

Walpole Cross Keys Primary School

Weekly Newsletter - 24th January 2025



Hello everyone,

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.

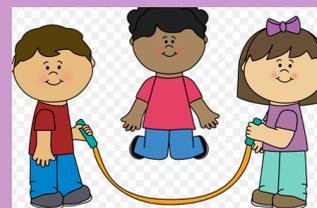
PARKING OUTSIDE OF SCHOOL — Could you please ensure that you are respectful of the residents and do not park across any driveways as access is required. Please park sensibly.

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)

Join the PTA!



*Please also check page 2 for future diary dates.

Attendance

Class 1: 94%

Class 2: 96%

Class 3: 94%

Congratulations to Class 2!

Whole school: 94.9%



Weekending—24.01.2025

Stars:

Ted (Class 1), Ivy (Class 2) & Rosie M (Class 3)

Kindness:

Amelia B (Class 1), Millie (Class 2), & Leo (Class 3)

Handwriting:

Emilie (Class 1), Edward (Class 2) & Penelope (Class 3)

THANK YOU card winners:

Ted (Class 1), Matthew (Class 2) & Josie (Class 3)

Golden Broom: Class 2



www.walpolecrosskeysprimary.co.uk
Tel: 01553 828680 Email: office@walpolecrosskeysprimary.co.uk
Governors: r.wenn@westnorfolkacademiustrust.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.

Friday 24th January 2025	Whole School—Gymnastics Held @ Lynnsport
Monday 27th January 2025	Year 1 & Year 2—Active Kids Festival Please sign up via your MCAS account.
Tuesday 28th January 2025	Year 5 only—Joseph Performance at Springwood High School. Please sign up via your MCAS account.
Wednesday 29th January 2025	Class 2 Flag Fen Trip—Please sign up via your MCAS account.
Friday 31st January 2025	Whole School—Gymnastics Held @ Lynnsport
Tuesday 4th February 2025	Year 1 & Year 2—Multisports Event at Snettisham—Please sign up via your MCAS account.
Friday 7th February 2025	Whole School—Gymnastics Held @ Lynnsport (except Yr4) Year 4 Trip to Norwich Castle—Roman Day-Payment & consent via your MCAS account.
Monday 10th February 2025	Skip-a-thon/Star jump-a-thon—Whole school.
Wednesday 12th February 2025	Young Voices Trip—Choir
Friday 14th February 2025	Whole School—Gymnastics Held @ Lynnsport Break up at usual time for half term.
Monday 24th February 2025	School opens—Prompt registration at 8.45am.
Thursday 27th February 2025	Girls Football—5 a side.
Friday 28th March 2025	Year 6 Duxford Trip—More details to follow
Wednesday 5th March 2025	Year 5 West Norfolk Academies Trust Literary Event—Sign up via MCAS
Thursday 6th March 2025	Year 2 River of Hope Trip—More details to follow.
Tuesday 25th March 2025	SSP Dance Festival—TBC
Monday 31st March 2025	Year 5 & Year 6 Cluster Bee Netball—Selected
Wednesday 6th March 2025	JLT trip to Houses of Parliament.
Friday 4th April 2025	School breaks up at usual time for Easter break.
Wednesday 23rd April 2025	School opens—Prompt registration at 8.45am

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.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



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

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

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