

Old Buckenham High School

STUDENT Bulletin

Week Beginning 1st May 2023

Week A

	Mon 1 st May	Tues 2 nd May	Weds 3 rd May	Thurs 4 th May	Fri 5 th May
Assembly	Bank Holiday		Y8	Y9	
Breaktime Clubs	School Closed	Accelerated Reader Reading & Quizzing In the Library	Accelerated Reader Reading & Quizzing In the Library	Accelerated Reader Reading & Quizzing In the Library	Accelerated Reader Reading & Quizzing In the Library
Lunchtime Clubs		Random Acts of Kindness Group ILT 2 Room 5 Everyone Welcome Singing Club Music Room 12.40-1.40 Allotment Club (See Mrs Allen to sign up)	Woodwind and Brass Ensemble Music Room 12-40-1.40	Ukulele Club Music Room 12.40-1.40 Rev Walsh Room 7 No appointment necessary	
ILT Assembly/ Activity		Normal ILT Activities	Normal ILT Activities	Normal ILT Activities	Normal ILT Activities
After School Clubs		All Years Athletics 3.15-4.15 All Years Cricket 3.15-4.15		Change of day for 2 weeks due to Bank Holidays: All Years Rounders 3.15-4.15 All Years Tennis 3.15-4.15	Year 10 and 11 Clay Club 3.30-4.45 (see Mrs Allen to sign up)
Events		GCSE MFL Speaking Exams	GCSE MFL Speaking Exams	GCSE MFL Speaking Exams	GCSE MFL Speaking Exams

Online Safety Newsletter:

Please find attached the Online Safety Newsletter for May.

Health and Social Care:

Health and Social Care Year 10 students are currently looking at different roles in the sector, if any friends or family members would be willing to either come in and speak to the class about their job and how they got into it (or appear on a zoom call) we would love to hear from you!

Please contact Mrs Fuller on fuller@obhs.co.uk if you work in the social care or health care sector and wouldn't mind sharing your experience with our students.

Star of the Week:

- Y7 Annie D 7Y – For always working so hard in Science and achieving a wonderful test result.
- Y8 Ewan H-A 8R – For showing kindness towards others.
- Y9 Year 9 DofE Students – Well done on your Expedition Weekend.
- Y10 Phoebe H 10G – Well done on such a positive week in school!
- Y11 Ben H 11G – Well done on your ongoing positive attitude and hard work in school!

Prefect Clubs - Fridays

Year 10 Prefects will be starting their new clubs on Friday lunchtime. Timetable to follow through Base Time later in the week.

Friday After School Detentions:

Students will be placed into a Friday after-school detention by a member of the leadership or year group teams for behaviour which is defiant and/ or disrespectful. Any student who refuses to go to Remove will automatically be placed into a Friday detention.

As attendance is compulsory, if a student does not attend, they will be placed into isolation on the following Monday, and a re-admittance meeting held at 3.30pm with a member of the Senior Leadership Team which a parent or carer will need to attend. Unfortunately, until this meeting has taken place, the student will not return to their timetabled lessons. Our behaviour policy can be found in the Parent section of the school website.

Wisepay:

Please could parents/carers remember to top up their child's Wisepay account to enable them to purchase their lunch. If a student has any difficulty in purchasing their lunch, please can they go to Student Reception. If you purchase any items on Wisepay, students will need to collect these from Student Reception once the payment has been received. Revision guides need to be collected by the student from their subject teacher.

Attendance:

Updated Covid Guidelines:

Pupils who have symptoms of COVID-19 should follow the current [UKHSA guidance](#).

Attendance Figures:

	Whole School	Year 7	Year 8	Year 9	Year 10	Year 11
Cumulative	90.84%	92.38%	91.29%	89.88%	91.15%	88.80%
Weekly	90.97%	92.34%	92.07%	84.80%	92.77%	91.24%

Lost property in student reception:

- Black beanie
- Blue water bottle
- Black filled pencil case
- Clear filled pencil case
- Bundle of stationery in elastic band
- Black Stranger Things beanie
- Casio digital watch
- Black glasses case with blue framed glasses inside
- DHL silver hip flask
- Grey patterned water bottle
- Red Adidas size 5 trainers (in yellow JD Sports bag)
- Full PE kit in black/blue drawstring bag

Careers from PE



Sports and Exercise psychologist

How do I get into it?

You'll usually need:

- 5 GCSE'S including PE
- 3 A levels or equivalent
- a degree in psychology accredited by [The British Psychological Society](#) (BPS)
- a BPS accredited master's degree in sport and exercise psychology
- a structured supervised practice programme accredited by the [Health and Care Professions Council](#) (HCPC)

What does this job entail?

As a sport and exercise psychologist, you'll:

- help athletes develop strategies to deal with nerves, anxiety, self-confidence, concentration and motivation
- set up activities to improve team and individual performance
- support athletes in coping with injuries
- give advice to coaches on team communication
- assess clients' needs and develop fitness plans and recommendations
- work with health promotion staff to show the therapeutic and health benefits of exercise
- create exercise programmes in organisations, workplaces, prisons and psychiatric units
- teach people psychological techniques to improve their wellbeing and performance

Salary:

£ ANNUAL SALARY
£20,000 to £48,000

Average UK salary in 2019 was £30,378
(source Office for National Statistics)

🕒 WORKING HOURS
37 to 39 a week

You could work: evenings / weekends;
attending events or appointments

📈 FUTURE EMPLOYMENT

There will be 5.3%
more Sport and
exercise psychologist
jobs in 2027.

5.3%