

Bulletin

7th September 2026



STUDENT

Week B

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Community



	Mon 7 th Sept	Tues 8 th Sept	Weds 9 th Sept	Thurs 10 th Sept	Fri 11 th Sept
Assembly	Year 11		Year 7	Year 8 and 9	Year 10
Lunchtime Clubs	KS3 Art Club Room 4 UNO Club Room 26 Year 7 Football MUGA Allotment KS4 Maths Revision (Foundation) Room 6	LGBTQ+ Allies Room 6 Games Club Room 22 Year 8 and 9 Football MUGA	Choir (all years) Room 30 Year 10 and 11 Football MUGA KS4 Biology Revision Room 32 KS4 History Revision Room 11	DofE Drop in Room 6 Gaming Club Room 20 Netball (all years) MUGA Mindfulness Room 23 Year 11 German Revision Room 36 Year 11 English Revision Room 17 KS4 Art Revision Room 4	Girls Football (all years) MUGA KS4 Art Revision Room 4
After School Clubs		Year 11 PE PEP and Revision Room 18 Year 11 English Additional Lesson Room 17	Year 11 Geography Revision Week A Room 38 Week B Room 5 Year 11 French Revision Room 37 Year 11 Science Additional Lesson Room 21	Year 11 Maths Additional Lesson Room 7 Clay Club Room 27 4.30 finish	KS4 Coursework Catch-up All Subjects Room 20
Events					

The above Clubs and Revision Sessions will start the week commencing 14th September.

PE and Sports Studies Sweatshirts:

Optional GCSE PE and Core PE (all years) sweatshirts can be purchased on the following link:
[Old Buckenham High School - Education | 4Sports Group.](#)

Plea from Food Tech:

Once again, we are asking for any spare tubs for food tech, and a reminder that all students need to bring their own suitable container for practical lessons.

Revision Sessions:

Drive Home Y10 & Y11 Autumn Term



Monday

Compulsory for some students

Maths (Foundation) Y11, Lunchtimes Room 6

Tuesday

PE PEP & Revision Y11, Afterschool, Room 18

English Additional Lesson Y11, Afterschool, Room 17

Wednesday

Biology Y10 & Y11, Lunchtime, Room 32

History Y10 & Y11, Lunchtime, Room 11

French Y11, Afterschool, Room 37

Science Additional Lesson Y11, Afterschool, Room 21

Thursday

German Y11, Lunchtime, Room 36

English Y11, Lunchtime, Room 17

Art Y10 & Y11, Lunchtime, Room 4

Maths Additional Lesson Y11, Afterschool, Room 7

*Get Prom Points
for attending!*

Friday

Art Y10 & Y11, Lunchtime, Room 4

Coursework Catch-up Y10 & Y11 All Subjects,

Afterschool, Room 20

School Refusal Scripts

Supportive Phrases for Teachers & Parents

Calm, supportive words to reduce anxiety and help students return to learning.

Situation	Student Might Say	Try These Scripts	Why It Helps
 Refuses to get ready in the morning	"I don't want to go to school."	"I hear you. Mornings can feel really hard." "Let's focus on the next small step." "You don't have to solve the whole day right now."	 Validates distress and reduces overwhelm.
 Says they feel sick to avoid school	"My stomach hurts."	"Your body may be telling us you feel anxious." "Let's slow down and make a plan that helps you feel safe." "We'll check in again after the next step."	 Acknowledges anxiety without shaming the child.
 Feels anxious about separation	"I don't want to leave you."	"I love you, and I will come back." "You are safe, and the adults at school will help you." "Let's choose one comfort item or goodbye routine."	 Builds safety and predictability.
 Worries about friends or bullying	"No one likes me there."	"That sounds really painful." "We will work together to make school feel safer." "You deserve to feel respected and included."	 Shows empathy and promotes problem-solving.
 Feels overwhelmed by schoolwork or expectations	"It's too hard. I can't do it."	"We'll break it into smaller steps." "You do not have to do everything at once." "We can start with one manageable part."	 Reduces task overload and supports re-entry.
 Has had a stressful school experience	"Something bad will happen again."	"I'm sorry that happened." "We'll make a plan to help you feel safer today." "You have caring adults on your team."	 Supports trust and emotional safety.
 Shuts down or refuses to talk	"(Silence, crying, or turning away)"	"It's okay. You don't have to talk right now." "I'm here with you." "When you're ready, we can take the next step together."	 Reduces pressure and supports regulation.
 Gets upset at the school entrance	"I can't go in."	"This feels big right now, and we can go slowly." "Let's just focus on getting to the next safe spot." "We can do this one step at a time."	 Encourages gradual movement without force.

Helpful Reminders:

- 
- Validate feelings before problem-solving.
 - Keep routines predictable and communication gentle.
 - Celebrate small wins and brave steps.
 - Build trust, connection, and safety every day.
 - When needed, reduce demands and support regulation first.

Kids Norfolk:



Norfolk Parent Carer Service

Autumn Term Online Workshops

Tuesday 22nd September Demand Avoidance
10.30am - 12.30pm

Sunday 4th October Eating Challenges 2pm - 4pm

Wednesday 7th October Eating Challenges 11am - 1pm

Wednesday 14th October Sleep 10.30am - 12.30am

Sunday 25th October Demand Avoidance 2pm - 4pm

Sunday 8th November Behaviour 2pm - 4pm

Friday 20th November Behaviour 10.30am - 12.30pm

Sunday 22nd November Sleep 2pm - 4pm

Monday 23rd November Resilience 11am - 1pm

Sunday 29th November Resilience 2pm - 4pm

Scan here for booking form:



Join us online - just scan the code and choose your dates!

Email
sally.macgregor
@kids.org.uk
for more info



Kids Norfolk:

Kids


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 **Norfolk**
County Council

Old Buckenham

In Person Workshops
Tuesday 29th September
Introduction to Neurodiversity
Tuesday 6th October
Behaviour
Tuesday 13th October
Demand Avoidance (PDA)
Thursday 20th October
Parental Resilience
10.30am – 12.30pm

Old Buckenham Village Hall
Abbey Road
Old Buckenham
Norfolk
NR17 1PU

Email
sally.macgregor
@kids.org.uk for
more info



Scan here to book



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 **Norfolk**
County Council

Pickenham

In Person Workshops
Thursday 5th November
Introduction to Neurodiversity
Thursday 12th November
Behaviour
Thursday 19th November
Demand Avoidance (PDA)
Thursday 26th November
Parental Resilience
10.30am – 12.30pm

Pickenham Community Hub
South Pickenham Road
Swaffham
Norfolk
PE37 8DA

Email
sally.macgregor
@kids.org.uk for
more info



Scan here to book



Breckland Family Hubs:

What's on at the Breckland Best Start Family Hub in September 2026...

Find more information



www.norfolk.gov.uk/familyhubs

Mondays

Norfolk Community Law Service (NCLS) - 14-16:00 - Services include: Family law and court support, welfare benefits, debt and money advice, immigration advice, discrimination and employment. However, you are welcome to visit the website at anytime: www.ncls.co.uk

Triage appointments at Thetford Citizens Advice may also be available – please contact Citizens Advice directly.

Tuesdays

REDI - 1st 8th 15th 22nd Sept - 9-13:00 - Anna is able to support parents/carers who have relocated to England from another country and are struggling with barriers to accessing support for their children with SEN or social, emotional and mental health needs.

DWP - 1st 8th 22nd 29th Sept - 10-14:30 - Emma from Department of Work and Pensions will be available on Tuesdays 10am to 2.30pm and can support with:

- Benefit related queries
- Finance difficulties and debts
- Childcare funding
- Opportunities around training, qualifications or new skills

Wednesdays

Infant Feeding Drop-in - 9th and 23rd Sept - 10-11:30 - Infant feeding is all about how we nourish our little ones; from breast and bottle feeding to starting them on solids.

Under 5 Healthy Child Drop In - 9th and 23rd Sept - 09:30-11:30 - Healthy Child Under 5 Years – No appointment required to attend, you can just drop in and ask any questions about your baby or child's health development or growth.

SEND Café - 9th Sept - 13:15-14:30 - Free friendly drop-in service open to all SEND parents & carers.

Fridays

Friday 4th Sept – 2:00pm-4:00pm: Norfolk Community Law Service (NCLS) include: Family law and court support, welfare benefits, debt and money advice, immigration advice, discrimination and employment. However, you are welcome to visit the website at anytime: www.ncls.co.uk. Triage appointments at Thetford Citizens Advice may also be available – please contact Citizens Advice directly.

Up and coming events and activities

SEND café in Dereham Library will be open on Monday 7th September, 1.30pm to 2.30pm hosted by Family Action, Norfolk and Waveney Autism / ADHD Support Services.



Thetford SEND Parent & Carer Cafe @ Thetford Library, Wednesday 30th September 13:30 – 14:30 with Family Action, organized by Breckland Family Hubs.



Community and Partnership (C&P) team reserves the right to cancel event due to circumstances beyond C&P's control or not reasonably anticipated by C&P.

Breckland Family Hubs:



Breckland – September 2026 Engagements

Community Events - for Parents, Carers & Young People

The family hub team will be available at these community venues to answer your questions, share information on a wide range of activities, groups and organisation that can help you and your family

7th Sep Thetford Library 10:30 - 12:00

8th Sep Swaffham Library 10:30 - 11:30

9th Sep Watton Library 10:30 - 12:00

9th Sep SEND CAFE @ Family Hub 13:15 - 14:30

11th Sep Attleborough Library 14:00 - 15:30

14th Sep Thetford Library 10:30 - 12:00

14th Sep Thetford Family Hub 14:00 - 16:00

15th Sep Messy Mornings @ Cloverfield Church and Community Centre 10:30 - 12:00

21st Sep Thetford Library 10:30 - 12:00

21st Sep Thetford Family Hub 14:00 - 16:00

23rd Sep Watton Library 10:30 - 12:00

28th Sep Thetford Library 10:30 - 12:00

28th Sep Thetford Family Hub 14:00 - 16:00

29th Sep Swaffham Library 10:30 - 11:30

30th Sep Watton Library 10:30 - 12:00

30th Sep Thetford Library SEND Café Family Hubs/ Family Action/SENDIASS 13:30 - 14:30

You are also welcome to drop-in at the Family Hubs: Kingsway, Thetford ECFS base, Thetford, IP24 3DY or call

01362 654567

Monday – Friday 9am – 4pm



**BEST
START
IN LIFE**

Community and Partnership (C&P) team reserves the right to cancel event due to circumstances beyond C&P's control or not reasonably anticipated by C&P.

In the Community

Attendance:

Attendance Ladder



Respect



Star of the Week:

Each week we identify a pupil in each year to be our star of the week. This is a simple way for us to recognise our pupils who are really representing our Old Buckenham High School values and making us incredibly proud.

Year 7			Congratulations to all our students for a great start to the new school year. Individual Star of the Week will start next week.
Year 8			
Year 9			
Year 10			
Year 11			

Other notices:

Online Safety:

Please find attached the Online Safety Newsletter for September.