

Walpole Cross Keys Primary School

Weekly Newsletter - 19th July 2024



Another year over already!

This week some of our Class 3 pupils took part in the WNAT Dance festival, they have been busy practising the routine with Kate Whyborn each week and the hard work paid off- they were amazing- well done to you all.

Today, we held our Year 6 leavers assembly. As always this was an emotional one for all involved! It was lovely to see all of the photos of our Year 6's over the years and such a wonderful send off for them. We wish you the very best of luck in High school and know you are more than ready for the next chapter of your lives- we have no doubt that you will all be amazing!

Staffing: We will be welcoming Mrs Heath to our school who will be our new Class 3 TA in September. Mrs Neve will also be staying with us in a new role as a Class TA and Mrs Loomes will now be our Cover Supervisor within the school.

As mentioned in our newsletter last week, we will be looking for some new members to take over our PTA if you would be interested in joining or want to ask any questions about what the role entails please let us know.

With today being our last day we hope you all have a lovely Summer break and once again wish our Year 6's, Mrs Mead and Miss Anu the best of luck for the future. We look forward to welcoming the rest of the school back on the 4th September.

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

W/C 2nd September ...

Monday

-INSET DAY SCHOOL CLOSED

Tuesday

-INSET DAY SCHOOL CLOSED

Wednesday

Thursday

-Class 2 and 3 PE day *wear PE kits*

Friday

- Class 1 PE day *wear PE kits*

Attendance

Reception: 70%

Year 1: 80%

Year 2: 100%

Year 3: 76.67%

Year 4: 96.25%

Year 5: 100%

Year 6: 100%

Whole school:

88.87%

Attendance bear
winners: Class 3



Please check following
pages for future diary dates.

Tel: 01553 828680 Email: office@walpolecrosskeysprimary.co.uk
Governors: chairofgov@clenchwartonprimary.co.uk
Senco: t.menday@westnorfolkacademiustrust.co.uk
www.walpolecrosskeysprimary.co.uk



Diary Dates

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

Monday 22nd July to Tuesday 3rd September	SCHOOL CLOSED FOR SUMMER BREAK
Wednesday 4th September	Autumn term Begins
Thursday 12th September	Springwood Concert Band Live Performance for Year 5 and MITI pupils- More details to follow
Thursday 3rd October	SSP Quicksticks Hockey- Selected Yrs 3 and 4- More details to follow
Wednesday 23rd October	Cross Country- Selected Yrs 3,4,5 and 6- More details to follow

PE for Autumn Term

Class 1- Friday
Class 2 and 3- Thursday

***Please send your child to school wearing their PE kit (together with suitable out-
erwear) on their designated day.***

Clubs Overview Autumn 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
Tuesday	LUNCHTIME TIMES TABLE CLUB with Mr Overton	10th September-22nd October 12:30pm-12:50pm	All years	Free: No booking necessary
Wednesday	LUNCHTIME ARCHERY CLUB with Mr Overton	11th September-23rd October 12:30pm-12:50pm	All years	Free: No booking necessary
	LUNCHTIME READING CLUB with Miss Calaby	11th September-23rd October 12:30pm-12:50pm	All years	£6 for 6 sessions Book via ParentPay (places limited, first come first served)
Thursday	LUNCHTIME TABLE TENNIS CLUB with Aaron	12th September-24th October 12:30pm-12:50pm	Years 4, 5 & 6	Free: No booking necessary
	LUNCHTIME MINDFULNESS CLUB with Mrs Jones	12th September-24th October 12:30pm-12:50pm	All years	Free: No booking necessary
	FOOTBALL CLUB with Aaron (football boots & shin pads are optional)	12th September- 24th October 3:15pm-4:15pm	All years	£3.50 per session totalling to £24.50 for 7 weeks Book & pay direct with ICS Coaching by 6 th September please click on the link to book https://icscoaching.pembee.app/?file=663a16b2978bf17ae904a4d4-Walpole

Menu w/c 2nd September:



WEEK 2 MENU

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

STREET FEAST

LUNCHTIME CO[®]

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL

MEAT FREE

JACKETS

LUNCHTIME LUNCHBOX

DESSERTS

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

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

Fish Fingers served with Chips, Garden Peas or Baked Beans

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

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

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

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

Sticky Toffee Apple Cake
Fresh Fruit Pot

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

Ice School Cake
Fresh Fruit Pot

SCHOOL CLOSED: INSET DAY

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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

Term Dates 2024-2025 – Primary Schools

September 2024						
M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October 2024						
M	T	W	T	F	S	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2024						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2024						
M	T	W	T	F	S	S
						1
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

January 2025						
M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2025						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2025						
M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2025						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2025						
M	T	W	T	F	S	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2025						
M	T	W	T	F	S	S
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

July 2025						
M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2025						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Key: White dates – school open to pupils
 Orange dates – pupil holidays
 Purple dates – staff training days
 Red dates – bank holidays

Staff training days are – Monday 2 September, Tuesday 3 September, Monday 6 January and Tuesday 22 April as whole training days.
 Friday 25 October 2024 is disaggregated.



Norfolk
County Council



Penalty Notice Fines for School Attendance are changing!

With the introduction of the new National Framework for Penalty Notices, the following changes will come into force for Penalty Notice Fines issued **after 19th August 2024**.

Per Parent, Per Child

Penalty Notice Fines are issued to each parent, for each child that was absent. For example: 3 siblings absent for term time leave, would result in each parent receiving 3 separate fines.

National Threshold

There will be a single consistent national threshold for when a penalty notice must be considered by all schools in England of 10 sessions (usually equivalent to 5 school days) of unauthorised absence within a rolling 10 school week period. These sessions do not have to be consecutive and can be made up of a combination of any type of unauthorised absence. The 10-school week period can span different terms or school years.

First Offence

The first time a Penalty Notice is issued for unauthorised absence the amount will be:

- £160 per parent, per child paid within 28 days.
- Reduced to £80 per parent, per child if paid within 21 days.

Second Offence (within 3 years)

- The Second time a Penalty Notice is issued for unauthorised absence the amount will be:
- £160 per parent, per child paid within 28 days.

Third Offence and Any Further Offences (within 3 years)

- The third time an offence is committed a Penalty Notice will not be issued and the case will be presented straight to the Magistrate's Court. Prosecution can result in criminal records and fines of up to £2,500.
 - Cases found guilty in Magistrates' Court can show on the parent's future DBS certificate due to 'failure to safeguard a child's education'.
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What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.



DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.



WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.



THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.



THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.



ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.



Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.



CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.



TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.



SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

