

Bulletin

14th September 2026



STUDENT

Week A

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Community



	Mon 14 th Sept	Tues 15 th Sept	Weds 16 th Sept	Thurs 17 th Sept	Fri 18 th Sept
Assembly	Year 11	Year 11	Year 8 and 9	Year 7	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 4.15 finish Year 11 English Additional Lesson Room 17 4.15 finish	Year 11 Geography Revision Week A Room 38 Week B Room 5 4.15 finish Year 11 French Revision Room 37 4.15 finish Year 11 Science Additional Lesson Room 21 4.15 finish	Year 11 Maths Additional Lesson Room 7 4.15 finish Clay Club Room 27 4.30 finish	KS4 Coursework Catch-up All Subjects Room 20 4.15 finish
Events			Year 9 Football Match v Diss (Home) Pick up TBC		

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.

Autumn Clubs:

CLUBS

Autumn 2026

Be part of our community



	<u>MONDAY</u>		<u>THURSDAY</u>
RM 4	KS3 ART CLUB	RM 6	DoFE DROP IN
RM 26	UNO CLUB	RM 20	GAMING CLUB
MUGA	Y7 FOOTBALL	MUGA	NETBALL (ALL YEARS)
Allotment	ALLOTMENT	RM 23	MINDFULNESS
	<u>TUESDAY</u>	RM 27	CLAY CLUB
RM 6	LGBTQ+ ALLIES		(AFTERSCHOOL)
RM 22	GAMES CLUB		
MUGA	Y8/9 FOOTBALL		
	<u>WEDNESDAY</u>	MUGA	<u>FRIDAY</u>
RM 30	CHOIR (ALL YEARS)		GIRLS FOOTBALL
MUGA	Y10/11 FOOTBALL		(ALL YEARS)

ATTENDANCE AT CLUBS HELPS TO EARN YOUR FOUNDATION AWARD



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

SEND:



**Making Sense of
SEND**

**In person, free, friendly information
and support about SEND for
families and professionals.**

**Saturday 3 October 2026,
11.30am-1.30pm at
Hellesdon Community Centre, NR6 5SB**

**Are you looking for support for your child
/young person with SEND and your family?**

- Listen to an expert-led talk
- A chance to give feedback and be heard by the Education Health Care Plan (EHCP) team or SEND advisor. Bookable on the day.
- Speak directly with more than 20 services and get personalised, face-to-face advice all in one place.

**No need
to book - please
just come along.
Find out
more:**



www.norfolk.gov.uk/msos

 **Norfolk**
County Council

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:

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- 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.

Year 11 Prom Show:

We would love to invite your Year 11 students to our Prima Donna Prom Fashion Show, taking place at Prima Donna Bridal in Norwich on Sunday 1st November at 11am.

The show will feature a fabulous catwalk of the latest prom dresses and styles, giving students plenty of inspiration for their 2027 prom.

☀ WE'RE ALSO LOOKING FOR A MODEL FROM YOUR SCHOOL!

We would love to select one Year 11 student from each participating school to take part in our fashion show and model one of our beautiful prom dresses on the catwalk.

As a thank you, every girl selected to model will receive 50% OFF her prom dress from Prima Donna Bridal.

Students interested in modelling can apply by emailing us with their name, school, height, dress size and social media details.

🎫 PROM SHOW TICKETS

Prom girls attend FREE, with parent/guardian tickets available to purchase. Guests will enjoy complimentary Nosecco on arrival, and we'll also have our LIVE RAFFLE – WIN YOUR PROM DRESS!

We look forward to welcoming students from across Norfolk and Suffolk for a fantastic morning of prom inspiration!



Ambition



ACCESS College – Open Events:

Our first Open Day of the year is on [Saturday 17th October 10am - 3pm](#). Students can now book onto this event via our website.

We will also run another Open Day on [Saturday 28th November, 10am - 3pm](#).

We offer the following courses at Level 3 and Level 2:

- Music
- Media
- Games
- Computing

This is a great opportunity to tour our facilities, from our professional recording studio to the industry-standard gaming computing labs. Visit the film and photography areas, where our students create and edit content, and the music technology suites, where they mix and master their own music.

Diss Sixth Form – Open Evening:



DISS HIGH SCHOOL

SIXTH FORM OPEN EVENING



Tuesday 22nd September



5.30 – 8.00pm



Walcot Road, Diss, Norfolk, IP22 4DH



T: 01379 642424



www.dishhigh.norfolk.sch.uk



office@dishhigh.norfolk.sch.uk



Visit the website for a virtual tour.

Ambition



Abbeygate Sixth Form – Open Events:



ABBEGATE
Sixth Form College



DISCOVER THE ABBEGATE ADVANTAGE

**START YOUR JOURNEY AT ONE OF
OUR OPEN DAYS**

Thurs 8 Oct 2026 5pm - 7.30pm
Sat 14 Nov 2026 9.30am - 12.30pm
Thurs 17 June 2027 5pm - 7.30pm

www.abbeygatesfc.ac.uk/news-dates/open-days

Ambition



Suffolk One – Open Events:



one
Sixth Form College



DISCOVER YOUR DREAM FUTURE AT ONE SIXTH FORM COLLEGE



**START YOUR JOURNEY AT ONE OF
OUR OPEN DAYS**

Sat 3 Oct 2026 9.30am - 12.30pm
Wed 4 Nov 2026 5pm - 7.30pm
Thurs 26 Nov 2026 5pm - 7.30pm
Weds 3 Feb 2027 5pm - 7.30pm



www.suffolkone.ac.uk/news-dates/open-days

Ambition



West Suffolk College – Open Events:



**EASTERN
EDUCATION
GROUP**



**WEST
SUFFOLK
COLLEGE**
SIXTH FORM



YOUR DREAM CAREER STARTS AT WEST SUFFOLK COLLEGE



**START YOUR JOURNEY AT ONE OF
OUR OPEN DAYS**

Weds 7 Oct 2026 5.30pm - 7.30pm
Sat 21 Nov 2026 9.30am - 12.30pm
Weds 10 Feb 2027 5.30pm - 7.30pm



www.wsc.ac.uk/about-the-college/open-events

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	Bluebell H	7B	Fantastic start to Year 7! Your teachers have been very impressed.
Year 8	Alex M	8Y	For a brilliant start to Year 8.
Year 9	Imogen G	9R	For a fantastic start to Year 9.
Year 10	Jessica K	10G	Well done on a brilliant start to Year 10.
Year 11	Tallulah P	11Y	Well done on a brilliant start to Year 11.

Other notices:

Attendance:

7.9.26	Whole School	Year 7	Year 8	Year 9	Year 10	Year 11
Cumulative	94.00%	99.09%	93.96%	91.50%	94.16%	91.56%
Weekly	94%	98.82%	94.87%	91.49%	95.29%	91.84%