

Week B

Old Buckenham High School

STUDENT Bulletin

Week Beginning 15th November 2021

Be the best we can be

| | MON 15 TH NOV | TUES 16 TH NOV | WED 17 TH NOV | THUR 18 TH NOV | FRI 19 TH NOV |
|-------------------------|---|--|--|---|--|
| Assembly | | | | | |
| 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 | | | Y7 & 8 Homework Club Room 10 | LGBTQIA+ Room 7 ILT 2 | Y7 & 8 Creative Writing Club Room 9 Students welcome to bring their lunch |
| Year 11 Mocks Timetable | English Language 1h 45m <i>Break</i> French Listening (Higher) 45m French Listening (Foundation) 35m <i>Lunch</i> Geography 1h 15m | Biology 1h 45m Combined Science 1h 15m <i>Break</i> History 1h <i>Lunch</i> Statistics 1h 30m | Mathematics (non-calc) 1h 30m <i>Break</i> French Reading 1h <i>Lunch</i> French Writing 1h 15m Sports Studies 1h Health & Social Care 30m | English Literature Paper 1M An Inspector Calls 50m Paper 2B (Pt 1&2) Unseen Poetry 50m <i>Lunch</i> German Writing 1h 15m | Mathematics (calc) 1h 30m <i>Break</i> German Listening Foundation 35m German Listening Higher 45m <i>Lunch</i> Enterprise & Marketing 1h 30m GCSE PE 1h 30m |
| After School Clubs | Allotment Club All Years & DofE Volunteers 3.15-4.15 Year 7 & 8 Football 3.15-4.15 <i>Y9,10 & 11 Netball Now Thursdays</i> Back to the 80s Rehearsal 3.30-5.00 | All Years Hockey 3.15-4.15 Back to the 80s Rehearsal 3.30-5.00 | | Year 9, 10 & 11 Football All Years Netball 3.15-4.15 All Years Running for Well-Being 3.15-4.15 | |
| Events | Year 11 Mocks | Year 11 Mocks Careers Interviews | Year 11 Mocks | Year 11 Mocks | Year 11 Mocks Children in Need |



OBHS STUDENT WELLBEING Resource

Headspace App

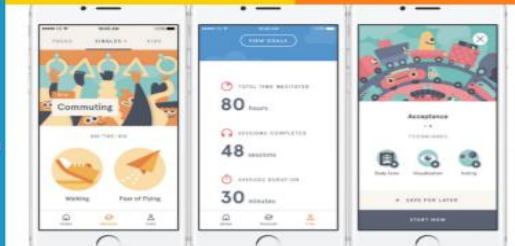
Time and time again, meditation and **mindfulness at work** have been proven to help adults excel in their professional lives. In a school setting, meditation can have a measurable, positive impact.

One of the most important ways meditation is able to help young people excel in the classroom is by **improving their working memory capacity**, one of the brain's key executive functions for cognitive development — and a particularly important one when it comes to developing core academic skills such as literacy and mathematics.

It has also **been shown to** help young people develop an awareness of their own learning or thinking processes, something that's referred to as metacognition. This is a skill that can essentially help them become better students as they gain more awareness around what learning strategies work best for them.

www.headspace.com/meditation/kids

 headspace



The science says that after 10 days of using the app you can:
Feel less stressed
Have a more positive outlook
Find yourself more satisfied with life

Children in Need Friday 19th November

On Friday the 19th November, we will be raising money for Children in Need. Students will have been organising their fundraising stall with their form tutors. These will be located in their social space during lunchtime. Stalls will be accepting cash on this occasion. As a reward for all forms participating in the fundraising stalls, students will be allowed to wear trainer to school on Friday. We will confirm via text message on Thursday 18th November.

Period Products:

In line with the following scheme: [Free period products for all schools and colleges - GOV.UK \(www.gov.uk\)](https://www.gov.uk) the school has period products available to any student who needs them. In response to student voice, we trialled placing these in the Girls' and Gender Neutral toilets around the school site. Unfortunately, students have misused the products. As a result, the products will be available for all students to access from Student Reception and the Medical Room.

COVID-19 Vaccination Catch-up 2nd December

The School Aged Immunisation Service will be school to vaccinate those students aged 12-15 only, who were not seen at the first visit. The only way for your child to receive the vaccination is for you to sign up on the online consent form, which was emailed to parents/carers on 11th November. **The electronic link will close at midday on 01/12/21.** If you have any queries, please contact Immunisation Service on 0300 555 5055.

Message for DofE students in year 9 and 10 (L. Washington):

Please make sure you have logged into your eDofE account and uploaded all your activity choices by **Friday 19th November**. The letter sent home just before October half term shows you how to do this and you have been emailed your log in details.

If you have any problems or questions, please direct them to see Miss Washington next Tuesday or Wednesday lunchtime in room 26.

Christmas Lunch Wednesday 8th December

Due to Covid restrictions we will have a limited Christmas lunch on offer which will comprise of a turkey roll, chips and chocolate log. Form tutors will be requesting names of students who would like a Christmas lunch box.

Environment Council (Mrs S. Allen):

We would love to start up the Environment Council again, I know that there are many students who were members and leaders of the group when it ran previously. We would like to look at ways of reinstating the group, but first would like to establish whether there is enough interest from students. If you were a member/leader or would like to join the Environment Council-please email or speak to Mrs Allen.

Y10 and 11 Wet Lunch:

We will open the Astro and the Gym for Y10 and 11 students on days where the field is too wet and muddy to use during social times. Students wishing to play football on the Astro or basketball in the gym will need to bring a pair of trainers (or Astro boots for football) to change into for lunch.

Lost property

Black boot bag with black trainers


Uniform Policy Update

In response to the parent survey recently conducted, we will be amending our uniform policy to allow students to wear plain, black leather ankle boots. The boots must have either 1 zip or elastic on either side (in the style of a Chelsea boot), have a slim, low profile sole, be flat (no heel) and made of plain, black, polishable leather (not patent, and with no further embellishments such as zips, buckles or studs). We have included pictures of the two styles of boots which are acceptable.




Star of the Week

- Y7 Ellie-Mae W 7P – For excellent work in Science and going over and above what is asked of her.
- Y8 Kennedy L 8R – For consistently excellent oral contributions in ILT.
- Y9 Lewis S 9B – Consistently presented the Quiz of the Week in 9B and is helpful and outstanding in Form debates.
- Y10 Toby E 10Y – For excellent effort and participation in lessons this week
- Y11 Ewan B 11Y – For organising the Year 11 inter-house football and netball this week.



OBHS Xmas Habits



We would like parents and staff to donate any unwanted items towards an Xmas exchange shop

Students can exchange their Habit cards for the selection of gifts available.

Each gift will be priced at between 5-10 habits cards: they use these could treat themselves or someone else this Christmas.

If you have any items that you think would be suitable as part of this exchange initiative, please can you pass to students to drop in at Reception or Student Reception.

Students can still use their Habits in our usual Habits shop in Student Reception if they would prefer.

The Habits Xmas exchange will be open in December

Accelerated Reader

KS3 students should quiz on their reading books within two days of finishing. To do this, go to: <https://ukhosted90.renlearn.co.uk/6699020/> Click 'I am a student'. Log in.

Your username is usually the first letter of your first name, followed by the first 4 letters of your surname. Eg. Joe Bloggs is JBLOG Your password is abc. If you have any problems, please email or speak to your English teacher.

Food Tech

Food Tech are looking for donations of (empty) plastic or metal biscuits/sweet tins for the pupils who have cooked in Food Tech.

Attendance

Y7 94.01%

Y8 90.52%

Y9 92.48%

Y10 87.42%

Y11 89.72%

Whole School 90.98%

Wisepay

Please could parents / carers remember to top up their child's Wisepay account to enable them to purchase their lunch. If you purchase any items on Wisepay i.e. ties, badges or stationery, students will need to collect these from Student Reception once the payment has been received. Revision guides that are purchased need to be collected by the student from their subject teacher.

Friends of Old Buckenham High School

Christmas Chocolate Raffle – Tickets now on sale!

We are holding a Christmas chocolate raffle which will be drawn during the last week of term to raise funds for the Friends of OBHS. As in previous years for Easter Egg raffles, we rely on the generosity of Parents and Carers in donating treats. If you are able to donate a selection box, or other Christmas chocolate items, please can it be handed into the School Office or Student Reception before Monday 13th December where tickets are also on sale at 50p per ticket. There will be a couple of bigger prizes up for grabs donated by the Friends. Thank you for your help and support.

JOIN US FOR AN
EVENING WITH FRIENDS
(OF OBHS!)
**TROPIC SKINCARE PAMPER EVENING – GIFTS –
RAFFLE – REFRESHMENTS**

COME AND SEE THE BEAUTIFUL TROPIC PRODUCTS AND GIFTS
AND DO SOME CHRISTMAS SHOPPING

FRIDAY 3RD IN THE SCHOOL 7.00 – 9.30
DECEMBER CANTEEN PM

£5 per ticket – includes a welcome drink, nibbles and a
raffle ticket.
All proceeds go to Friends of Old Buckenham High School

Limited tickets available to purchase from school reception, via
Wisepay or contact groom551@btinternet.com

*We have a few other local stallholders supporting us on this
night selling their products including: Aromavintageperfumery,
Kayleigh's Creations, Design and Shine, Peggy's Felt Blooms*

Some stallholders will accept cash only

Come along and support the school

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