

Walpole Cross Keys Primary School

Weekly Newsletter - 6th December 2024



Hello everyone,

On Thursday pupils from Class 3 attended MITI Music workshop at St Clements High .

The Nativity

Tickets for the Christmas Nativity will be sent home today, There are still some tickets left if you would like anymore please pop into the office—the tickets left will be handed out on a first come, first served basis.

NHS **Flu vaccination** nurses will be here again on Monday 9th December if you would like your child to receive this please fill the form in that was sent to you by email.

Due to supply issues the food menu may have to be altered at times.

There is **no supervision** on the playground until 08:30am. Please **do not** leave your child until this time and a member of staff is on the playground. 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)



Pre loved uniform

Please contact Mrs Adams if you would like any uniform and the sizes you need and we can check what we have here.

Please also check page 2 for future diary dates.

Attendance

Class 1: 99%

Class 2: 100%

Class 3: 99%

Attendance winners: Class 2

Congratulations to Class 2!

Whole school: 99.3%



Weekending—06.12.2024

STARS: Ted (YR), Glenn (Y3), Evie (Y6)

KINDNESS: Rosie (YR), Ivy (Y3), Taylor (Y5)

HANDWRITING: Jesse (YR), Mabel (Y2), Daisy (Y6)

THANK YOU CARD WINNERS : Jesse (YR), Mabel (Y2), Nelly (Y4)

PSHE—Using kind words

Class 1—Freddie, Toby, Ted, Jesse, Ronnie

Class 3—Nelly, Leon

Golden Broom— Class 2



www.walpolecrosskeysprimary.co.uk

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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 can be located from the school's website. School holiday dates are slightly different to NCC.

Monday 9th December	NHS Immunisation Programme—Flu-Follow up session
Wednesday 11th December	Cinderella Panto @ The Corn Exchange Whole school *Kitchen closed packed lunch only!*
Wednesday 11th December	Community Christmas Carol Service—St Nicholas Chapel 17:00-19:00
Thursday 12th December	Mini Medics—Class 3 Rudolf Run—Time to be confirmed Change of menu—Today only! Fish fingers as main meal
Friday 13th December	Christmas Jumper Day! Special Christmas Lunch This will be funded by the Trust for all children. Form to be completed by 30th November.
Monday 16th December	Christingle Assembly with Reverend Barbara
Wednesday 18th December	Class 1—Christmas Party Nativity—9:30am —Tickets are being sent home today (6/12)
Thursday 19th December	Nativity—2:15pm—Tickets are being sent home today (6/12)
Friday 20th December	SCHOOL CLOSSES @ 15:15 FOR HALF TERM Merry Christmas !
Tuesday 7th January 2025	SCHOOLS OPENS—PROMPT REGISTRATIONS @ 8.45AM

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

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



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/www.thenationalcollege



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

NORFOLK LAVENDER

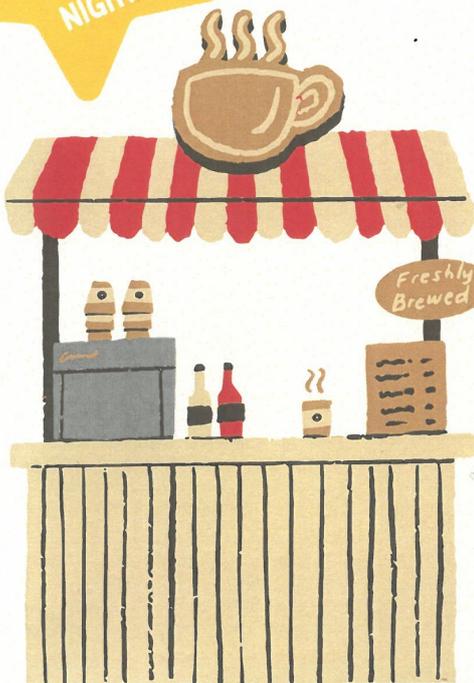
CHRISTMAS

SIP & SHOP

LATE NIGHT SHOPPING & FOOD

DEC 7TH, 14TH & 19TH | OPEN UNTIL 8PM

NORFOLK LAVENDER, PE31 7JE



CHRISTMAS FOOD, DELI & BUTCHERY

HANDMADE ITEMS

ART PRINTS

CANDLES & SOAP

JEWELLERY

HOME DECOR

CRAFTS & TOYS

CHRISTMAS DECORATIONS & GIFTING

LAVENDER PRODUCTS & MUCH MORE

SEE SOCIAL MEDIA FOR MORE DETAILS

EMAIL: ENQUIRIES@NORFOLK-LAVENDER.CO.UK OR CALL 01485 570384

*ALL ITEMS EXCEPT WINE, CHEESE, PRODUCTS ALREADY DISCOUNTED, MEAT



FREE

A Victorian themed family event

CHRISTMAS at the GUILDHALL

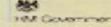
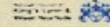


Sunday 8th December 2024
11am - 3pm

St George's Guildhall,
29 King Street, King's Lynn PE30 1HA

For more information visit stgeorgesguildhall.com

Funded by



Partners



Supported by
*Live
Lynn*

In collaboration with
National Trust

The Snowman & the Snowdog

Wednesday 18th December, 4pm & 6pm
King's Lynn Minster

FREE
Family
Event

Watch this wonderful family
film in our beautiful Minster
Church, accompanied by a solo
chorister performing
'Walking in the Air'



Tickets are FREE but do need to be booked
using the link or QR code:

<https://buytickets.at/kingslynnminster/1441797>



WISBECH SWIMMING CLUB



**Ready to take
your swimming
to the next level?**

**Why not come and join
our fantastic club?**

For more information please see overleaf



Swim England
East Region

SwimMark

ABOUT THE CLUB

We are a small but mighty, competitive swimming club that develops swimmers to County, Regional and even National level in a fun and creative environment.

As we say - just add water!

WHERE?

Hudson Leisure Centre
Harecroft Road
Wisbech
PE13 1RL

WHY JOIN A SWIMMING CLUB?

Swimming helps improve more than just physical fitness, it can also help:

- Build confidence
- Reduce anxiety
- Improve social skills
- Increase discipline, focus and commitment
- Provide a sense of belonging
- Encourage teamwork
- Improve sleep
- Learn how to win & lose
- Increase resilience

But most of all - HAVE FUN!

WANT MORE INFO?

If you would like to come for a trial/taster, or would like any more information please contact:

wisbechsc.clubsecretary@gmail.com

Alternatively, scan the QR codes below and complete the form or visit our Facebook page.

