



Old Buckenham High School

STUDENT Bulletin

Week Beginning 2nd October 2023

	Mon 2 nd Oct	Tues 3 rd Oct	Weds 4 th Oct	Thurs 5 th Oct	Fri 6 th Oct
Assembly	Year 10 and 11 Black History Month	Year 7, 8 and 9 Black History Month		Year 9 UTCN	Year 11 ASK Apprenticeship
Events	Year 7 Football Fixture v Loddon Now at Home Kick-off 3.30 Pick-up 4.30-4.45 School Production Workshop 3.30-4.30		Year 8 Football Fixture v Loddon Home Kick-off 3.30 Pick-up TBC	Borneo Expedition Presentation 6.30pm in Library	

Year 11 Tutor Groups and Maths:

To best support the students in preparation for their GCSEs, some year 11 tutor groups are being regrouped from Monday to provide additional maths teaching as an interim measure.

Student Photographs:

A polite reminder that the closing date for **free delivery** back to school is **Sunday 8th October**. Order through the Tempest website using your unique link or visit www.tempest-orders.co.uk.

If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

Wanted:

Offcuts of timber, preferably hardwoods, for use in school Design & Technology projects. Preferably delivered, but local collection possible.

Please contact Main Reception if you are able to help to arrange a time to deliver or a possible collection. Thank you.

Vaping Dangers:

Please find attached information regarding the dangers of Vaping.

Star of the Week:

- Year 7 Freddie C 7Y – For demonstrating advanced skills and an excellent attitude in Chef Club.
- Year 8 Jess C 8Y – For being an excellent Ambassador for the Allotment at the Open Evening.
- Year 9 Kara D-P 9G – For excellent effort and attitude in Geography.
- Year 10 Kennedy L 10R – For an excellent week.
- Year 11 Rebecca C 11G – For doing a fantastic job at the Open Evening with the DofE.

Date for the Diary:

Flu Vaccinations will take place on the 19th and 20th October.



Old Buckenham High School **Borneo Trek Expedition 2025**

Dear Parent/Carer,

COMING SOON - AN EXCITING OPPORTUNITY FOR YOUR SON/DAUGHTER

We are very excited to announce that the Sapientia Education Trust are partnering with Camps International to offer students the opportunity to go on a life-changing, 4-week expedition to Borneo, during the summer of 2025. Students will work on a variety of meaningful and sustainable projects as well as undertaking a 4–5-day trek through the heart of the Jungle.

SAVE THE DATE TO COME ALONG AND FIND OUT MORE:

THURSDAY 5th OCTOBER 2023 AT 6:30PM IN THE LIBRARY

During our Parents Presentation you and your son/daughter will be able to hear more about Camps, the expedition and fundraising, as well as how to join the team.

In the meantime, to get an insight into the expedition, you can check out their website via:
<https://www.campsinternational.com/expedition/borneo-trek-expedition/>

As students are encouraged to raise the funds for this expedition themselves, why not get started straight away with some helpful tips and advice:
<https://www.campsinternational.com/fundraising-for-your-expedition/>

We look forward to letting you know more about the expedition soon.

Kindest regards,

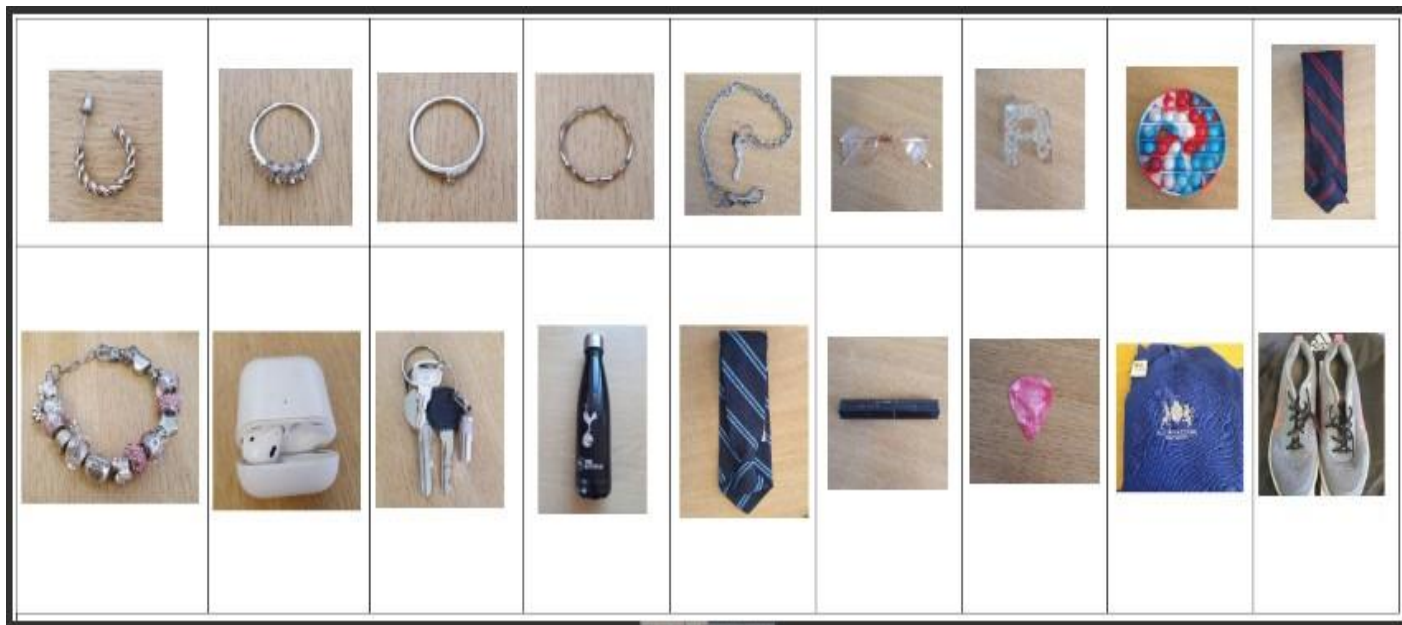
Old Buckenham High School



Attendance:

29.09.23	Whole School	Year 7	Year 8	Year 9	Year 10	Year 11
Cumulative	92.04%	96.93%	89.32%	90.18%	92.11%	92.67%
Weekly	89.74%	97.59%	86.37%	88.06%	91.82%	87.05%

Lost Property:



Friends of Old Buckenham High School:

F.O.B.H.S NEWS

🍀

We want to wish all of the students interviewing for a position on the Senior Senate the best of luck! 🍀

❄️
 Updates on our “Christmas Market” fundraising event coming soon!
 ❄️

❄️
 Support Norfolk small businesses while you buy unique and handcrafted gifts for friends and family.
 ❄️

If you would like to become a member or keep up-to-date with events and activities, please follow us on our Facebook group “Friends of OBHS” or e-mail friendsofobhs@gmail.com

Lunchtime and After-School Clubs:



Old Buckenham High School

Autumn Term Clubs 2023



Week A

Week B

Day	Club	When	Where
Monday	Board games	Lunch	Rm 14
	Singing	Lunch	Rm 30
	Chess and draughts	Lunch	Rm 15
	Year 7 and 8 Football	Lunch	PE
	Chef Club	After school	Rm 20
Tuesday	Craft	Lunch	Rm 17
	Allotment	Lunch	
	Media	Lunch	Rm 6
	Jazz	Lunch	Rm 30
Wednesday	Board games	Lunch	Rm 23
	Model making	Lunch	Rm 16
	Year 9, 10 and 11 Football	Lunch	PE
Thursday	Keyboard and ukulele	Lunch	Rm 30
	Hockey	Lunch	PE
	History Ambassador	Lunch	Rm 11
	Drama	Lunch	Rm 35
	BSL	Lunch	Rm 23
Friday	Netball	Lunch	PE
	Music appreciation	Lunch	Rm 23
	Language film	Lunch	Rm 36
	Rock band	Lunch	Rm 31
	Clay	After school	Rm 17

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Monday	Board games	Lunch	Rm 14
	Singing	Lunch	Rm 30
	Chess and draughts	Lunch	Rm 15
	Year 7 and 8 Football	Lunch	PE
	Baking Club	After school	Rm 20
Tuesday	Craft	Lunch	Rm 17
	Allotment	Lunch	
	Media	Lunch	Rm 6
	Jazz	Lunch	Rm 30
Wednesday	Board games	Lunch	Rm 23
	Model making	Lunch	Rm 16
	Year 9, 10 and 11 Football	Lunch	PE
Thursday	Keyboard and ukulele	Lunch	Rm 30
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Friday	Netball	Lunch	PE
	Music appreciation	Lunch	Rm 23
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	Rock band	Lunch	Rm 31
	Clay	After school	Rm 17



Join the team and make a difference



The NHS offers a huge range of exciting and challenging opportunities for people who are passionate about making a difference.

With more than 300 different careers on offer, there is a job for you no matter what your interests, skills or qualifications.

For more information about the wide range of exciting opportunities in the NHS visit www.nhscareers.nhs.uk or telephone 0345 60 60 655

For current vacancies visit www.jobs.nhs.uk

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE & PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



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