Old Buckenham High School
STUDENT Bulletin
Week Beginning 17th April 2023

	Mon 17th Apr	Tues 18th Apr	Weds 19th Apr	Thurs 20th Apr	Fri 21st Apr
Assembly			Y8 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	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	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 – 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		Year 7, 8 & 9 Multi Sports Clubs Invited Students Only (Gym) Pick up 4.15			
Events					DofE Bronze Training Day

Summer Term:
17th April – 20th July 2023

1st May 2023 Bank Holiday, school closed.

8th May 2023 Bank Holiday, school closed.

29th May – 2nd June 2023 Half term.

21st July 2023 Summer holidays start.

Free School Meal Vouchers:
The next FSM voucher will be sent to eligible families by email on 7th April 2023 (later if printed copy requested).

Norfolk County Council have also announced they are extending this provision until March 2024.

Bronze Duke of Edinburgh Award Expedition:
The Bronze DofE expedition for year 9 is this week! Friday is a training day in school and Saturday and Sunday the assessed expedition. Please see the letter sent home to parents before Easter for all the details.

Online Safety:
Please find attached the Online Safety Newsletter for April.

Year 10 Maths Data:

Due to a technical glitch on Go4Schools, the Year 10 Autumn Maths data for students sitting the Foundation Tier papers is currently incorrect. This has been caused by the incorrect grade boundaries being pulled through onto the mark-sheet. Spring Term assessments are accurate and reflect students' performance as per their tier of entry. Please bear with us, and keep checking Go4Schools, as the Autumn Data will need re-entering on to the markbook with the correct grade boundaries in place.

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   Laura M 7Y – For her amazing positive attitude to school.
Y8   Harry N 8Y – For an outstanding attitude during the Cup O'Tea day with positive interactions and throwing himself into all activities during the day.
Y9   Connor B 9R – For an excellent English assessment.
Y10   George F 10B – Well done for the resilience you have shown back in school!
Y11   Ben H 11R – Well done on your ongoing positive attitude in lessons and around 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 difficultly 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
Cumulative	90.82%	92.39%	91.30%	90.06%	91.07%	88.62%
Weekly	91.09%	91.63%	91.74%	90.85%	89.84%	91.38%

East Anglia's Children's Hospices:

Join EACH for this adrenaline filled TREEmendous challenge of climbing a 20metre tree to brave the bungee jump drop from the tree canopy above.

Date: Friday 11th August *(During summer holidays)*
Time: 10am- 5pm
Location: Thorpe Woodlands Adventure Centre, Shadwell, Thetford IP24 2RX

If you are a thrill seeker this challenge is for you- **Suitable for anyone 8+ years!**

GCSE DANCE
LEVEL 2 QUALIFICATION (EXAM BOARD: AQA)

The weekly classes will be enhanced by tutorials, performance trips, masterclasses and guest tutors.

WHO IS THE COURSE FOR?

This course is aimed at students (aged 13+) who would like to study alongside school or as part of a home-educated curriculum. Adult learners are also welcome.

WHAT ARE THE ENTRY REQUIREMENTS?

No formal entry requirements, however students must be able to demonstrate the ability to take on both the practical and theoretical elements of the course, therefore auditions will include both written and practical tasks.

HOW DO I APPLY?

Complete an application form – available to fill out at **thegarage.org.uk/gcses**

HOW DO I FIND OUT MORE?

Head to **thegarage.org.uk/gcses** or contact us on **education@thegarage.org.uk** - we'll be happy to help!

PHOTOS: TEELE PHOTOGRAPHY

GCSE DANCE
SUMMARY INFO

PART-TIME
21 months

START DATE
October 2023

THURSDAYS
5-7PM, term-time only

FEE
£2,200, instalment plans available

BENEFITS

- Performance trips
- Masterclasses
- Free access to other Garage performing arts classes*
- Mentoring programme
- Performance opportunities

*For the duration of your course.

Career of the Week:

Careers from Maths

Actuary

How do I get into it?

You'll usually need:

• 2 or 3 A levels, or equivalent, including maths

You can get into this job by doing a degree and then joining a graduate actuarial training scheme.

Most employers will look for a degree with a high level of mathematical skills. For example:

• maths and statistics
• actuarial science
• economics
• physics
• chemistry
• engineering
• accounting

What does this job entail?

In this role you could:

• analyse statistics
• forecast finances
• test financial options
• assess risks
• use computers to build mathematical and statistical models
• write reports and presentations
• explain findings to managers, government ministers or business client

Salary:

£ ANNUAL SALARY	⏱ WORKING HOURS	📈 FUTURE EMPLOYMENT	
£28,000 to £62,000	**37 to 39 a week**	There will be 3.3% more Actuary jobs in 2027.	▲3.3%
Average UK salary in 2019 was £30,378 (source Office for National Statistics)	You could work: between 8am and 6pm;		

Online Safety Newsletter

April 2023

Sendit

Sendit is an add on app to Snapchat and it allows users to play games together. **Sendit state on their website that the app is not intended for children under the age of 13**.

The games include Q&A games including ask me anything. A user asks a question and players can respond **anonymously**. As with any anonymous element, there is an increased risk of cyberbullying.

The app does contain in-app purchases ranging from £0.99 to £29.99. There is also a weekly subscription service available, which provides users with enhanced features. It costs £8.49 per week. Ensure payment details are not stored/accessible on your child's device to avoid unexpected bills.

If you know that your child is using this app (and they are underage) then you can contact Sendit to ask them to disable their account.

Further information
https://www.getsendit.com/parents

Anime TV

Anime refers to animations originating from Japan. Due to its cartoon style, your child might inadvertently watch it when it isn't appropriate for their age. Some Anime contains adult themes. It is important to check age ratings so a starting point could be Common Sense Media. They have created a list of some Anime TV with reviews/age ratings:
https://www.commonsensemedia.org/lists/anime-tv-for-teens-and-tweens

Being unkind online

It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:

- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps e.g. WhatsApp.

Top Internet Manners

Internet Matters have produced a list of 'manners' that we all should follow to create a safer and kinder online world: https://www.internetmatters.org/resources/top-internet-manners/

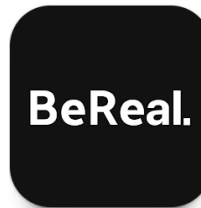### What should I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage in conversation with the perpetrator. Instead, they should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact you again in the future.

Further information

https://www.esafety.gov.au/kids/I-want-help-with/how-do-i-know-if-im-being-mean-online

BeReal

You must be 13+ to use BeReal. BeReal is a social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two minutes to capture and share what you are doing at that moment. All your friends post at the exact same time and once you have posted, you can then see what your friends have posted. If you do not post, then you cannot see your friend's BeReals from that day or access the discovery tab.

What do I need to be aware of?

BeReal is private by default and only visible to your friends. However, it is possible to share with all users by selecting the public option. If selected, your BeReal will appear in the Discovery tab so all users can see and interact with it, therefore there is the possibility of strangers contacting your child.

There is also an option to share your location. Chat to your child about location sharing as it is important that your child understands the risk of location sharing and when it is and is not appropriate to share.

Discovery tab – this is the area where you can view all other BeReals that have been made public. There is an element of risk that your child may see an inappropriate image depending on what others have uploaded.

If your child is using BeReal then talk to them about what they share, what they should do if they see something inappropriate or that they find upsetting and that they know how to use the reporting tools.

Further information:

https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/is-bereal-safe-for-my-child

Snapchat   Update

Family Centre: New Feature

Snapchat launched Family Centre last year, which includes features such as allowing you to see who your child is friends with on Snapchat and who they have been communicating with (you will not be able to see the contents of conversations).

Snapchat have now announced their latest feature for Family Centre - Content Controls. Content controls will allow you to limit the type of content your child can watch on Snapchat by filtering out stories.

You can find out how to set this new feature up here: https://values.snap.com/en-GB/news/introducing-content-controls-on-family-center

TikTok update

You must be over 13 years of age to use TikTok.

60-minute screentime notification
TikTok are introducing a 60-minute screentime notification for teen accounts (accounts with users under 18 years of age). When the time limit is reached, the user will be asked to enter their passcode to continue watching.

Family Pairing: new features
This allows you to link your own account to your child's account. TikTok have now added three new features:

- **Custom daily screen time limits:** this option includes choosing different time limits depending on the day of the week as well.
- **Screen time dashboard:** this provides a summary of time spent on the app, the number of times TikTok was opened, and a breakdown of total time spent during the day and night.
- **Mute notifications:** this setting will enable you to mute notifications at set times. Accounts aged 13-15 already do not receive push notifications from 9pm and for accounts aged 16-17, notifications are disabled from 10pm.

You can find out more here: https://newsroom.tiktok.com/en-us/new-features-for-teens-and-families-on-tiktok-us

What is the Dark Web?

The Dark Web is a hidden part of the internet. The National Crime Agency in collaboration with The Children's Society and Marie Collins Foundation have created a resource to help explain what the Dark Web is. This resource is intended for professionals and parents and carers only. **It is not intended for young people.**

https://www.thinkuknow.co.uk/parents/articles/dark-web-explained/