



Old Buckenham High School

STUDENT Bulletin

Week Beginning 18th September 2023

	Mon 18 th Sept	Tues 19 th Sept	Weds 20 th Sept	Thurs 21 st Sept	Fri 22 nd Sept
Assembly	Year 11	Year 7	Year 8	Year 9	
Events			Open Evening For Year 5 and 6 Students		

Attendance:

New school year, new routines. Every day at school adds up so start the year right. For advice and support with school attendance, speak to a member of staff or visit: www.justonenorfolk.nhs.uk/attendance.

Illness:

Helpful information is available from the NHS if you have any concerns regarding your child’s health and whether you should send them to school [Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk).

Online Safety:

Please find attached information regarding setting boundaries around gaming.

Star of the Week:

- Year 7 Martim B 7Y – For showing kindness and compassion to a fellow student.
- Year 8 Tallulah B 8R – For being a responsible member of the school community.
- Year 9 Liv C 9G – For showing kindness and compassion to a fellow student.
- Year 10 Dora S 10R – For the most positive points in Year 10.
- Year 11 Gracie N 11B – For collaboration.

PE Clubs:



- Mondays will be the designated day for the year 7 and 8 Football teams and Wednesdays for the Year 9/10 and 11 teams.
- The clubs running at Lunchtimes are replacing the after-school clubs, enabling more pupils to access the clubs.
- Only pupils who attend the lunchtime clubs will be selected for representing the School in fixtures which are still happening after school like last year.
- Pupils are required to change into their PE kits at lunchtime and if their uniform is correct, they can stay in there PE kits for Period Three.
- Any questions please speak to Mr Scott or Mr Taylor

Allotment Club 19th September:

If any student is interested in joining the Allotment Club or would like to know more about it, they are welcome to just come along.

Baking and Chef Clubs:

The food clubs are almost at capacity now, if you would like to save your space please email Mrs Fuller. If you don't get in this term you can be on the waiting list for the Spring term.

Chef Club Around the world cooking!	Baking Club Sweet treats!
<p>18th September</p> <p>Baby spring rolls.</p> <p>Mrs Fuller will supply the filo pastry. Please bring with you ingredients you'd like to put into your spring rolls, this session will focus on fancy knife skills (julienne and brunoise) and using filo. Whatever Asian inspired fillings you bring, please include a carrot. These are tiny, you won't need more than just a few pieces of veg or a few shreds of pre-cooked chicken)</p>	<p>25th September</p> <p>Marbled biscuits</p> <p>Mrs Fuller will supply the icing and colours, you just need to bring the biscuit ingredients!</p> <p>180g butter 180g sugar 1 egg 360g plain flour Any flavouring/cocoa powder you like!</p>
<p>2nd October</p> <p>Beginners pasta making</p> <p>Make pasta from scratch and use our rolling pasta machine to create tagliatelle (or other shapes!).</p> <p>200g plain or 00 flour 2 eggs</p> 	<p>9th October</p> <p>Scones!</p> <p>300g self raising flour 100g butter/margarine 120ml milk</p> <p>Choice of flavours: Cheese scones – bring cheese Fruit scones – bring your choice of dried fruit and 50g caster sugar</p> <p>Idea: research some different or mad flavours and have a go! Lemon and thyme? Cherry and chocolate!?</p>
<p>16th October</p> <p>Enrobed and tenderised chicken roulade (where we flatten a chicken breast, put a filling in it and roll it up like a Swiss roll, then wrap it up either in bacon or in bread crumbs)</p> <p>Ingredients: 1 chicken breast Either a slice of bread (for crumbs) or 2-3 rashers of bacon Something to fill the chicken with (your choice, this could be pesto, pizza toppings we will chop up small, cheese, vegetables etc.)</p>	<p>30th October</p> <p>Spooky Halloween Brownies (this one may take longer than an hour, I'll trial the recipe and let you know in advance)</p> 

Both clubs run until around 4:30ish where possible. However all washing up must be complete and all knives returned before anyone can leave for safety reasons. Students who receive FSM can have ingredients provided but please let me know in advance. Any questions or suggestions? Email me on j.fuller@obhs.org.uk

Music Appreciation Club:

This will start on Friday 22nd September in Room 23 during the lunchtime.

Each week will have a theme. The theme next week is 2023, so all songs must have been released in 2023.

Please email Youtube links to the songs to us by the end of Tuesday 19th September, so we can select from those chosen - s.cowan@obhs.org.uk or w.armstrong@obhs.org.uk

School Allotment – Old Buckenham Open Produce and Handicraft Show

Incredibly positive news from the Old Buckenham Handicraft and Produce Show held in the Village Hall at the weekend. The School Allotment Club was represented by local volunteers Hilary and David, we entered **15 classes** in the Vegetable and Fruit Section, and achieved **6 Gold, 6 Silver, and 2 Bronze awards!**

We were also awarded this year's **trophy for overall best** in the Vegetable and Fruit Section, together with a "**Certificate of Excellence**" award for outstanding excellence in Vegetables and Fruit, plus a gift "Crazy plant Lady" garden planner and logbook, which we can use at the allotment for the next growing season.

A display of the award-winning produce and prizes will be available for students to view, under the "Sail-Shelter" at this Tuesday's Allotment Club.



F.O.B.H.S NEWS



We hope everyone has had a smooth transition into the new school year. It marks a fresh start for the Friends too, with new members and a new logo! We are enthusiastic for the creative fundraising ideas we have planned in the year ahead.

We are encouraged to hear that students participating in lunchtime Clubs are enjoying them. We are proud that money raised by the Friends members helped to give students these opportunities.

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

Lost Property:

		
<p>Locker key – no. 309</p>	<p>Found on the playground</p>	<p>Uncollected since last term</p>
		
<p>Found on the <u>playground</u></p>	<p>Found near English rooms</p>	

Thompson Village Run:

The village of Thompson will be holding a charity run on the morning of Sunday 17th September.

There are two courses: the 10k course is open to anyone aged 15 or over; the 5k run is for anyone over 11 years old.

There is a special entry fee of £5 for school age children, which covers the cost in registering runners and purchasing medals.

For parents, there will be tea/coffee/cakes available in the village hall.

Registration opens at 9.30am on the day with the 10k run starting at 11am and the 5k at 11.15am.

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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What is an electrical and mechanical vehicle maintenance mechanic?

Mechanics service and repair vehicles. Your tasks will vary depending on your employer, the type of vehicles you work on and your exact role. You may specialise in, for example, light vehicles (cars and vans) or heavy vehicles, such as buses and lorries. The work can involve general servicing and maintenance, as well as diagnosing and repairing faults. Some mechanics work on various aspects of the vehicle whereas others focus on the mechanics (e.g. brakes, suspension and engine) or the electrics (circuits, wiring and bulbs). These days mechanics may learn how to work on petrol, diesel, hybrid, electric and even hydrogen vehicles. You would need to understand how each type of vehicle operates. Those who work on heavy vehicles are more likely to try to repair rather than replace parts.

Can this role have green impact?

Yes. Mechanics are increasingly needed to maintain low-emission vehicles. Diesel vehicles (in particular) are being replaced by electric and even hydrogen vehicles. Mechanics can also be involved in retrofitting, e.g. fitting new exhaust systems to diesel vehicles to reduce the amount of pollution they produce.

GREEN IMPACT



Medium

Skills and responsibilities

As a **mechanic** you'll need to show:

- creative problem-solving skills
- teamworking skills
- the ability to work independently
- basic mathematical understanding
- the ability to use various tools and equipment
- digital skills
- understanding of technical drawings
- speaking and listening skills



Qualifications required

You usually need a few GCSEs/ Nationals to start training.



Vocational training: a full-time course in vehicle maintenance and repair (or similar title).

Or

Apprenticeship: this is a paid job that combines hands-on work experience alongside off-the-job training to gain relevant qualifications.

Salary

Apprentice:
from £10,000 to start
Qualified:
£25,000-£30,000 to start
Experienced:
£42,000+

Other names for this role:

Vehicle mechanic, vehicle technician, motor mechanic, service technician

Are vehicle maintenance mechanics in demand?

Yes. Well-qualified vehicle mechanics are always in demand. With investment in electric and hydrogen vehicle technologies, and Government targets to reduce carbon emissions (including to phase out the sale of new petrol and diesel cars and vans by 2030), the demand for mechanics who can work on low-emission vehicles is set to increase.

Job role: Electrical and mechanical vehicle maintenance mechanic

Josh's story:



My role

I work for First Bus in Aberdeen. Based in a workshop, I work in a team on heavy vehicle maintenance (HVM). We service buses to make sure that they are safe, and diagnose and solve mechanical and electrical problems – from assessing brakes to checking circuits.

Apprentice mechanic

How I got to where I am

I left school at the age of 16. My favourite subject was woodwork. At college I studied light vehicle maintenance for a year but then secured an apprenticeship with First Bus to learn HVM. I'm in the final year of my four-year apprenticeship.

Best thing about my job

Every day is different. The more I learn, the more I'm trusted to come up with new ways to solve problems, such as improving coolant usage. Some of my solutions have been applied across our fleet, so that's really satisfying. I enjoy the challenge and want to advance my career working on low-emission vehicles – at First Bus we have the world's first fleet of hydrogen double-decker buses!

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

Meet Our Expert

Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.