



# Old Buckenham High School

## STUDENT Bulletin

Week Beginning 24<sup>th</sup> April 2023

	Mon 24 <sup>th</sup> Apr	Tues 25 <sup>th</sup> Apr	Weds 26 <sup>th</sup> Apr	Thurs 27 <sup>th</sup> Apr	Fri 28 <sup>th</sup> Apr
Assembly			Year 8	Year 9	
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  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  Environment Council Meeting Lunch 1  <b>New</b> Rev Walsh Room 7 No appointment necessary	Ukulele Club Music Room 12.40-1.40	Prefect Clubs: 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	<b>New</b> All Years Rounders 3.15-4.15  <b>New</b> All Years Tennis 3.15-4.15	<b>New</b> All Years Athletics 3.15-4.15  <b>New</b> All Years Cricket 3.15-4.15			<b>New</b> Year 10 and 11 Clay Club 3.30-4.45 (see Mrs Allen to sign up)
Events		Y10 Revision and Support Evening 5.00-6.00			

### Field Open:

Now that the weather is better the field has been opened up for use during social times. Please note that students are only allowed up to the mobiles on the field and no further. At lunchtimes, the hardcourts area is now closed to students.

### Uniform:

The following uniform items are compulsory and must be worn at all times: blazer, white shirt, school tie. If a student chooses to wear a jumper or a coat they are to be worn in addition to the blazer. A student might choose to wear a black jumper underneath their blazer, or a coat on top of their blazer if they are cold. If they become too warm, the additional item(s) are removed – not the blazer.

Students are permitted to not wear their blazer on the field, and wear just their shirt, or shirt and jumper. If a student is choosing to wear their coat anywhere around the school site, including the field, this must be worn over their blazer.

Any student seen wearing a coat or jumper without a blazer will be asked to put their blazer on, and placed into break detention immediately. If a student is defiant when asked to put their blazer on (either they question, argue or refuse), they will be placed into a Friday after-school detention.

### **New Year 10 and 11 Clay Club:**

Friday 28<sup>th</sup> April, we are starting a clay club for the year 10s and 11s. If any students are interested, they need to speak to Mrs Allen to sign up as there are limited places. The session will run from 3:30-4:45

### **New Summer Term 2023 Extra Curricular Sports Clubs:**

	After School 3.15 – 4.15
Monday	All Years Rounders All Years Tennis
Tuesday	All Years Athletics All Years Cricket

### **Emergency Alerts System:**

The government is rolling out a new Emergency Alerts system. A test alert will be sent on Sunday 23 April 2023. The alerts will be used to let you know about emergency situations (like severe flooding) through your mobile phone or tablet. However, the alert will be accompanied by a loud 10-second sound even if your device is on silent. Your mobile phone or tablet does not have to be connected to mobile data or Wi-Fi to get alerts.

If you have a secret mobile phone hidden from an abusive partner, follow the instructions provided in a new video from the specialist domestic abuse organisation Refuge. The video explains how the siren can be disabled by switching off these emergency alerts in your settings app, both on Android and Apple devices.

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

- Y7 Caitlyn G 7Y – For always being so polite around the school and for making a great start to the summer term.
- Y8 Emily D 8Y – For showing kindness and being helpful to others as well as a consistent brilliant attitude towards her work.
- Y9 Alex H 9B – For an exceptional Maths assessment.
- Y10 Khyra V 10R – Well done on a positive start to the term!
- Y11 Amber M 11B – For their ongoing positive attitude across the school.

### **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
<b>Cumulative</b>	90.82%	92.36%	91.25%	90.00%	91.11%	88.72%
<b>Weekly</b>	91.56%	93.37%	89.55%	89.33%	93.47%	91.38%

## Careers from Health and social care



## Chiropractor

### How do I get into it?

You'll usually need:

- 5 GCSE'S including English, maths and Science
- 2 to 3 A levels, or equivalent, for a degree

You'll need to complete a 4-year degree or postgraduate master's course recognised by the [General Chiropractic Council](#).

This involves 3 years of full-time study and 1 year working under supervision.

You may be able to take an Access to Science course if you do not have the degree entry requirements

### What does this job entail?

- use your hands to treat disorders of bones, muscles and joints
- manipulate the spine
- treat neck, back and shoulder pain
- treat sciatica and leg problems
- help clients with sports injuries, poor posture and joint and muscle pain
- make sure your client's condition is suitable for treatment
- discuss their symptoms and health problems in detail
- carry out examinations, sometimes using x-rays or blood tests
- design a programme of treatment for each individual client
- give advice on lifestyle, diet and exercise to support recovery

### Salary:



**Online Safety Newsletter:**



**How we've worked with primary schools this term...**

**Crucial Crew:** We attended the Breckland area Crucial Crew and spoke to 715 year 6 pupils about staying safe online. 92% of these pupils said they had a mobile phone or device that can connect to the internet. Online gaming was the most popular activity for these young people, with 82% saying that they enjoyed doing this.

**Say No. Don't Go:** We are continuing to enjoy delivering our "Say No. Don't Go" presentation about the risks of County Lines with year 6 students as part of our Safer Schools pilot. This has been so successful, and there has been so much demand for a presentation like this for primary school-aged children, that we have extended the offer to some other primary schools and local Beat Managers have used this resource in schools in their areas.



**How we've worked with secondary schools this term...**

**Key Messages:** Our Key Message presentations continue to be popular in secondary schools. Our Safer Schools Support Workers have got stuck in delivering these across the county. The stats for the Spring Term look like this:

- Year 7 Internet Safety – 3063 young people reached.
- Year 8 – County Lines and Knife Crime – 3994 young people reached.
- Year 9 – Grooming and Child Sexual Exploitation – 2426 young people reached.
- Year 10 – Abuse in Relationships – 3330 young people reached.

**Decision-Making Programme** – We have been piloting a Decision-Making Programme this term which aims to support young people to make positive choices about their behaviour. We've really enjoyed working with these small groups of young people this term!

**Virtual Work Experience:** We are looking forward to running our Virtual Work Experience programme during the weeks 10<sup>th</sup> to 14<sup>th</sup> July 2023 and 17<sup>th</sup> to 21<sup>st</sup> July 2023. For students in year 12 who have applied for this, watch this space!

# Safer Schools Newsletter

## Spring Term 2023

Hi everyone! Here's an update on what we've been up to in the Safer Schools and Youth Engagement Teams this Spring Term 2023.

If you have any comments or questions about the newsletter, please email [sspteam@norfolk.pnn.police.uk](mailto:sspteam@norfolk.pnn.police.uk)  
Norfolk Constabulary Safer Schools Team



*Remember, safeguarding young people is everyone's responsibility #SaferSchools*

**Norfolk Police**  
Non-emergency 101 / Emergency 999

### Other Useful Information

**Online Safety.**

Some of the biggest problems our Safer Schools Police Officers face in schools are centred around young people's internet use. From sharing inappropriate content, for example nude images, to accessing harmful content, such as dangerous "trends" on social media, we have seen it all. In fact, a quarter of all incidents dealt with by our Officers in schools, between September 2022 and January 2023, involved the internet and 100% of grooming incidents occurred online.

We delivered an online safety webinar for parents and carers on 9<sup>th</sup> February 2023 (Safer Internet Day). If you were unable to join the webinar and would like more information about keeping young people safe online, we have uploaded the video to YouTube. Please find it [here](#).

Further information about online safety can be found on the National Online Safety website [here](#). You can also download their app for even quicker access to information about a range of apps and games and issues to be aware of if you allow your child to use these.

For information about setting up parental controls for your children online, go to the NSPCC website [here](#).

As young people's use of the internet is increasing, so too are mental health issues. If you know a young person who is suffering, encourage them to go to [www.kooth.com](http://www.kooth.com) (for 11 – 25-year-olds), where they will find resources and online forums and can receive support from mental health professionals. There is also a service for people aged 18+. Go to [www.qwell.io](http://www.qwell.io) for this.

**STAY UP TO DATE WITH  
NORFOLK SAFER SCHOOLS**



**Safer Schools Twitter**  
[@SaferSchoolsNfk](#)



**National Police Instagram**  
[yourpolice.uk](#)



**Norfolk Constabulary Facebook**



**NORFOLK  
CONSTABULARY**



Sprint Speed Camp:

**BREAKINGRECORDS FITNESS PRESENTS**



**SPRINT**  
**★ SPEED CAMP ★**  
**WEDNESDAYS FROM 6:30-8:00PM**

**NORWICH**

**AT CITY ACADEMY NORWICH**

**LEARN HOW TO SPRINT FAST IN 6 WEEKS**

#BreakingRecords Fitness can now confirm they are hosting a Sprint Speed Camp for 6 Weeks\* to help you sprint faster whatever sport or position you participate in, this is available from 10 years old upwards including over 18 years of age (Youths and Adults)

The Sprint Speed Camp is for 6 weeks consecutive over Wednesdays from 24th May to 28th June at City Academy Norwich and has a limit of 15 people. \*Terms and Conditions Apply subject to minimum numbers needed to guarantee running this for 6 weeks.

Book Online today on [www.bookwhen.com/breakingrecords-fitness](http://www.bookwhen.com/breakingrecords-fitness)

**07305 823250**

**[WWW.BREAKINGRECORDSFITNESS.CO.UK](http://WWW.BREAKINGRECORDSFITNESS.CO.UK)**