

# Walpole Cross Keys Primary School

## Weekly Newsletter - 20th December 2024



Hello everyone,

Well done to all the pupils who took part in our Christmas performances of The Nativity! They were all amazing and we hope everyone enjoyed watching the children perform as much as we did. Thank you to all the staff who worked so hard to put this show together.

Last week we did our sponsored Rudolph Run and raised an **amazing £463** for Tapping House! Thank you all.

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.

We would like to wish you all a very Merry Christmas and we look forward to seeing you all on Tuesday 7th January 2025 for registration at 08:45am.

**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—20.12.2024

**STARS:** Gabriel (Y1), Chase (Y3), Florence.E (Y4)

**KINDNESS:** Nova (YR), Emilie (Y1), Layla (3), Clay (Y6)

**HANDWRITING:** Toby (YR), Mabel (Y2), Rosie.C (Y5)

**THANK YOU CARD WINNERS :**

Isaac (Y1), Brody (Y2), Rosie.C (Y5)

Golden Broom— Class 2



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## 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.

<b>Friday 20th December</b>	<b>SCHOOL CLOSSES @ 15:15 FOR HALF TERM</b>  <b>Merry Christmas !</b>
<b>Tuesday 7th January 2025</b>	<b>SCHOOLS OPENS—PROMPT REGISITRATIONS @ 8.45AM</b>
<b>Friday 17th January 2025</b>	<b>Whole School—Gymnastics</b> <b>Held @ Lynnsport—More info to be confirmed</b>
<b>Friday 24th January 2025</b>	<b>Whole School—Gymnastics</b> <b>Held @ Lynnsport—More info to be confirmed</b>
<b>Monday 27th January 2025</b>	<b>Yr 1 &amp; 2 Active Kids Festival</b> <b>More info to follow.</b>

We have had a fun filled Christmassy week!





## River of Hope

Last year our current year 3 and 4's took part in designing one of the flags which can be seen displayed on the Norfolk dingies sailing boats. Their flag is in the middle of the photo below.





# CHRISTMAS

## OPENING HOURS



23rd Dec	Monday	12-2pm
24th Dec	Christmas Eve	Closed
25th Dec	Christmas Day	Closed
26th Dec	Boxing Day	Closed
27th Dec	Friday	Closed
30th Dec	Monday	12-2pm
31st Dec	New Years Eve	Closed
1st Jan	New Years Day	Closed
2nd Jan	Thursday	12-2pm
3rd Jan	Friday	12-2pm



King's Lynn

**Foodbank**

Together with Trussell

## 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

# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': browsing through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day when they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

### Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

# 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](mailto:wisbechsc.clubsecretary@gmail.com)

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

