

Old Buckenham High School

STUDENT Bulletin

Week Beginning 20th November 2023

Week A

	Mon 20 th Nov	Tues 21 st Nov	Weds 22 nd Nov	Thurs 23 rd Nov	Fri 24 th Nov
Assembly	Year 11 CNS Assembly			KS3	
Events	Art Practical Mock All day	Art Practical Mock All day Year 11 Ask Workshop Community Tree Planting Year 8 HPV Vaccinations	Year 11 French Mock Speaking Exam Year 10/11 Nursing and Midwifery Workshop	Year 11 French Mock Speaking Exam Year 11 Music Students 'Drop Down Day'	Year 11 French Mock Speaking Exam
After-School	School Production Rehearsal 3.30-5.00	School Production Rehearsal 3.30-5.00			

Children in Need:

Thank you to everyone who donated to our Non-uniform Day for Children in Need. We raised an amazing £490. Well done!

Year 8 HPV Vaccinations Tuesday 21st November:

Just a reminder that the online link to accept or decline the vaccination closes at 2pm on Monday 20th November.

If you have any queries, please contact the Vaccination Team direct on 0300 555 5055. The school is unable to accept any consent.

Christmas Tree:

We would love to be able to have a real Christmas tree in our Main Hall this year to add to our festive cheer and we are reaching out to parents/carers to see if anyone is able to donate one to the school. Thank you.

Music Students:

On Thursday 23rd November Year 11 Music students will be involved in a Music 'drop down day' to support with their tech award coursework. Students should go to Room 30 at morning registration.

We Will Rock You – Rehearsals this week:

Date:	Scene:	Cast Needed:	Where:
Mon 20 th 3.30-5.00	6	Brit, Meat, Galileo, Scaramouche	Hall
Tues 21 st 3.30-5.00	7 and 8	Whole Cast	Hall
Weds 22 nd Lunchtime	Song – You're my Best Friend	Galileo, Scaramouche	Room 30/35

OBHS Community Choir:

Students signed up to the OBHS community Christmas Choir (not to be confused with the regular school Choir), Christmas carol sessions are every Tuesday in room 5 so we can get be prepared as possible before we start visiting the wider community.

Tree Planting:

Tree planting in school will be P3 on Tuesday 21st. Ensure you dress for the weather e.g. coats/hats if required. (If you want to bring wellies or boots to protect your school shoes you can change into them at lunchtime for this session but must come to school in your school shoes).

Lunchtime Football Clubs:

Students will need to bring with them trainers rather than football boots as the lunchtime clubs will now take place on the Astroturf.

Bus Passes:

Students are expected to have their bus passes with them every day. If a student has lost their pass, they can obtain a temporary one from Main Reception, but a replacement must be ordered.

Norfolk County Council – please call NCC on 0344 800 8020 and there is a charge of £12.

Thetford Bus – please order on Wisepay and there is a charge of £5.

Star of the Week:

Year 7	Noah G 7R – For the most Habit points this week in Year 7.
Year 8	Ethan T 8B – Excellent contribution to the football team.
Year 9	Lewis A 9R – Excellent progress in lessons.
Year 10	Summer K 10R – For the most positive points in Year 10.
Year 11	Daniel C 11B – For the most positive points in Year 11.

Online Safety:

Please find attached ‘What Parents and Carers need to know about Smart TVs’.

Career of the Week:

Please find attached information on the Norfolk and Waveney Health and Social Care Academy.

Year 7 Castles Competition:

OBHS Year 7 Castles Competition

Design a medieval castle or weapon of your choice. E.g. motte and bailey castle, square keep castle, battering ram, siege tower.

OR

Visit or research a castle of your choice. Create a tourist information leaflet to inform visitors to the castle of its history.

See your History teacher for further details e.g. about rewards and prizes

**Deadline for entries: Friday
15th December 2023**



Christmas Concert:

Tuesday 12th December
7pm



OBHS Christmas

Concert

MUSIC | POETRY | DRAMA | READINGS

Tickets available through
WisePay or Card payments
on the door

Adults £3
Students £1.50
Under 11s Free

F.O.B.H.S NEWS



Don't suffer from FOMO!
Come along to our Christmas Market!



LAST CALL for raffle prizes. They will be collected tomorrow.

For those that have donated...thank you!



We're always looking for new members to lighten the load! We're quite friendly!
Contact us via [@friendsofobhs](#) or friendsofobhs@gmail.com



National Sleep Helpline:



the national
sleep
helpline

**Does your child
suffer with
sleep issues?**

**Do you struggle
with your child's
bedtime?**

**Will your child
not sleep in
their own bed?**

WE CAN HELP

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



50%

**Around 50% of
children will have
a sleep issue at
some point***

WHAT IS THE NATIONAL SLEEP HELPLINE?
In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

the sleep charity

Furniture Village

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*Survey of 1,000 adults by DrAPol, Aug 2021

Lunchtime and After-School Clubs:



Old Buckenham High School

Autumn Term Clubs 2023



Week A

Week B

Day	Club	When	Where
Monday	Board games	Lunch	Rm 14
	Singing	Lunch	Rm 30
	Chess and draughts	Lunch	Rm 15
	Year 7 and 8 Football	Lunch	PE
	Chef Club	After school	Rm 20
Tuesday	Craft	Lunch	Rm 17
	Allotment	Lunch	
	Media	Lunch	Rm 6
	Jazz	Lunch	Rm 30
Wednesday	Board games	Lunch	Rm 23
	Model making	Lunch	Rm 16
	Year 9, 10 and 11 Football	Lunch	PE
Thursday	Keyboard and ukulele	Lunch	Rm 30
	Hockey	Lunch	PE
	History Ambassador	Lunch	Rm 11
	Drama	Lunch	Rm 35
	BSL	Lunch	Rm 23
Friday	Netball	Lunch	PE
	Music appreciation	Lunch	Rm 23
	Language film	Lunch	Rm 36
	Rock band	Lunch	Rm 31
	Clay	After school	Rm 17

Day	Club	When	Where
Monday	Board games	Lunch	Rm 14
	Singing	Lunch	Rm 30
	Chess and draughts	Lunch	Rm 15
	Year 7 and 8 Football	Lunch	PE
	Baking Club	After school	Rm 20
Tuesday	Craft	Lunch	Rm 17
	Allotment	Lunch	
	Media	Lunch	Rm 6
	Jazz	Lunch	Rm 30
Wednesday	Board games	Lunch	Rm 23
	Model making	Lunch	Rm 16
	Year 9, 10 and 11 Football	Lunch	PE
Thursday	Keyboard and ukulele	Lunch	Rm 30
	Hockey	Lunch	PE
	History Ambassador	Lunch	Rm 11
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Friday	Netball	Lunch	PE
	Music appreciation	Lunch	Rm 23
	Language film	Lunch	Rm 36
	Rock band	Lunch	Rm 31
	Clay	After school	Rm 17



Norfolk and Waveney Health and Social Care Academy

Clare Winter
Clinical Lead



The Health and Social Care Academy

- Regional initiative which started here in Norfolk and Waveney! Working in partnership with Primary and Secondary Care, Social care, Ambulance trust and Mental Health.
- Real practicing professionals sharing the realities of their roles
- Real stories
- Running along side school/college studies, Interactive virtual and face-to-face sessions
- Online activity workbook
- Links in with “Gatsby Benchmark” requirements.



What the Academy Offers

- Insight into many different careers in health and social care
- Contacts within local trusts in the areas you're interested in
- Advice on next steps and pathways into your chosen career
- Opportunities for one-to-one support
- Top tips for applications and interviews for both uni and employment.
- Great addition to personal statement.
- On completion of yr 13 programme the opportunity for a "Taster day" in your chosen field of profession, giving opportunity to connect with employers.

Commitment

- Participate in feedback exercises and questionnaires
- Cameras on
- Mics on
- 70% attendance
- 70% completion of any online material



Year 10 Academy March

- Allied Health Professionals
- Nursing and Midwifery
- Pharmacy and Pathology
- Social Care
- Mental Health and Learning Disability Nursing

One hour sessions remotely over a five week period.



Year 12 Academy

January – May

- Allied Health Professionals
- Social Care
- Pharmacy
- Mental Health & Learning Disability Nursing
- Nursing/Health Care Assistants
- Paediatrics /Midwifery
- Medicine
- Paramedics

Two hour sessions run once a fortnight over a period of 5 months, with Nursing/HCA, Midwifery/Peadiatrics held face to face at local NHS Trust's.

Contact details;



Norfolk and Waveney
Health and Care
Partnership

#WE CARE
TOGETHER

Improving lives together
Norfolk and Waveney Integrated Care System

For Applications;

healthandcareacademy@jpaget.nhs.uk

All other enquiries/advice/support;

- Clare Winter,
Academy Clinical Lead
clare.winter@jpaget.nhs.uk

- Chloe Chettleburgh,
Talent for care Lead
chloe.Chettleburgh@jpaget.nhs.uk



Norfolk and Waveney Health and Care Academy Website



Norfolk and Waveney Health and Social care Academy Student Application form.



What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.

SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.

CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS
National Online Safety®
#WakeUpWednesday