

# Old Buckenham High School

## STUDENT Bulletin

Week Beginning 11<sup>th</sup> December 2023

Week B



	Mon 11 <sup>th</sup> Dec	Tues 12 <sup>th</sup> Dec	Weds 13 <sup>th</sup> Dec	Thurs 14 <sup>th</sup> Dec	Fri 15 <sup>th</sup> Dec
Assembly		Year 7, 8 and 9 Rewards			Year 10 Rewards
Events					
After-School		Christmas Concert 7pm			

### **Christmas Holidays:**

This will be our final Bulletin of the year. The last day of Term is Tuesday 19<sup>th</sup> December, and the school reopens to students on Thursday 4<sup>th</sup> January.

Merry Christmas and a Happy New Year from everyone at Old Buckenham High School.

### **Parking in Village:**

We have had some concerns raised around the parking outside the school at the end of the day. Please can parents and carers be considerate to the residents of the village and not block driveways and to refrain from parking on the pavements as this causes a safety issue to students from both the Primary and High School. Thank you for your cooperation.

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

- Year 7 Adam AH 7R – For an excellent behaviour record this year.  
Year 8 Annie D 8Y – For exemplary behaviour record this year.  
Year 9 Lucas S and Reuben M 9R – For an excellent contribution to the creation of the Form charity box.  
Year 10 Samantha L 10G – For the most positives in Year 10 this week.  
Year 11 Daniel C 11B – For the most positives in Year 11 this week.

### **Wellbeing and Neurodiversity Parent/Carer Workshops:**

Please find attached information regarding upcoming free online Parent/Carer Workshops being organised by the NHS.

**Online Safety and Safeguarding:**

Please find attached useful information regarding Disney+ and below is a link for helpful information concerning Vaping.

[Youth Vaping – The Need-to-Know on This Rising Trend - Ineqe Safeguarding Group](#)

**Attendance:**

08.12.2023	Whole School	Year 7	Year 8	Year 9	Year 10	Year 11
Cumulative	92.05%	95.36%	90.99%	92.23%	90.04%	91.82%
Weekly	91.42%	94.91%	90.74%	93.24%	89.12%	89.30%

**Christmas Concert:**



**Tuesday 12th December**  
**7pm**



OLD BUCKENHAM  
HIGH SCHOOL

# OBHS Christmas

*Concert*

MUSIC | POETRY | DRAMA | READINGS

Tickets available through  
WisePay or Card payments  
on the door

Adults £3  
Students £1.50  
Under 11s Free

**Lost Property:**

Lost property can be collected from Student Reception.



### **Career of the week Apprenticeships at Aldi:**

Aldi has several roles that your students can apply for right now in roles such as store management, logistics and driving!

If you are currently looking for apprenticeship roles to apply for or are just doing some general research to begin your journey, then Aldi is a really great employer to look at.

Take a look at what one of Aldi's own employee has said.

*"I wanted an Apprenticeship that could be made into a career and Aldi offered real responsibility and the chance to be mentored by industry-leading managers. I have been in various roles since I completed my Logistics Apprenticeship, from Warehouse Section Leader to my current role as a Project Section Leader, which has given me the opportunity to travel to Germany!" - Lee, Project Section Leader*

As an Aldi Apprentice, students are trusted to make real decisions that help deliver the best experience for Aldi's customers, and with opportunities in Stores, Logistics, Driving and National Buying, there's more than one way to succeed.



**Everyday  
Amazing.**

[Aldi profile | Springpod opportunities](#)

We're not like other retailers. If you have the drive, commitment and grab-life-by-the-trolley- handles attitude, every day can be amazing here.

[opportunities.springpod.com](https://opportunities.springpod.com)

oldbuckenhamplayers.co.uk

OLD BUCKENHAM PLAYERS

*novelty*

# PANTOSTEIN

## A SCARILY SILLY PHANTOMIME

by TLC Creative

produced by arrangement with Lazy Bee Scripts



**18th - 20th  
January 2024**

Thursday - Saturday  
nightly at 7.30pm  
and a 2.30pm Saturday matinee

at Old Buckenham Village Hall

**SPOOKY DRESS TO IMPRESS ENCOURAGED!**

**TICKETS £10 ADULTS - £5 UNDER 14\$**

[TicketSource.co.uk/oldbuckenhamplayers](https://www.ticketsource.co.uk/oldbuckenhamplayers)



## Childhood Neurodiversity PST Workshop Programme

### Parent/Carer Workshops January - May 2024

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops for parents and carers will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

#### **Childhood Neurodiversity: Supporting Language and Communication**

This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

**Tuesday 9<sup>th</sup> January 2024 – 13:00** [Book Here](#)

#### **Childhood neurodiversity: Supporting Children with Planning, Organising and Remembering**

This workshop will explore cognitive difficulties in childhood such as planning, organising and remembering things. The workshop will consider how these difficulties can impact on day-to-day life and give advice on how parents/carers can support their children with cognitive difficulties.

**Wednesday 7<sup>th</sup> February 2023 – 13:00** [Book Here](#)

#### **Childhood Neurodiversity: Understanding and Supporting Sleep Difficulties**

Sleep difficulties can have a huge impact on a child's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children, and how parents/carers can support their children with sleep.

**Wednesday 6<sup>th</sup> March 2023 – 13:00** [Book Here](#)

#### **Childhood Neurodiversity: Supporting Social Relationships**

This workshop will discuss social relationship difficulties for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships.

**Tuesday 2<sup>nd</sup> April – 13:00** [Book Here](#)

#### **Childhood Neurodiversity: The Benefits and Problems with Using Technology**

This workshop will discuss the potential benefits and risks to neurodivergent children using technology such as apps and social media. It will explore how families can use technology to support their neurodivergent child.

**Monday 6<sup>th</sup> May – 13:00** [Book Here](#)

**Scan the QR code to find out more and book a place on a workshop or visit [nsft.uk/workshops](https://nsft.uk/workshops).**



## Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2024



These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. The workshops are 60 minutes long.

Scan the QR code to find out more and book a place on a workshop or visit [nsft.uk/workshops](https://nsft.uk/workshops).



### Supporting our Young People with Low Mood

All our young people have days when they feel low, this is perfectly normal. Sometimes this low mood hangs around for a bit longer and starts to make it much more difficult for our young people to do the things that are important to them and have the kind of relationships they want to have with others. For us as parents it can be hard to spot these difficulties especially among all the other changes that are happening in adolescence.

**Tuesday 23<sup>rd</sup> January 13:00 PM - [BOOK HERE](#)**

### Supporting our Young People with Anxiety

This workshop helps parents to better understand anxiety. It covers what is anxiety, why anxiety, how it effects the brain, how it affects the body, how it impacts on what we do and don't do and how parents can support their children/adolescents who might be struggling with anxiety.

**Tuesday 23<sup>rd</sup> January 18:00 PM - [BOOK HERE](#)**

## Supporting Young People's Mental Health Parent/Carer Workshops Spring Term 2024

### Supporting your Child to Manage Anxiety and Big Feelings

As our children grow, they experience many changes in themselves and the world around them. During this time, our children feel a variety of feelings such as anxiety, which they do not know how to manage. We break down what leads our children to have these feelings and ways in which we can support them to manage if they become overwhelmed.

**Tuesday 27<sup>th</sup> February 13:00 PM - [BOOK HERE](#)**

### Understanding the teenage brain: Supporting our teenagers with emotions

During adolescence the brain goes through some very big changes – these changes are positive and support our young people to make the transition into adulthood. However, these changes can be confusing and so understanding what is happening in the teenage brain is incredibly helpful. This session explores these brain changes and how they impact on all aspects of our adolescents' life, and covers mood, behaviour, risk taking and relationships. We will also explore what we can do to strengthen our relationships with our young people and support them through this period of development.

**Tuesday 27<sup>th</sup> February 18:00 PM - [BOOK HERE](#)**

### Supporting our Young People with OCD

This session covers: what OCD is, how it effects and impacts young people, how parents can support their children/adolescents who might be struggling with OCD, and what further support is available.

**Tuesday 26<sup>th</sup> March 13:00 PM - [BOOK HERE](#)**

### Tools for Managing Uncertainty and Building Resilience in Young People

Life is always unpredictable, but over the last few years we have been living with a much higher degree of uncertainty than is usual. This workshop introduces strategies that parents/carers can support their young people to use to help them cope better with uncertainty now and in the years to come. Being able to adapt in situations by learning to tolerate emotions and cope with change reduces stress levels and is a great skill for life.

**Tuesday 26<sup>th</sup> March 18:00 PM - [BOOK HERE](#)**

Scan the QR code to find out more and book a place on a workshop or visit [nsft.uk/workshops](https://nsft.uk/workshops)



**Working together for better mental health**



# What Parents & Carers Need to Know about DISNEY+

The Walt Disney Company's streaming service, Disney+ combines entertainment from the famous animation studio itself with Pixar, Star and National Geographic, plus the Marvel and Star Wars franchises. With access to the latest releases, Disney classics and original series, there's plenty of content to explore. While parents may have noted that adverts have now been introduced on some versions of the service, the platform is – unsurprisingly for a Disney product – designed to be appropriate for the whole family.

## WHAT ARE THE RISKS?

### LESS SUITABLE CONTENT

While Disney+ is predominantly family friendly, there are some movies and shows in its library which are aimed at an older audience: these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings', below) or specifying a content age rating for your child's profile.

### BINGE WATCHING

With the option to view content on any internet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

### PHISHING EMAILS

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.

### ENCROACHING ADVERTS

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 6+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

### ACCESSING ADULTS' PROFILES

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a toggle titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough – so using a PIN for adult profiles is recommended.

## Advice for Parents & Carers

### ADJUST CONTENT SETTINGS

When setting up an account, there's an option to create profiles in what's called Junior Mode. This generally covers material that's suitable for children up to age 6 and is therefore fairly limited. You can give older children a wider choice of viewing by building a standard profile, then going into the settings and choosing a content rating from one of the pre-set alternatives: 6+, 9+, 12+ or 14+.

### TURN OFF AUTO-PLAY

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

### ADD PIN PROTECTION

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

### ENJOY AS A FAMILY

When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

## 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: [https://help.disneyplus.com/csp?id=csp\\_article\\_content&sys\\_kb\\_id=ff68cdd3dbefc49860f3aacb13961970](https://help.disneyplus.com/csp?id=csp_article_content&sys_kb_id=ff68cdd3dbefc49860f3aacb13961970) | [https://help.disneyplus.com/csp?id=csp\\_article\\_content&sys\\_kb\\_id=f53ebafdbd441d03a1feb2ed3961936](https://help.disneyplus.com/csp?id=csp_article_content&sys_kb_id=f53ebafdbd441d03a1feb2ed3961936) | [https://help.disneyplus.com/csp?id=csp\\_article\\_content&sys\\_kb\\_id=9582efcbablaac50055ceadac13961917](https://help.disneyplus.com/csp?id=csp_article_content&sys_kb_id=9582efcbablaac50055ceadac13961917) | <https://help.disneyplus.com/en-GB/article/disneyplus-en-us-scam-prevention#:~:text=Be%20wary%20of%20sites%20that,as%20password%20or%20billing%20details>