



Old Buckenham High School

STUDENT Bulletin

Week Beginning 22nd November 2021

Be the best we can be

	MON 22 ND NOV	TUES 23 RD NOV	WED 24 TH NOV	THUR 25 TH NOV	FRI 26 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 Health & Social Care Coursework Catch-up Room 24 ILT 2	LGBTQIA+ Room 7 ILT 1	Y7 & 8 Creative Writing Club Room 9 Students welcome to bring their lunch
Year 11 Mocks Timetable	Chemistry 1h 45m Combined Science 1h 15m <i>Lunch</i> Statistics Paper 2 1h 30m	Mathematics (calc) 1h 30m <i>Break</i> German Reading 1h <i>Lunch</i> Design Technology 1h 30m	Physics 1h 45m Combined Science 1h 15m <i>Break</i> Music 1h 15m <i>Lunch</i> Food & Nutrition 1h 30m	Art Portfolio All Day	
After School Clubs	Year 7 & 8 Football 3.15-4.15 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 Parent Forum	Year 11 Mocks Careers Interviews	Year 11 Mocks	Year 11 Mocks	

Children in Need

A big thank you to all the students and staff for their hard work taking part in the Children in Need fundraising lunchtime. We had fantastic games, raffles and cake stalls which has helped us raise £401.83 for Children in Need, and the sun even shined for us. Well done everyone!

Parent Forum:

We will be running a virtual Parents Forum on Monday 22 November at 17.30 via Zoom. We welcome all parents to join us in discussing the following agenda items.

Agenda:

- Parental information on:
 - National Priorities following the review of sexual abuse in schools and colleges. We will focus on online safety and parental controls.
 - Local Priorities: County Lines.
- Homework: too much, too little, just right?

AOB:

Please send areas for discussion prior to the meeting to headteacher@obhs.co.uk

If you would like to join us on the 22nd, please join via the Zoom link below:

<https://zoom.us/j/91739713538?pwd=SnFBZkppMEluczFmMk00eWNkOWpKZz09>

Meeting ID: 917 3971 3538

Passcode: gMOZB1

College Open Evenings

City College and Easton have cancelled their Information Evenings which were due to take place on the 25th November and 2nd December. They have replaced them with a series of online events.

Star of the Week

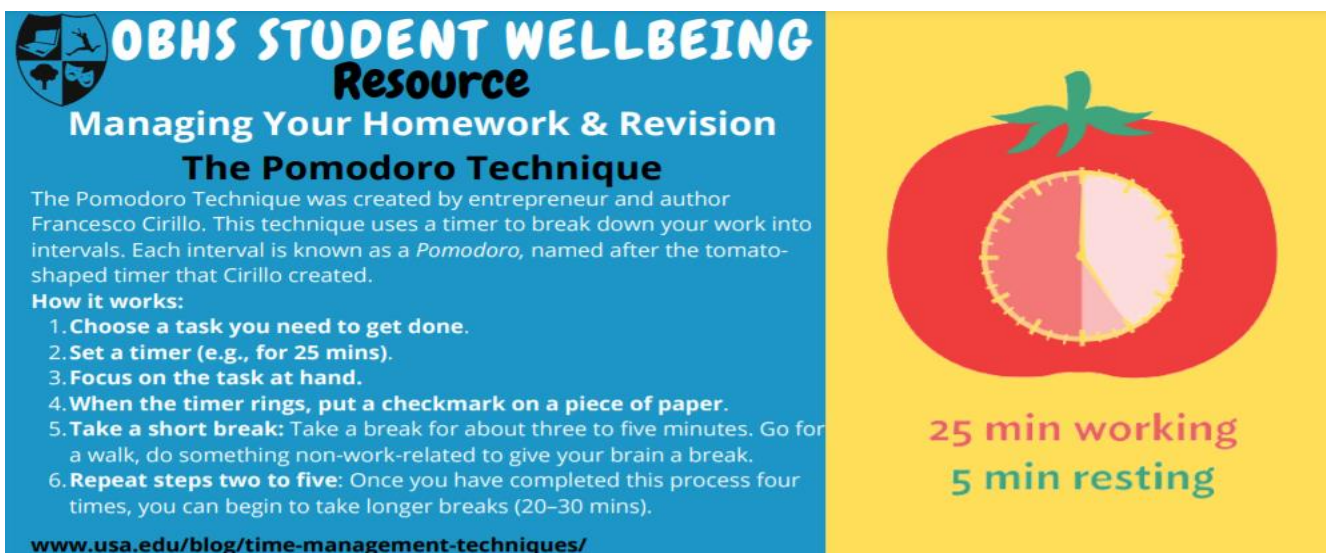
- Y7 Jessica F 7Y – For showing excellent creativity in Art, particularly in her William Morris topic.
Y8 Sophia R 8Y – For an exemplary behaviour record and contribution to school community.
Y9 Lena J 9G – For being helpful in Form.
Y10 Ben H 10R – For his good work across the board.
Y11 Leah B 11P – For showing great resilience during the mock exams.

Christmas Lunch Wednesday 8th December

Due to Covid restrictions we will have a limited Christmas lunch on offer which will comprise of a turkey or vegetarian roll, chips and chocolate log.

Form tutors will be handing out letters for students to bring home and completed forms need to be returned to Student Reception by Friday 26th November. ***Please note students who receive free school meals will still need to complete the form if they would like the Christmas Box Lunch.***

All three bubbles will be open at Lunchtime as usual for students who do not require a Christmas Lunch.




OBHS STUDENT WELLBEING Resource
Managing Your Homework & Revision
The Pomodoro Technique

The Pomodoro Technique was created by entrepreneur and author Francesco Cirillo. This technique uses a timer to break down your work into intervals. Each interval is known as a *Pomodoro*, named after the tomato-shaped timer that Cirillo created.

How it works:

1. **Choose a task you need to get done.**
2. **Set a timer (e.g., for 25 mins).**
3. **Focus on the task at hand.**
4. **When the timer rings, put a checkmark on a piece of paper.**
5. **Take a short break:** Take a break for about three to five minutes. Go for a walk, do something non-work-related to give your brain a break.
6. **Repeat steps two to five:** Once you have completed this process four times, you can begin to take longer breaks (20–30 mins).

www.usa.edu/blog/time-management-techniques/

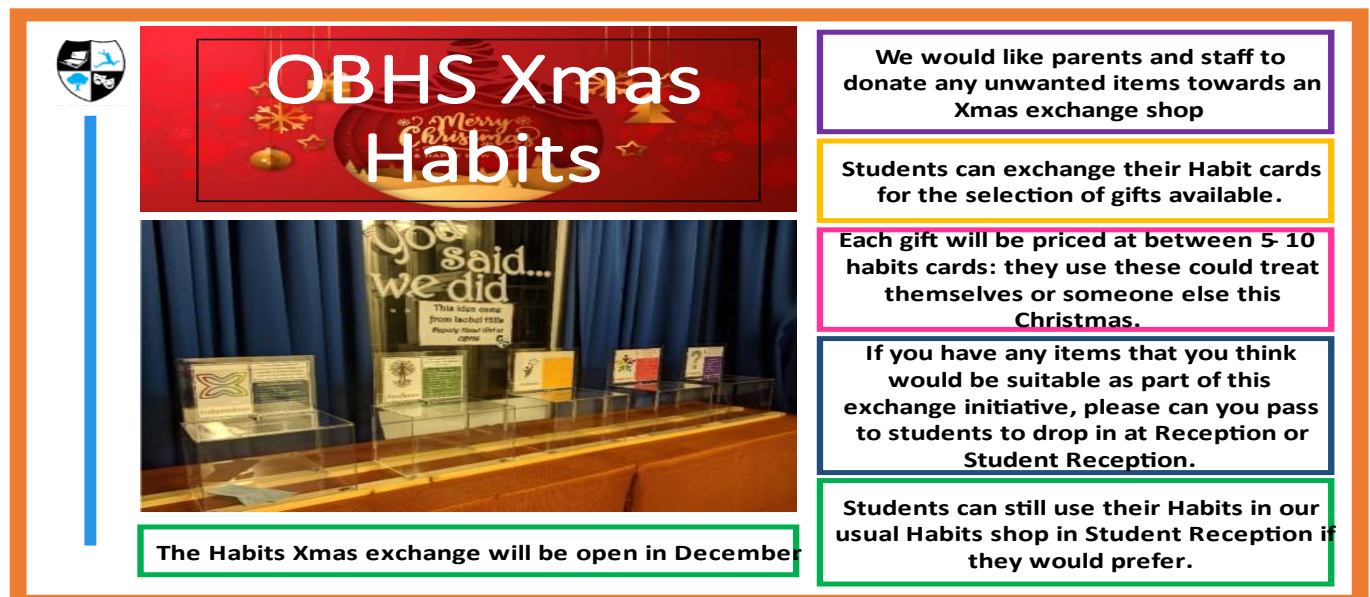


25 min working
5 min resting

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.



The graphic features a red header with the text 'OBHS Xmas Habits' and a photo of a table with gift cards. To the right are five colored boxes with text: a purple box about donations, a yellow box about exchanging habit cards, a pink box about gift pricing, a blue box about dropping items at reception, and a green box about using habits in the usual shop.

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

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.

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.

Lost Property

Black, Silver & Grey striped key ring with lock and key
OBHS Habits Badge (with ambition and independence)

Attendance

Y7 92.42% Y8 91.67% Y9 94.57% Y10 90.76% Y11 96.24%

Whole School 93.28%

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, for example insufficient funds or damaged / forgotten card, please can they go to Student Reception who will be able to assist them and ensure they are able to purchase some 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.

Evening with the Friends – Tickets now on sale!

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 the 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

Old Buckenham High School, Abbey Road
NR17 1RL
01953 860233