



# Old Buckenham High School

## STUDENT Bulletin

Week Beginning 6<sup>th</sup> February 2023

**\*\*\* TICKETS FOR GREASE ARE NOW ON SALE \*\*\***

	MON 6 <sup>TH</sup> FEB	TUES 7 <sup>TH</sup> FEB	WEDS 8 <sup>TH</sup> FEB	THURS 9 <sup>TH</sup> FEB	FRI 10 <sup>TH</sup> FEB
<b>Assembly</b>		Year 7	Year 8	Year 9	Year 10/11
<b>Breaktime Clubs</b>	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
<b>Lunchtime Clubs</b>	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	Woodwind and Brass Ensemble Music Room 12-40-1.40	Ukulele Club Music Room 12.40-1.40  Rev Walsh Based in Canteen No appointment necessary	Prefect Clubs: Football – MUGA Chess – Library Table Tennis – Hall Basketball – Hall *Crochet – Room 18 *Book Club – Library (*Lunch 1 only)
<b>ILT Assembly/ Activity</b>	Y10: Apprenticeships	A Cup O’Tea – Introduction Y8, 10 ILT 1 Y7, 9, 11 ILT 2 Main Hall	Y7-9: Apprenticeships Y10: Diversity and Inclusion in the Workplace Y11: Keeping your data safe.	Children’s Mental Health Week Kooth Webinars – see further information below	Normal ILT Activities
<b>After School Clubs</b>	Grease Rehearsals 3.30-5.00  All Years Netball Club 3.15-4.15  Year 7 5-a-side Tournament @ FDC Bowthorpe Pick-up 3.45	Grease Rehearsal 3.30-5.00  Year 10 Football Club 3.15-4.15	Year 9 Football Fixture (away) v Archbishop Sancroft Pick-up 5.00		
<b>Events</b>			Flu Vaccinations  Year 11 GCSE PE Mock Moderation Day	Y7 Rugby Festival at Wymondham Rugby Club	

### Half Term

School closes on Friday 10<sup>th</sup> February and reopens on Monday 20<sup>th</sup> February.

### The Start and End of the School Day:

Please note that the school site is open, and staffed, between the hours of 8.30am and 4.00pm. Students should arrive to school on or after 8.30am and be collected by 4.00pm at the very latest. Any student who is remaining on site awaiting collection between 3.30 – 4.00pm must wait in Main Reception.

Staff are not permitted to assist a parent in getting their student out from their car at the start of the school day. There are members of the Senior Leadership Team on the school gate each morning from 8.30am who will happily direct any students to the Pastoral Support available once they are on site.

### **Online Safety:**

Please find attached the Online Safety Newsletter for February.

### **Children's Mental Health Week 6<sup>th</sup> – 12<sup>th</sup> February:**

In honour of Children's Mental Health Week, Kooth are delivering free 30 minute webinars on Thursday 9<sup>th</sup> February. In these sessions, young people will learn how Kooth can support their mental health, and how they can sign themselves up anonymously.

*"1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality*

*Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, we provide end to end support whatever the need."*

#### **Thursday 9<sup>th</sup> February**

All students will access the webinars in sessions with their ILT teacher. In order to accommodate this, as the sessions run at set times for the different year groups, the following timetable will run.

Any ILT session will take place in the timetabled room and with the timetabled teacher for that day.

It is important that Years 9, 10 and 11 take their lunch between 12.55 and 13.25 and are all in their ILT rooms ready for the Kooth session by 13.30 as the sessions are live.

<b>Time</b>	<b>Years 7 and 8</b>	<b>Years 9, 10, 11</b>
12.40 – 12.55	ILT	ILT
13.00 – 13.30	ILT – Kooth Session	Lunch (12.55 – 12.25)
13.30 – 14.00	Lunch	ILT – Kooth Session
14.00 – 15.15	Period 3	

### **Grease Rehearsals:**

**Monday** Act 2 scene 5 Inside the Burger Palace  
Cast needed – Danny, Sandy, Doody, Roger, Rizzo, Kenickie, Sonny, Marty, Frenchie, Jan, Patty

**Tuesday** Rock 'n' Roll Party Queen  
Cast needed – Roger and Doody

### **School Production of Grease:**

Tickets for Grease are now available to purchase via [www.ticketsource.co.uk/obhs](http://www.ticketsource.co.uk/obhs).

### **The performance Dates:**

Thursday 23<sup>rd</sup> March 7.30pm  
Friday 24<sup>th</sup> March 7.30pm  
Saturday 25<sup>th</sup> March 2.30pm and 7.30pm

### **Ticket Prices:**

Adult £8.00  
Student £4.00  
Under 11's Free  
Family Ticket\* £22.00

\*2 adults and 2 children over 11

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

- Y7 Jasmin K 7Y – For being so bright and positive around the school in every way.  
Y8 Courtney P 8G – For hard work and positive attitude in all lessons.  
Y9 Sophia R 9B – For an excellent parents' evening and a great attitude to learning.  
Y10 Lauren C 10G – Well done on your ongoing hard work in lessons.  
Y11 Sophie C 11R – Well done on your ongoing hard work in lessons.

### **Attendance:**

#### ***Updated Covid Guidelines:***

Pupils who have symptoms of COVID-19 should follow the current [UKHSA guidance](#).

#### ***Attendance Figures:***

	Whole School	Y7	Y8	Y9	Y10	Y11
Cumulative	90.53%	92.43%	91.30%	89.32%	90.84%	87.83%
Weekly	89.52%	93.17%	86.43%	89.60%	90.95%	87.43%

### **Vaccinations – Dates for your Diary:**

#### ***Flu Vaccination -3<sup>rd</sup> Visit Wednesday 8<sup>th</sup> February 2023***

Vaccination UK - part of the School Immunisation Service - have advised that they will be visiting the School on Wednesday 8<sup>th</sup> February 2023 to administer Flu Vaccinations (Nasal Spray) to those pupils who have not yet received it.

Letter has been sent as an attachment by T2P - it contains important information about how this will be done. There is a further opportunity for parents to complete a consent form - to either give or deny permission. Any pupils for whom this is not completed will be assessed under Gillick Competency, information is contained within the attachment, and may be able to consent to their own vaccination.

If you have queries regarding this, please contact Vaccination UK on 01603 559320. DO NOT CALL OR EMAIL THE SCHOOL as staff are unable to answer questions relating to Vaccinations.

#### ***Friday 24<sup>th</sup> February - DTP/MenACWY Vaccinations for Year 9 students***

T2P email sent 12<sup>th</sup> January with letter attached to click on the link "Immunisation Form" to say yes or no to accept or decline the vaccination, a response is required. Any queries please contact the Immunisation Team on 0300 555 5055. The electronic link will close at midday on Wednesday 22<sup>nd</sup> February.

### **Snow Closure:**

It's getting to the time of year again where we need to be prepared for closures in the event of bad weather. Following the growth in our community's engagement with online learning during the covid school closures, we will provide learning for our students in the event of a snow closure. Students will be emailed work to complete from their subject teachers on the day.

### **Help with Living Costs:**

Please find information regarding help available to support with the cost of living on our website: <https://www.obhs.co.uk/assets/Uploads/Help-with-living-costs-FINAL.pdf>

### **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.

## Careers from Art



## Graphics designer

### How do I get into it?

- Any design-based course at GCSE will give you a good grounding and knowledge of design, art history and printing techniques.
- It is important that you build up a strong portfolio of your work to show to potential employers.

Some roles don't require a degree, as job offers may be based on the standard of portfolio work.

- A pre-entry postgraduate qualification isn't needed, but pre-entry experience is essential

### What does this job entail?

- Graphic designers **create visual concepts, using computer software or by hand, to communicate ideas that inspire, inform, and captivate consumers.** They develop the overall layout and production design for applications such as advertisements, brochures, magazines, and report

### What will I earn?

- Starting salaries for junior graphic designers are in the region of £18,000 to £23,000. Once you've gained some experience, salaries can rise to £27,000.
- At a middle level, you can expect to earn £25,000 to £38,000.
- Salaries for senior graphic designers or creative leads range from £35,000 to £55,000. A creative director can make £60,000+



# Online Safety Newsletter February 2023

## How old is your child online?

Has your child (or you on their behalf) signed up to access social media/or a game online but have said that they are older than they are so they can have an account?

For example, did your 8 year old join TikTok and put their age as 13 or did you create their account and put your own age? If so, please read some of the implications outlined below that you should think about.

If TikTok thinks your child is 13 when they join but they are in fact 8, then by the time your child reaches 13, the app will think they are 18. This puts your child at risk of viewing content that is not age appropriate and may mean your child will view adverts aimed at adults.

In addition, now the app thinks your child is an adult, they will have access to all functionalities (whereas some apps place restrictions on access to under 18s for example to direct messaging).

The following news article from Ofcom explains this in further detail as well as providing tips to help keep your child safe online:

<https://www.ofcom.org.uk/news-centre/2022/risks-of-children-using-false-ages-on-social-media>

### Age ratings

Parent Zone provide some advice on age ratings and why they matter in this blog:

<https://parentzone.org.uk/article/age-ratings>

## PUBG (PlayerUnknown's Battlegrounds)

PUBG is available on multiple platforms and is **rated 16+ by PEGI**, therefore it is not suitable for persons below 16 years of age. PEGI state that this game has been rated PEGI 16 "due to frequent, moderate violence towards human characters and encouragement of drug use" (<https://pegi.info/>).



PUBG is an online multiplayer game, in which a group of players play against each other until they are the only remaining player. One hundred players are dropped on to an island and they need to search for items, such as backpacks, body armour and guns.

### What do I need to be aware of?

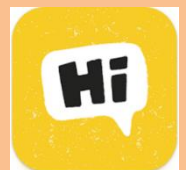
Parents need to be aware that this can be an addictive game, in game purchases are available and due to the live chat, inappropriate or offensive language may be heard/seen.

If your child is playing this game, then make sure they know how to use the reporting and blocking facilities within the game and they know to speak to a trusted adult should they need to.

### Further information

Bark provides further information on PUBG as well as how to apply settings: <https://www.bark.us/guides/gaming-pubg/>

## HiPal – Walkie Talkie



**HiPal – Walkie Talkie is a social media app and rated 12+ on the App store and for 'Teens' on Google Play.**

When first accessing HiPal, it asks you if you are under or over 12 years of age. The area available to under 12 year olds states that no stranger interaction can take place. Users with this account type invite friends by sharing a code/QR code. As with all messaging apps, there can be instances of cyberbullying, so it is important to monitor who your child is interacting with.

If a user selects that they are over 12 years of age, then there is the risk of communication from strangers. HiPal features a public square where you can message strangers as well as an explore tab where you can view people's images and videos from around the world. There is a risk of viewing content that is not suitable or inappropriate. There are reporting and blocking features within the app. You can find out more from Safer Schools NI here: <https://saferschoolsni.co.uk/hipal-walkie-talkie-and-wizz-social-apps/>

# ChatGPT

Have you heard of the AI chatbot, ChatGPT? It is an artificial intelligence system that is currently free to access via a web browser and essentially you can ask it any question and it will give you an answer.

## What are the concerns?

In terms of education, there is the potential that these chatbots, particularly as they develop further could be used by students in producing essays or answering homework questions. This would be a form of plagiarism, which would have serious consequences. ChatGPT are currently reviewing how to prevent their content being used in this manner.

# Instagram: new features

*You must be at least 13 years old to have an Instagram account.*

Instagram have introduced several new features, including 'Quiet mode,' how to hide content as well as additional tools to help your child.

## Quiet mode

This gives users the ability to put their account in quiet mode, so you do not receive notifications and if you receive a DM, the sender receives an auto reply. This mode will help provide less distraction whilst studying and at nighttime.

## Recommendations

You can now hide content in Explore that you do not wish to see/are not interested in. Instagram will use this information to avoid showing you that type of content in other areas where content is recommended as well.

## Hidden words

You can already hide comments and DMs containing specific words, but this feature has now been expanded to recommended posts. If you add a word, emoji or hashtag that you want to avoid to your hidden words (in privacy settings) then Instagram will try to no longer recommend content with those words in the caption/ hashtag.

## Updated Parental Supervision Tools

You can see your child's Instagram settings (if you have set up a supervised account), including their privacy and account settings and accounts your child has blocked. If your child updates a setting, then you will receive a notification to inform you.

## Find out more

You can read more about the new features here: <https://about.fb.com/news/2023/01/instagram-quiet-mode-manage-your-time-and-focus/>



## Sky Broadband Shield

Do you have Sky Broadband? Sky offer a set of free tools to all customers to help make the internet a safer place for your family, for example safe search. You can find out more about the settings available and how to set it up here:

<https://www.sky.com/help/articles/sky-broadband-shield-start>

## Spotify

There have been news reports claiming grooming has taken place on Spotify (source: <https://www.bbc.co.uk/news/uk-england-manchester-64262918>).

Spotify is a music streaming service. You should be over 18 years of age to agree to the terms, or if older than 13, obtain parent/guardian consent. There is a Spotify Kids version, but it is only available as part of a Premium (paid for) Family plan.

Spotify have produced this Parental Guide to assist you with further information but if your child does use Spotify then it may be beneficial to have a chat about what they are viewing. [https://www.spotify.com/privacy/files/Parental\\_Guide.pdf](https://www.spotify.com/privacy/files/Parental_Guide.pdf)

You can find out more about Grooming and who to contact here: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/grooming/>

## Your mental health on social media

Social media can sometimes make us feel anxious, sad or upset and affect our mental health. If you or your child need further advice or support, then one place to start could be Childline. Childline have an area on their website with advice including ways to feel good on social media, coping mechanisms, how to get support when you are being bullied online and how to access further help. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/feeling-good-on-social-media/>