



# Old Buckenham High School

## STUDENT Bulletin

Week Beginning 13<sup>th</sup> March 2023

**\*\*\* TICKETS FOR GREASE ARE NOW ON SALE - DON'T MISS OUT \*\*\***

	MON 13 <sup>TH</sup> MAR	TUES 14 <sup>TH</sup> MAR	WEDS 15 <sup>TH</sup> MAR	THURS 16 <sup>TH</sup> MAR	FRI 17 <sup>TH</sup> MAR
Assembly					
Breaktime Clubs	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	Accelerated Reader Reading & Quizzing In the Library
Lunchtime Clubs	LGBTQIA+ Action Group and Safe Space Library (Lunch 1 and 2)	Random Acts of Kindness Group ILT 2 Room 5 Everyone Welcome  Cup O'Tea – Online Safety – Room 7 Lunch 1 and 2 Everyone Welcome  Singing Club Music Room 12.40-1.40	Woodwind and Brass Ensemble Music Room 12-40-1.40  Year 11 GCSE PE Revision/PEP Room 24 (Lunch 1 only)	Ukulele Club Music Room 12.40-1.40  Rev Walsh Based in Canteen No appointment necessary	Prefect Clubs: <b>With a Comic Relief Twist!</b> Football – MUGA Chess – Library Table Tennis – Hall Basketball – Gym Badminton - Hall *Crochet – Room 18 *Book Club – Library (*Lunch 1 only)
ILT Assembly/ Activity	Normal ILT Activities	Normal ILT Activities	Normal ILT Activities	Normal ILT Activities	Normal ILT Activities
After School Clubs	Grease Rehearsals 3.30-5.00  All Years Netball Club 3.15-4.15	Grease Rehearsal 3.30-5.00  Year 7, 8 & 9 Multi Sports Clubs Invited Students Only (Gym) Pick up 4.15			
Events		Year 7 Progress Evening  Kooth Webinar			Wear something red

### Year 7 Progress Evening Tuesday 14<sup>th</sup> March:

This will take place via Schoolcloud online video appointments between 4.30 and 7.00pm

<https://oldbuckenhamhigh.schoolcloud.co.uk/>.

Please refer to the email sent 6<sup>th</sup> March for instructions on booking and attending the appointments.

### Year 9 and 10 Student librarians:

If any students in year 9 and 10 are interested in becoming a student librarian, please can they attend a brief meeting in the library on Friday 17<sup>th</sup> during base time.

### Space Outreach:

Have you got what it takes to be an astronaut? Are you interested in space?

Please see the attached poster about a FREE space exhibition evening on Wednesday 29<sup>th</sup> March at Sir Isaac Newton 6<sup>th</sup> Form, Norwich.

### **Red Nose Day 17<sup>th</sup> March**

Students are invited to *wear something red* in exchange for a £1 donation to comic relief. This should be worn alongside their usual school uniform. For example, if a student wishes to wear a red jumper, they should wear their usual school uniform, shirt and tie underneath. The prefect team will also be running some charity sports events at lunchtime in their prefect clubs, which students can take part in for a small donation.

### **Star of the Week:**

- Y7 Jessica C 7Y – For being so positive around the school and a real credit to herself.
- Y8 Thomas I 8Y – For being welcoming and kind when looking after a new student.
- Y9 Alisha B 9B – For the most positives this week – great work!
- Y10 Owen H 10R – Well done on your Martial Arts successes and fundraising efforts!
- Y11 Charlie K 11B – Well done on your hard work and resilience this week!

### **Parent Webinars and Online Information Sessions:**

There are a number of online information events which we have been asked to share with all parents. They are all focusing on issues which are priorities in all secondary schools currently, but a number are personalized specifically to the way in which those concerns are most prevalent here in Norfolk. We would strongly encourage parents and carers to attend where at all possible.

### **Norfolk Police:**

#### ***Online radicalization and extremism***

Attached - a free two hour online course run by for parents and carers preventing online radicalization and extremism being held on various dates in March.

### ***County Lines***

On the link below - Some more County Lines sessions coming up aimed at parents and carers. This time run by PACE - Parents Against Child Exploitation. Although there are none specifically for Norfolk the sessions, we are told, are available for all to join.

[Pace \(Parents Against Child Exploitation\) Events | Eventbrite](#)

### **St Giles SOS+ Gangs and County Lines Parent and Carers Webinar 28<sup>th</sup> March 2023:**

Please find attached some information for parents and carers about an upcoming webinar being delivered by St Giles Trust. The webinar is about gangs and County Lines. The speakers have lived experience of the consequences and realities of County Lines and gangs and will provide valuable insight about the signs to look out for that could indicate that a young person is at risk of getting involved in these.

### **Kooth – Parent Webinar:**

Kooth are holding a free parent webinar on Tuesday 14<sup>th</sup> March between 6 and 7pm. The link below can be used to book a place.

<https://www.eventbrite.com/e/kooth-information-session-for-parents-carers-tickets-532030767347>

*Kooth is the UK's largest digital mental healthcare provider, accessible to over 11m children and young people (11-25) through our Kooth platform and 4m adults through our Qwell platform, without thresholds or waiting lists. Our service blends immediate access to experienced online counsellors and wellbeing practitioners, alongside self-help tools and a pre-moderated active community with an extensive library of peer and professional created content.*

### **Friends of Old Buckenham High School:**

#### ***Easter Egg Raffle***

We are once again holding our Easter Egg raffle to raise funds for the Friends of Old Buckenham High. As in previous years we rely on the generosity of Parents and Carers in donating Easter Eggs.

If you are able to donate an Egg or other chocolate treat, please can they be handed into the School Office or Student Reception before Friday 24<sup>th</sup> March where tickets are also on sale at 50p per ticket.

### ***School Production Raffle***


We will be holding a raffle at each of the 4 performances and would be very grateful for any raffle prizes. These can be handed into the School Office.

### **School Production:**

Please come along and support our students and staff who have been working so hard over the last few months to put on this fantastic production of Grease.

Details of performance dates and ticket prices are below. Tickets can be purchased from [www.ticketsource.co.uk/obhs](http://www.ticketsource.co.uk/obhs).

**Old Buckenham High School Proudly Presents**



**Book, Music and Lyrics by  
Jim Jacobs and Warren Casey**

<b>Thursday – 23rd March 7.30</b>	<b>Adult £8</b>
<b>Friday – 24th March 7.30</b>	<b>Student £4</b>
<b>Saturday – 25th March 2.30</b>	<b>Under 11s free</b>
<b>Saturday – 25th March 7.30</b>	<b>Family ticket £22 2 adult + 2 children</b>

Tickets available from [www.ticketsource.co.uk/obhs](http://www.ticketsource.co.uk/obhs)  
"You're The One That I Want", "Hopelessly Devoted To You",  
"Sandy" and "Grease" used by arrangement with Robert Stigwood

**Grease Rehearsals:**

**Monday** Run Act 1 – Full Cast and Band

**Tuesday** Run Act 2 – Full Cast and Band

**Attendance:****Updated Covid Guidelines:**

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

**Attendance Figures:**

	Whole School	Y7	Y8	Y9	Y10	Y11
Cumulative	90.77%	92.60%	91.14%	89.91%	91.05%	88.44%
Weekly	90.61%	89.69%	91.89%	90.55%	94.08%	85.78%

**Lost property in Student Reception:**

- Green tie - initials JJ
- Yellow tie
- Grey sports bottle
- Black, filled pencil case including calculator
- Black Casio watch
- Black Stranger Things beanie
- Black, fur lined beanie
- Clear, filled pencil case including calculator
- Bundle of stationery in elastic band
- Blue glasses in black case - found in room 32 on Tuesday 8th
- Black, wireless, JVC ear buds including charger case - found in room 24 on Monday 7th
- Yellow JD bag containing red Adidas trainers

**Help with Living Costs:**

Please find information regarding help available to support with the cost of living on our website:

<https://www.obhs.co.uk/assets/Uploads/Help-with-living-costs-FINAL.pdf>

**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.

## Careers from MFL



## International journalist

### How do I get into it?

You'll usually need:

- 5 GCSE'S including a language
- 2 to 3 A levels, or equivalent, for a degree
- Bachelor's degree in journalism, communications, or an equivalent discipline.

### What does this job entail?

Foreign correspondents are journalists or commentators stationed in a foreign country. They gather and analyze events of international importance, and they write news stories for newspapers, magazines, and radio and television broadcasts. The job involves interviewing people and collecting background information and details of events. Once the news has been gathered, foreign correspondents prepare reports and review the copy for errors in grammar, punctuation, content, and accuracy. While making such reports, they have to follow formatting and editorial guidelines.

### Salary:

£65,000 per year

# NORFOLK AND SUFFOLK PARENT AND CARERS: FREE COURSE

## PREVENTING ONLINE RADICALISATION AND EXTREMISM

### WHAT WILL I LEARN?

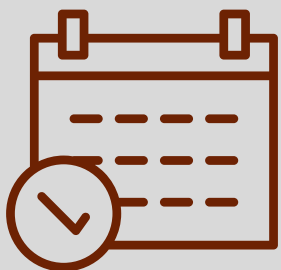
- How to identify fact from fiction online
- Understand new and emerging social media sites and their role in spreading conspiracy theories
- How to start the conversation with your young person about what they see online



IN PARTNERSHIP WITH



### REGISTER FOR THE DATE THAT SUITS YOU:



**MARCH 21: 17:00-19:00**

**MARCH 23: 18:00-20:00**

**MARCH 29: 12:00-14:00**

*All events will take place online via Google Meets.*

**CONTACT US HERE**



**[contact@shoutoutuk.org](mailto:contact@shoutoutuk.org)**

*If you are worried about a young person, please contact the Suffolk Customer First team at 0808 800 4005 or Norfolk County Council at 0344 800 8020. If urgent call 999.*

# SOS Project

## What to do

**Learn how to challenge** – you need to be able to stay calm, ask questions and listen to answers without losing control. Don't be afraid of confrontations, but try and stay away from accusations.

**If your child is in trouble with the Police or at school** – be ready to challenge obvious signs of unacceptable behaviour – one idea is to make an agreement and have set consequences for misbehaviour.

**Listen and be supportive** - If a young person is involved, they may not want to talk about it or be scared. Ultimately, you want to be the person your child can confide in and is honest with.

This means you need to be prepared to listen to your worst fears without the situation escalating or becoming abusive. It's important that they know you want to listen, support them and work with them to find solutions.

**Don't be afraid to get help** - You are not alone and there is always support out there to help you. In addition to the information in this leaflet, your local council or the Citizens' Advice Bureau have specific groups who can assist you.

But you could start by talking to the school, teachers, faith groups and even other parents. On the back page of this leaflet are organisations that can give you more information and access support.

# SOS Project

## Get help

**If you're concerned about the issues raised in this leaflet, these organisations and resources are available to help:**

**The SOS+ Service**  
T: 020 7708 8000  
W: [stgilestrust.org.uk](http://stgilestrust.org.uk)

**Victim Support**  
National charity helping people affected by crime  
W: [victimsupport.org](http://victimsupport.org)

**NSPCC**  
A 24hr helpline providing advice and guidance  
T: 0808 800 5000

**Family Lives**  
For advice on all aspects of parenting roles  
T: 0808 800 2222

**Childline**  
T: 0800 1111  
W: [childline.org.uk](http://childline.org.uk)

**Missing People**  
W: [missingpeople.org.uk](http://missingpeople.org.uk)

**Kooth**  
Online mental wellbeing community  
W: [kooth.com](http://kooth.com)

**Norfolk Children's Advice and Duty**  
T: 0344 800 8020

**Norfolk Police**  
T: 101 and ask for Norfolk police

## St Giles

Turning a past into a future

**St Giles head office:** 64-68 Camberwell Church Street, London SE5 8JB  
T: 020 7703 7000 W: [www.stgilestrust.org.uk](http://www.stgilestrust.org.uk) E: [info@stgilestrust.org.uk](mailto:info@stgilestrust.org.uk)

Registered Charity, No. 801 355 © St Giles 2021

# Combating violent crime

Warning signs, practical advice and support for concerned parents and carers.



**Sometimes it feels like crime is getting more serious all the time. We see images of youth violence, stabbings and exploitation all the time. No-one would blame you as a parent or caregiver for worrying about what happens to your child, or asking what they could do to stop their child becoming another victim. Here is some guidance to consider, put together by our experienced SOS+ Service team.**

**Don't blame yourself** - Even with good parental support, young people can be attracted into negative associations or habits despite your best efforts.

**Have those conversations** – Young people frequently tell us that if they were in trouble they would not go to an adult for help. Be that a teacher, parent or someone in authority. Why not? Because they fear they would be judged, that adults wouldn't understand or worse they would receive the punishment. To get around this you are going to have to build real trusted conversations your young person. You need to talk about what you will do if they ask you for help. You need to reassure them that you will not judge them and that you will believe them and do whatever it takes to help them. Then when they approach you, take time out and listen.

**It's not just boys that get involved** - Many girls may believe that what they're being pressured or coerced to do is 'normal' and acceptable. They might not realise what's happening to them is wrong. They may be afraid of what might happen if they tell anyone and they may believe no one will believe or protect them.

**Check out their space** – this includes physical spaces such as bedroom and where they hang out but don't forget about the online space. **It's wise to know what social media platforms (TikTok, WhatsApp, Instagram, Twitter, Snap Chat &c.) they use and dependant on age and maturity you should have access to their activity. You don't always need the app to have an account - Google search the logins.**

Be aware that chat rooms and texts can be used to bully and exploit young people to participate in negative behaviour. Monitor sites and games for inappropriate content – maybe even play the games with them!

## Signs and indicators:

**Behaviour** - Most young people go through a rebellious phase, what's essential is that it does not prolong and that healthy boundaries are maintained and challenged.

**Your child's friends** – Friends fall out sometimes and children change their interests, but who are your child's friends? When your child goes out, who are they with and what are they doing?

**Gang names** – Does your child's group of friends have a 'name' and if so, how do they see themselves?

**Truancy** – Do you check on attendance, are you speaking to teachers, have tutors noticed anything? If kids are not in school the question is, where are they? Some gangs exploit young people by sending them to other areas.

**If your child starts to go missing, make sure you challenge them over their whereabouts** and if they go missing for periods of 24hrs or more ensure that it is reported and that you get help. If you're in doubt as to what your children are doing in their spare time, ask. If necessary, monitor their activities.

**Post codes and unsafe areas** - Harder to spot, but some young people align themselves to post codes and therefore have 'no-go' areas. If your child shows reluctance going to any specific areas, ask why, and be ready to ask again.

**Unexplained cash or possessions** – Has your child bought things they normally couldn't afford? Look out for possession of relatively large sums of money or for expensive items brought home. Be ready to challenge excuses, too.

**Signs of bullying/physical injuries** – Your child may experience bullying and pressure to join a group. They may have injuries which indicate violence from others or self-harming. Either way, they'll need your support. Make time to listen and encourage them to trust you.

**Understanding the music** - this can be a bit of a minefield because although music associated with gangs can be threatening, violent and glamourise the myth surrounding the culture it does not guarantee involvement. I

It makes sense to know what your child is listening to and what the music is about, and so to have those conversations about what the lyrics mean before you take any action.





# SOS+ Programme

Booking and enquiries:  
[sospluswebinars@stgilestrust.org.uk](mailto:sospluswebinars@stgilestrust.org.uk)

For more information:  
[emily.roberts@stgilestrust.org.uk](mailto:emily.roberts@stgilestrust.org.uk)

Our gang and county lines parents' session

## Gangs and County Lines

consists of **speakers with lived experience** within the criminal justice system to unpack and explore the **realities and consequences** of county lines, gang involvement, and serious youth violence.

**Perspectives from previous perpetrators** and runners/transporters, combined with relevant case studies, aid audiences in gaining an **authentic and credible understanding** of this complex and cross cutting issue.

Register here!



[Click here!](#)

The session will help parents and carers to identify the **signs and triggers** that a child or young person might be involved in county lines and gain an understanding of **how to appropriately respond** to such indicators.

Parents / Carer Webinar

Delivered by Rosanna

Norfolk

18:30 - 20:00

28.03.2023

# St Giles

Turning a past into a future

St Giles is a registered charity No 801355.  
St Giles Head Office,  
64-68 Camberwell Church St, London, SE5 8JB  
[www.stgilestrust.org.uk](http://www.stgilestrust.org.uk) © St Giles Trust 2021

# Sir Isaac Newton Sixth Form Presents

FREE  
Wednesday  
29th March  
6pm - 9pm

## Space, the final frontier.

Have you got what it takes to be an  
astronaut?

Join us at for an evening of interstellar activities including  
space-themed coding games and exoplanet detection.

Discover exciting answers to cosmic questions such as:

*How do stars ring like bells?*

*How do you determine what planets are made from?*

**It is rocket science!**

Featuring out-of-this-world talks on  
“**Alien Worlds**”,  
“**Supernovas and Black Holes**”  
and “**How to Make the Elements**”  
- come along to find out more about  
a career in space.

Sir Isaac Newton  
Sixth Form  
30 Bethel St  
Norwich  
NR2 1NR



Sir Isaac  
Newton  
SIXTH FORM  
Outreach