓ Yrs5&6 Gressenhall 2/7: 2nd payment due by 30th April.
- ✓ Yrs4,5&6 swimming: Consent by 20th May.

Diary Dates

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

Monday 29th April	Year 6 Crucial Crew
Tuesday 30th April	Yrs1-4 Trigolf
Thursday 2nd May	Yr1 Judaism workshop *payments by 29th April*
Monday 13th May	Year 6 SATs week
Friday 17th May	Year 6 End of SATs celebration lunch
Friday 24th May	Preloved Uniform stall *before & after school*
Monday 27th to Friday 31st May	SCHOOL CLOSED FOR HALF-TERM



PUPIL SPOTLIGHT

Another competition and another silver medal for Florence.E (Yr3). This time she competed in her sports acrobatic trio representing Kings Lynn gymnastics club at an invitational competition in Rushden, Northampton. Amazing, well done Florence.

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 plus a photo to: office@walpolecrosskeysprimary.co.uk.

Next week's menu:

LUNCHTIME CO [®]		WEEK 3 MENU				
		WEEKS: 29/04, 20/05, 17/06, 08/07, 09/09, 30/09, 21/10				
		MONDAY	STREET FEAST TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL		Pork Sausage Served with Herby Diced potatoes & baked Beans or Fresh Salad	Meat Feast Wholemeal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad	Beef Pasta Bake Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad	Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy	Fish Fingers served with Chips, Garden Peas or Baked Beans
MEAT FREE		Vegan Quorn Sausage Served with Herby Diced potatoes & baked Beans or Fresh Salad	Margarita Wholemeal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad	Vegetable Pasta Bake Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad	Baked Lentil Roast served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans
JACKETS		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	Jacket Potato with Choice of Toppings served with Fresh Salad	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	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	Choice of Sandwich Ham, Cheese or Tuna Mayo Sandwich Tortilla Chips Duo of Salad Sticks
DESSERTS		Chocolate Brownie Fresh Fruit Pot	Fruit Muesli Bar Fresh Fruit Pot	Peach Sponge Fresh Fruit Pot	Ice Cream Thursday Vanilla Ice-Cream & Fruit Sauce Fresh Fruit Pot	Jaffa Sponge Fresh Fruit Pot

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



Norfolk County Council has a

SCHOOL CROSSING PATROL VACANCY

Clenchwarton Community Primary
School, Main Road, Clenchwarton

5 Hours Weekly
Term Time Only

Training & uniform provided.

For any queries about the role please contact
Charlotte Hayter, School Crossing Patrol Manager at
charlotte.hayter@norfolk.gov.uk or on 07766 800621

To apply online please visit the below website:

[Road Crossing Patrol - Norfolk County Council Careers
\(oraclecloud.com\)](https://oraclecloud.com)

The closing date
for applications is

NA



Norfolk
County Council



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.



#WakeUpWednesday

The National College



Next course starts August 31st

Book via the QR code

Open to all new players ages 4 to 9



PELICANS.H.C
Est. 1920



King's Lynn Library

Saturday 27th April, 10.30am - 12.30pm

We are hosting a craft sale, come grab yourself a bargain

Items include: stamps, cutters, papers, die cuts, cards. Please bring cash to pay



your Library

Craft Sale