

Bulletin

6th October 2025



STUDENT

Week B

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Community



	Mon 6 th Oct	Tues 7 th Oct	Weds 8 th Oct	Thurs 9 th Oct	Fri 10 th Oct
Assembly	Year 11 Isaac Newton	Year 7 Mr Daniels	Year 8 Mr Dwight	Year 9 Mr Dwight	
Lunchtime Clubs	KS3 Art Club Rm 3 Battle of the Bands Rm 30 Language Film Club Rm 36 Allotment Club Culture Club Library All Yrs Social Netball MUGA	LGBTQ+ Allies Rm 6 Games Club Rm 22 Ukulele Club Rm 30 KS4 English Revision Library Yr 7 Football MUGA	A Quiet Space Rm 8 Craft Club Rm 24 Choir Rm 30 Yr 8 Football MUGA	KS4 Art Students Rm 3 DofE Drop in/sessions Rm 6 Year 11 Science Revision Rm 21 Interhouse Music and Drama Rm 32 Empower Half Hour Library Yrs 9 and 10 Football MUGA	KS4 Art Students Rm 3 A Quiet Space Rm 8 Quiz Club Rm 9 Rock Club Practice Rm
After School Clubs			All Yrs Competitive Netball MUGA 4.30 Finish	Y11 French Revision Rm 37 4.30 Finish	Clay Club Rm 27 5.00 Finish
Events			Flu Vaccinations Catch-up Year 10 Inter House Scripting 3.30 – 5.00 Rm 35 Post 16 Evening Year 10 and 11 5-7pm	Year 7 Football v Long Stratton (Away) Pick up 5.00	

Post 16 Careers Evening Wednesday 8th October 5 – 7pm for Year 10 and 11

This is a great opportunity for Year 10 and 11 students to come along and talk to and learn more about what local Colleges, Employers and Apprenticeship Companies have to offer.

The evening will also include presentations on:

How to help your child revise.

The year ahead (Y11 only)

Understanding KS4 grades and reports.

Work Experience guidance (Y10 only)

Making the most of Access Arrangements.

There will also be a chance to purchase revision guides (card payment only).

Year 11 Mocks:

Please find attached the Year 11 Mock Timetable for November.

Online Safety:

Please find attached October's Online Safety Newsletter.

Flu Vaccination Catch-up session Wednesday 8th October 2025:

The vaccination team will be returning on Wednesday 8th October 2025. If your child did not have the vaccination on 1st October and you would like them to receive it on the catch-up visit, please complete the online consent form <https://eastanglia.schoolvaccination.uk/flu/2025/Norfolk>

You can also use this form to decline the vaccination allowing the team will update their records

Plea from Food Tech:

Once again, we are asking for any spare tubs for food tech, and a reminder that all students need to bring their own suitable container for practical lessons and if they do borrow a container, please can this be returned. Thank you.

PE and Sports Studies Sweatshirts:

GCSE PE and Sports Studies students can order sweatshirts to wear for PE lessons on the following link: <https://www.4sportsgroup.com/Old-Buckenham-High-School>.

Anger Management in Children – NSPCC:

Every year many thousands of children are referred to Childline for anger issues. Anger management in children is one of the top mental health concerns in childcare. Anger and the ability to control it are key skills of adulthood. Violent thoughts frequently bubble underneath human interactions. Anger is the quickest way for those thoughts to become reality. For this reason, it is tightly regulated in our society.

Children must learn to overcome anger so that they do not fall a foul of strict controls on violent conduct. However, this is difficult for children to learn to manage since anger is remarkably powerful. Yet as parents and teachers there is no choice but to teach them to reign these emotions in.

This can be hard knowledge to impart, but the NSPCC has produced helpful resources to aid you in that vital mission. If interested, please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension>

Youth Parliament:

Does your child have a strong sense of what would benefit the local community? Can they listen to other's points of view and use these to develop their own? Did you know that Norfolk has a youth parliament for children aged 11-18 where children can apply to become part of the parliamentary board and gain real experience in politics and social development, gaining skills that they can take into further life. If you are interested in this opportunity for your child, please see the attached link. Application deadlines 31st October.

[Become a member of the Youth Parliament - Norfolk Schools and Learning Providers - Norfolk County Council](#)

SEND:

October marks Dyslexia Awareness Month. Dyslexia is a neurodevelopmental condition that impacts reading, writing, and organisation. If you're a parent, knowing how best to support your child can feel overwhelming. Throughout the coming bulletins, we'll share practical tips and strategies to help.

Spelling is a common challenge that affects many people, whether they have dyslexia or not. Difficulties with spelling can slow down processing and make memorisation harder, as the brain works to decode each word. Here are two top tips that you can try at home:

Words consist of syllables—encourage your child to spell each syllable separately instead of tackling the whole word at once. Dividing words into syllables helps children identify word patterns and rhythms.

Practice the first 100 Fry words, which contain commonly occurring sight words found throughout texts. Regular practice with these words frees up your child's time and mental energy to focus on more challenging, less common vocabulary.

If you would like to learn more about ADHD, Family Action are providing a free online workshop that will provide strategies to support children with neurodiverse traits. Please see the attached poster.

Wymondham Rugby Club:



Attendance:

29.09.25	Whole School	Year 7	Year 8	Year 9	Year 10	Year 11
Cumulative	95.16%	96.81%	94.44%	96.59%	94.24%	94.14%
Weekly	94%	97.80%	92.86%	95.60%	91.89%	94.44%

Weekly Attendance Raffle:

Year 7	Ella B 7B Henry R 7R
Year 8	Scarlett S 8G Theo T 8B
Year 9	Charlie A 9B Erin W 9W
Year 10	Lily P 10R Blake F 10B
Year 11	Olivia P 11Y Thomas H 11R



Ambition



Paston, City and Easton College Open Events:

We encourage students and parents to **sign up online** in advance to our Open Events.

Paston College

8th November, 10am–1pm – [Autumn Open Event | Paston College](#)

City College Norwich

3rd October, 4pm–7pm – [Autumn Open Evening | City College Norwich](#)

4th October, 10am–1pm – [Autumn Open Event | City College Norwich](#)

Easton College

10th October, 5pm–7.30pm – [Autumn Open Evening | Easton College](#)

11th October, 10am–1pm – [Autumn Open Event | Easton College](#)

UTCN Careers Fair:

Join us at the UTCN Careers Fair 2025 on the 20th November (4-6pm), a dynamic and interactive event designed to connect ambitious students with leading employers, training providers, colleges, and universities from across the region and beyond.

Book here: <https://utcn.applicaa.com/events/01999ef2-0fea-70e7-8e57-f073a9bbf2f9>

This is a fantastic opportunity for students from Years 7 to 13 to explore a wide range of career pathways, from apprenticeships and vocational training to higher education and professional roles in key sectors such as engineering, construction, digital technology, healthcare, public services, and more.

Highlights:

Meet Industry Experts from top local and national employers

Explore Post-16 and Post-18 Options including apprenticeships, T-Levels, A-Levels, degree pathways

Engage in Hands-On Activities and demonstrations

Get Expert Advice on CVs, applications, and interview techniques

Network with professionals and alumni

The UTCN Careers Fair is the place to make meaningful connections and gain valuable insights.

Norfolk and Waveney Health Care Academy – Events:

The **Norfolk and Waveney Health and Care Academy** is hosting three **Health and Care Careers Discovery Events** where parents/carers and young people can meet professionals, explore career pathways, and learn about development opportunities such as Apprenticeships, T Levels, and Work Experience in the Health and Social Care sector.

The event will have zones set out for different professions in health and social care with attendance from staff from health and social care organisations in Norfolk and Waveney.

Great Yarmouth – The Place, 37-39 Market Place, Great Yarmouth, NR30 1LX

Tuesday 11th November 2025 | 5:30pm – 7:30pm | Free Parking after 4pm (Howards Street, Car Park)

King's Lynn – College of West Anglia, University Block, Tennyson Avenue, King's Lynn, Norfolk, PE30 2QW

Saturday 15th November | 10:00am – 12:00pm | Free Parking

Norwich – Thomas Paine Building, University of East Anglia, Chancellors Drive, Norwich, NR4 7TJ

Tuesday 18th November | 5:30pm – 7:30pm | Free Parking

We are asking for students and their families to book beforehand, please find the booking link here: <https://forms.office.com/e/yBYoYkKMgX>

Ambition

2026 WORK EXPERIENCE PROGRAMME

**MORGAN
SINDALL**
CONSTRUCTION

Experience construction like you've never seen before!

29th June 2026
Cambridge & Ipswich



SCAN HERE
to learn more
about what's
in store

REGISTER NOW

Register your place on the
Morgan Sindall Construction
work experience programme*

*Limited places available

Cambridge



Ipswich



For more information, please contact:

Nicola Biggs, Social Value Coordinator:
Nicola.biggs@morgansindall.com



**INVESTORS
IN PEOPLE**
Platinum Employer

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Chelmsford



Norwich



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**INVESTORS
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Platinum Employer

Respect



Star of the Week:

Each week we identify a pupil in each year to be our star of the week. This is a simple way for us to recognise our pupils who are really representing our Old Buckenham High School values and making us incredibly proud.

Year 7	Fearn P-E	7R	For a fantastic start to Year 7 with an impressive amount of positives and perfect attendance.
Year 8	Erin H	8G	For a perfect behaviour record since the beginning the school.
Year 9	Austin S	9G	For a consistently excellent attitude to learning in lessons.
Year 10	Maisey F	10R	Well done on an all-round great start to the school year!
Year 11	Olivia P	11Y	Well done on an all-round great start to the school year!

Other notices:

Covid-19:

Unless they have a high temperature or are very physically unwell with it - children can continue to be in school and manage their symptoms much like they would with a cold or flu - keep hydrated, get enough sleep, paracetamol for head and body ache, honey and lemon or throat lozenges where appropriate.

Common Symptoms of New Variants:

Cough
Fatigue
Sore throat (notably described as "razor blade throat" by some patients)
Congestion or runny nose
Headache
Nausea or vomiting

NHS: Can my child go to school if they have Covid-19 symptoms?

As COVID-19 presents a low risk to children and young people, combined with high vaccination rates in the population, there are no longer specific rules relating to it in [schools](#), colleges, [childcare](#) and other education settings.

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to go to school, college or childcare. However, those who are unwell and have a high temperature should stay at home and avoid contact with other people where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature, and they are well enough to attend.