

# Walpole Cross Keys Primary School

## Weekly Newsletter - 31st January 2025



Hello everyone,

A busy week! On Monday Year 1 & Year 2 went to Lynnsport for the Active Kids Festival. Well done to all who took part.

Active Kids



On Tuesday afternoon Year 5 attended the Joseph & the Amazing Technicolour performance at Springwood and on Wednesday Class 2 had a great day out at Flag Fen.

\*The Multi-Sports event for Yr 1 & Yr 2 children which is due to be held on Tuesday 4th February will now be held at Heacham Junior School. Please sign up via your MCAS account. Thank you.



We are currently seeking members for our PTA. If you are interested, please speak to Mr Overton as soon as possible.

On Monday 10th February we will be holding a Skip-a-thon/jump-a-thon to raise funds for the school to help towards the costs of transport for trips and visits. A sponsor form has been sent home. Your support is very much appreciated.



Could you please ensure your child comes to school suitably dressed for the elements.

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)

\*Please also check page 2 for future diary dates.

## Attendance

Class 1: 94%

Class 2: 97%

Class 3: 94%

Congratulations to Class 2!

Whole school: 94.9%



## Weekending—31.01.2025

### Stars:

Isaac (Class 1), Bridy (Class 2) & Lottie (Class 3)

### Kindness:

Edith (Class 1), Hudson (Class 2), & Josie (Class 3)

### Handwriting:

Ted (Class 1), Jacob (Class 2) & Taylor (Class 3)

### THANK YOU card winners:

Gabby (Class 1), Lucas (Class 2) & Clay (Class 3)

Golden Broom: Class 2



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Governors: r.wenn@westnorfolkacademiestrust.co.uk  
SENCO: primarysend@wnat.co.uk



## Diary Dates

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

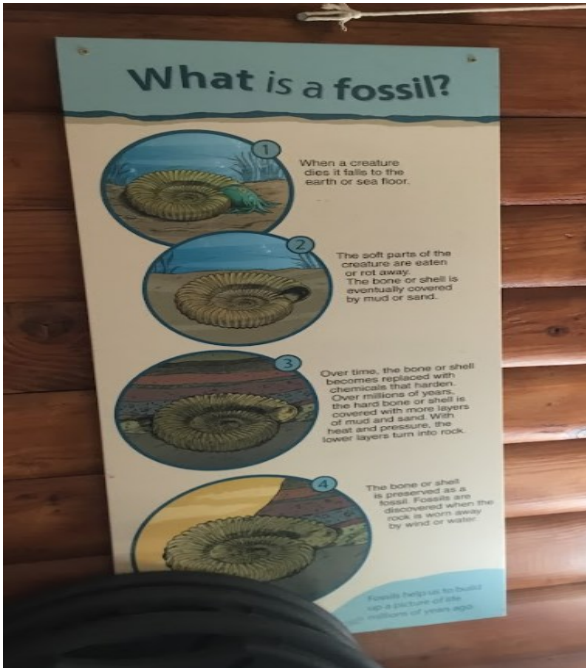
Diary dates are also located on the school website. Please note that the West Norfolk Academies Trust school calendar for 2024/25 2025/26 can be located from the school's website. School holiday dates are slightly different to NCC.

<b>Tuesday 4th February 2025</b>	Year 1 & Year 2—Multisports Event at Snettisham. <b>Please note this event will now take place at Heacham due to flooding on the field at Snettisham.</b> Please sign up via your MCAS account.
<b>Friday 7th February 2025</b>	Whole School—Gymnastics Held @ Lynnsport (except Yr4) Year 4 Trip to Norwich Castle—Roman Day-Payment & consent via your MCAS account.
<b>Monday 10th February 2025</b>	Skip-a-thon/Star jump-a-thon—Whole school.
<b>Wednesday 12th February 2025</b>	Young Voices Trip—Choir
<b>Friday 14th February 2025</b>	Whole School—Gymnastics Held @ Lynnsport Break up at usual time for half term.
<b>Monday 24th February 2025</b>	School opens—Prompt registration at 8.45am.
<b>Thursday 27th February 2025</b>	Girls Football—5 a side.
<b>Friday 28th March 2025</b>	Year 5 & Year 6 Duxford Trip—More details to follow
<b>Wednesday 5th March 2025</b>	Year 5 West Norfolk Academies Trust Literary Event—Sign up via MCAS
<b>Thursday 6th March 2025</b>	Year 2 River of Hope Trip—Please sign up via your MCAS account.
<b>Tuesday 25th March 2025</b>	SSP Dance Festival—TBC
<b>Monday 31st March 2025</b>	Year 5 & Year 6 Cluster Bee Netball—Selected
<b>Wednesday 6th March 2025</b>	JLT trip to Houses of Parliament.
<b>Friday 4th April 2025</b>	School breaks up at usual time for Easter break.
<b>Wednesday 23rd April 2025</b>	School opens—Prompt registration at 8.45am

# Active Kids Festival



## Class 2 Flag Fen



# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

### 1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.



### 2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.



### 3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.



### 4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.



### 5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



### 6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.



### 7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.



### 8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.



### 9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.



### 10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.



## 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, an organisation that supports schools in improving their mental health provision.



# #WakeUpWednesday

The National College®

HANSA 20

Half-Term Holidays  
Art Workshop For Children Of All Ages



theplace

23 New-Conduit Street,  
King's Lynn PE30 1DE

## Seafaring Art Workshop

Tuesday 18th February 2025

Drop-in any time from 10am!

**FREE Art Activity at 'The Place', King's Lynn**

Children of all ages are invited to drop in to this exciting art workshop in The Place on New Conduit Street to create a colourful seafaring-inspired artwork, led by local artist Kayleigh Wood. From grand sailing ships to pirates, sailors on adventures to visiting new lands, come and help us create artworks with the supplied pens and paints which will then inspire a larger mixed mural of seafaring art for the town. *See you there, me hearties!*

Children must be accompanied by an adult, and can visit the workshop in The Place at any time from 10am-4pm on the day. FREE admission, painting materials and refreshments provided.

# The Sandringham Estate Snowdrop Creative Workshops






**February Half Term**  
**Tuesday 18th**  
**Wednesday 19th**  
**Thursday 20th**  
 1-2.30pm  
**£20 per person**

Suitable from 3 years upwards.  
 One adult receives entry to the garden with every child's ticket purchased. Parking extra.

Join the Sandringham Education Team for an afternoon of creativity. Make your own snowdrop design from a range of ideas and media. All resources provided.

Located at the School Room in the Stables Courtyard  
**Booking Essential**  
<https://sandringhamestate.co.uk/events/february-half-term>



February

# HALF TERM ARCHERY

**FEB 15 16 22 23**

**£30 per 30 minute session**  
 for up to 6 people age 8 and upwards.  
 Various sessions throughout the day.



**At The Sandringham Estate Forest School**  
**Booking Essential/ Parking Extra**  
<https://sandringhamestate.co.uk/events/february-half-term/>

# The Sandringham Estate Family Forest School February Half Term







**Tuesday 18th**  
**Wednesday 19th**  
**Thursday 20th**  
**10.30am-12pm**

Dens  
 Crafts  
 Fire  
 Games  
 Mud...  
 and more

Meet ups  
 Friendships  
 Play Dates  
 Investigate  
 Activate

Forest School Site (Entrance opposite the west carpark)  
 £10 per child adults free.  
 Booking essential.  
 Suitable for all ages.  
 Children must be accompanied by an adult.

<https://sandringhamestate.co.uk/events/february-half-term>



# HOCKEY HEROES

**5-8 YEAR OLDS**

**A HERO IN EVERY KID**

Join our exciting new hockey programme

**FIND OUT MORE:** [hockeyheroes.co.uk](http://hockeyheroes.co.uk)

Next 8 week course starts  
**February 22nd**  
 Book via the QR code  
 Open to all new players ages 4 to 9





**PELICANS.H.C**  
 Est. 1920

## SAFEGUARDING

Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play. At our school we have a designated safeguarding team who are trained professionals in safeguarding, however all our staff are trained in safeguarding if you want to discuss any concerns with them.

The Safeguarding team.

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



Mrs Maddison



Mr Overton



Miss Calaby



Mrs Jones



Mrs Preston