

Week B

# Old Buckenham High School

## STUDENT Bulletin

Week Beginning 29<sup>th</sup> November 2021

*Be the best we can be*

	MON 29 <sup>TH</sup> NOV	TUES 30 <sup>TH</sup> NOV	WED 1 <sup>ST</sup> DEC	THUR 2 <sup>ND</sup> DEC	FRI 3 <sup>RD</sup> DEC
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 2	Y7 & 8 Creative Writing Club Room 9 Students welcome to bring their lunch
After School Clubs	<i>Football Cancelled</i>  Back to the 80s Rehearsal 3.30-5.00	<b>New</b> - Girls Boxercise All Years 3.15-4.15  Back to the 80s Rehearsal 3.30-5.00		<i>Football Cancelled</i>  <b>New</b> - All Years Table Tennis 3.15-4.15  All Years Netball 3.15-4.15  All Years Running for Well-Being 3.15-4.15	
Events		Careers Interviews		Covid-19 Catch up  Presentation Evening	Evening with Friends (Pamper Evening)



### OBHS STUDENT WELLBEING Resource

#### ThinkNinja App

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

ThinkNinja uses the principles of cognitive behavioural therapy (CBT). CBT is a talking therapy that can help you manage your problems by changing the way you think and behave.

The app has a variety of content and tools including:

- an AI-driven chatbot (the WiseNinja) that acts as a mentor and "virtual coach in the pocket"
- goal setting – the ability to set and revisit specific goals
- mood rating – a daily mood rating that allows you to track your mood
- techniques for beating stress, dealing with negative thoughts, coping with difficult feelings, and how to relax and improve sleep

[www.nhs.uk/apps-library/thinkninja/](http://www.nhs.uk/apps-library/thinkninja/)



### **BaseTime and ILT:**

Due to staff absence, we will be redistributing students in 7R and 9Y into the remaining Year 7 and 9 form groups for BaseTime. We understand that it is important that students have a regular point of contact first thing in the morning, and are keen to ensure that this is the case for all.

In addition, as students now undertake an ILT curriculum which includes PD, literacy, and Habits/ Learning to Learn activities, we will be re-grouping students for these sessions in to classes. We will continue to report students' Attitude to Learning and Work Produced for these sessions each half term.

BaseTime tutors will speak to students about these changes on Monday, and students will receive copies of their updated timetables during ILT on Tuesday. The new groupings will be in place for Wednesday 1<sup>st</sup> December.

### **COVID-19 Vaccination Catch-up 2nd December**

The School Aged Immunisation Service will be in 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 11<sup>th</sup> 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.

***Flu Vaccination Catch-up 10<sup>th</sup> December*** – more information to follow.

### **Year 10 Work Experience**

Forms need to be completed and returned to school by Friday 22nd January. Don't forget you need both permission from parents / carers and the employer. Please see Mrs Taylor if you need another copy of the form or have any questions.

### **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 are a couple of bigger prizes up for grabs donated by the Friends. Thank you for your help and support.

### **Star of the Week**

- Y7 Joshua H 7B – For his consistent attitude and supportive role to others.  
Y8 Sofia U 8Y – For outstanding effort and ambition in her History assessment.  
Y9 Rainbow A 9Y – For her commitment and ambition to learn.  
Y10 Rikardo P 10Y – Showed great maturity and thought when answering questions regarding safeguarding during a recent audit.  
Divyan R 10Y – For producing a high quality resource in Science and teaching the group some of the concepts in a very good manner.  
Y11 Jessica P 11G – For her resilience and hard work.

### **Lost Property Items:**

OBHS Habits Badge	Keyring
Blue Tie	School Blazer Red badge
Various Coats	Grey glove
Navy Hood from winter coat	Black and white headband
Necklace with Palm tree pendant	Pink bracelet with tassel

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

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**FRIDAY 3<sup>RD</sup> IN THE SCHOOL 7.00 – 9.30  
DECEMBER CANTEEN PM**

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£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](mailto: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

**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 94.98%	Y8 91.40%	Y9 91.08%	Y10 89.92%	Y11 90.99%
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Whole School 91.73%

### **Wisepay**

Please could parents / carers remember to top up their child's Wisepay account to enable them to purchase their lunch. Please can students also remember to bring their Wisepay cards as this helps to keep the lunch queue moving.

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.