

Bulletin

13th October 2025



STUDENT

Week A

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Community



	Mon 13 th Oct	Tues 14 th Oct	Weds 15 th Oct	Thurs 16 th Oct	Fri 17 th Oct
Assembly	Year 11 CNS			Year 7, 8 and 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 New Yr 9 Football MUGA	KS4 Art Students Rm 3 A Quiet Space Rm 8 Quiz Club Rm 9 Rock Club Practice Rm New Yr 10 Football MUGA
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		Year 10 Progress Evening 4.30 – 7pm		Year 10 Football Fixture v Long Stratton (away) Pick up 5pm	Chapel Green Week A 1.35pm Week B 2.00pm

Year 10 Progress Evening:

Our Year 10 Progress Evening is being held on Tuesday 14th October between 4:30 – 7:00 pm. The evening will take place online via video using the Schoolcloud system.

Appointments can be made from Tuesday 7th October 2025 4PM and will close on Monday 13th October 2025 at 4PM.

Please visit <https://oldbuckenhamhigh.schoolcloud.co.uk/> and login with the following information:

Student's First Name (preferred)

Student's Surname (preferred)

Student's Date of Birth

Your Email Address

Community



Nut-free School:

Please be reminded we are a **nut-free school**. Students should not bring any food containing nuts onto the school site or school transport, as we have a number to students with severe nut allergies.

Lunch Cards:

Please could students be reminded to bring their lunch cards with them every day to assist with the smooth running of the Canteen queue.

Students who have forgotten their cards are still able to purchase lunch but will be asked to wait at the back of the queue as transactions take longer to process without the cards.

Replacement cards can be purchased on School Gateway and students who received free school meals can get replacement cards free of charge from Main Reception. Thank you.

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>.

Pumpkin Trail - Donations needed!

The Friends of Old Buckenham are running a Pumpkin Trail around the village this year and are selling maps to raise funds. The school would love to contribute a display and Mrs Skipper and some Art classes have kindly volunteered to help out.

Our theme will relate to the Japanese artist Yayoi Kusama. But we would really appreciate some donations. If you have anything from our Wishlist, that you would be willing to contribute, please let the Art department know.

Our Wishlist:

Pumpkins, red wig, bright tights, skirt/top or tunic. Sunglasses old pair (can be missing arms is fine), two poles, Paint- yellow and black, Newspaper, Masking tape, Waterproof spray, a large plastic box, spray to seal (paper mache).



Key members within the Friends of OBHS:

Chair: Victoria Sercombe

Vice Chairs: Nichola Wright
& Emma Colby

Treasurer: Louise Hollands

Secretary: Kirsty Perrin



We're always looking for new members to lighten the load!

Contact us via [@friendsofobhs](https://www.instagram.com/friendsofobhs) or friendsofobhs@gmail.com or follow us for updates and events!



World Mental Health Day:

Practical ways to manage DOOMSCROLLING



It's normal to feel down from time to time when we come across bad news, but constant exposure to negative online content could negatively affect our mental health.

'Doomscrolling' is a relatively new term used to describe the impact of consuming large amounts of upsetting news online.

If you're looking for ways to spend less time doomscrolling, here are some suggestions that might help.

Turn off 'push' notifications

Turning off instant alerts for social media or news apps can give you a break from anxiety-provoking information.



Set a time limit

Setting a time limit on your scrolling can help, as long as you stick to it. Find something that gives you a gentle signal that it's time to put the phone down.



Consider phone-free zones

You're allowed to have quality time that isn't interrupted by notifications every few minutes.



Use a watch or an alarm clock

If you often doomscroll in bed, it may be because your phone doubles as your alarm clock. Switching to using a watch or a physical alarm clock may help.



Manage your social media feeds

You could make changes to what appears on your feed by blocking or hiding certain profiles, allowing you to limit the negative content you are exposed to.



Balance the negative with a positive

Mindfulness, reading, spending time with others, and exercising are all great self-care activities that can benefit your wellbeing.



**Everyone deserves good mental health.
For more tips and information, visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)**

Community

Chapel Green Volunteers:

Chapel Green will be visiting the school on Friday afternoons.

Week A students are:

Sonny F
Coby R
Bailey F
Sophie A
Poppy C-S
Priya P

Chapel Green Volunteers 2

P3 Every other Friday Week B at 2:10pm.

Register with your teacher first then come to room 5 at 2:10.

**Your next session will be displayed on the poster in room 5
keep an eye on updates and changes to dates.**

Volunteer Leaders are Coby R (9) Sonny F (9)-they will be at every session

Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7
Oscar C (7)	Larrisa L (7)	Jade M (7)	Calvin S (8)	Willow (9)	Chantel (8)	Alex M (7)
James O (7)	Jess H (7)	Daisy-May H (7)	Alfie D (8)	Maisie (9)	Grace W (8)	Henry W (7)
Katelyn N (7)	Freya K (7)	Travis G (7)	Reuben DH (8)	Abeel (8)	Ebony F (8)	Leo H (7)
Danni P (7)	Jess K (9)	Sophia T (7)	Olly W (8)	Rufus (8)	Lilly-Mae (8)	Elliot P (8)
Daisy Jane P (7)	Amber HG (9)	Tahlia H (7)	Coen W (8)	Ava (8)	Michael A (8)	Alyssa (8)
Alice S (7)	Molly F (9)	Sienna H (7)	Hunter I (8)	Jacob (8)	Layla J (8)	Tom A (9)
Yasmina (7)	Romey S (9)	Summer-Rose G (7)	Owen P (8)	Jack S (8)	Jasmine C (8)	Finlay S (9)
Shannon L (7)	Kyria L (9)	Sienna G (7)	Luke C (8)	Arthur W (8)	Harry W (9)	India W (9)
Effie D (7)	Millie W (9)	Jasmin L (9)	Preston (8)	Sonny W (9)	Hunter G (9)	Sienna (9)
Natalie C (9)	Erin W (9)	Tosia G (9)	Leo P (8)	Dexter (9)	Jake M (9)	Harrison (9)
Sam G (8)	Jimmy W (9)	Masen W (9)	Jackson (8)	Harry E (9)	Charlie A (9)	Fastima (8)

Reserves (to take the slot of anyone absent)

Sophie H (8)

Emma D (8)

Phoenix Jones (9)

Community

Hoopstars:

We are Norfolk Hoopstars, a local basketball club who deliver sessions close to you at Attleborough Sports Centre.

All of our sessions are run by qualified basketball coaches who pride themselves on delivering highly quality, fun and engaging sessions, tailored by age and ability.

Session details are:

Location: Attleborough Sports Centre

Day: Saturday

Time: 9:30am - 10:30am

Cost: We offer two payments options, either weekly - £8 per session or half termly - £7 per session

Sign up link – <https://www.norfolkhoopstars.com/attleborough-introduction-page>

If you have any further questions about our sessions, please email – info@norfolkhoopstars.co.uk

We look forward to welcoming you soon.



Attendance:

6.10.25	Whole School	Year 7	Year 8	Year 9	Year 10	Year 11
Cumulative	94.87%	94.48%	93.99%	96.13%	93.84%	94.30%
Weekly	94%	94.30%	91.79%	95.02%	92.23%	95.75%

Weekly Attendance Raffle:

Weekly Attendance Raffle Winners

Year 7	Neidas V 7 Y Mary-Ann C 7B
Year 8	Erin H 8G Alfie M 8G
Year 9	Austin S 9G Angelica H 9B
Year 10	Megan H 10G Piotr S 10G
Year 11	Louisa C 11B Robert S 11G



M+A Partners:

M+A Partners is currently recruiting for a school leaver to join us in September 2026 as part of our next trainee cohort. This is an ideal opportunity for motivated and ambitious students who are interested in gaining hand-on experience while studying towards a professional qualification such as AAT, ATT, and beyond.

What's involved?

- Assisting in the preparation of accounts and tax returns
- Supporting with VAT returns and other compliance tasks
- Working with HMRC and clients directly
- Gaining experience across a wide variety of businesses and services

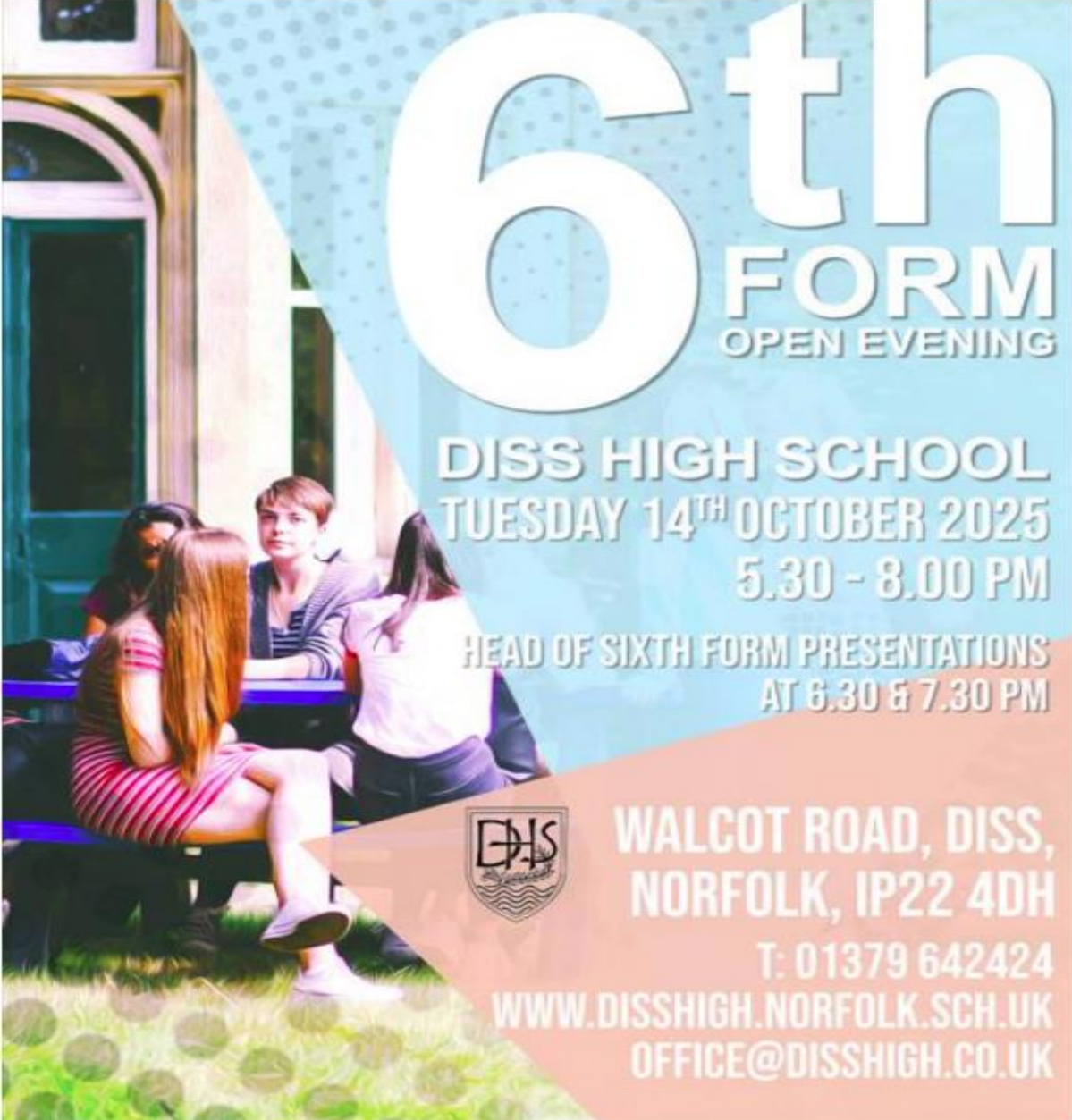
Why M+A Partners?

- Competitive salary and benefits package
- Full study support
- Excellent long-term career progression
- Supportive and collaborative team environment

We would be very grateful if you could share this opportunity with your students, particularly those interested in business, finance, or accounting pathways.

More information is available here on our website: <https://www.mapartners.co.uk/trainee-programmes/>

Diss High School:



6th FORM

OPEN EVENING

DISS HIGH SCHOOL
TUESDAY 14TH OCTOBER 2025
5.30 - 8.00 PM

HEAD OF SIXTH FORM PRESENTATIONS
AT 6.30 & 7.30 PM



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NORFOLK, IP22 4DH**

T: 01379 642424
WWW.DISSHIGH.NORFOLK.SCH.UK
OFFICE@DISSHIGH.CO.UK

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	Logan R	7Y	For outstanding behaviour and attendance since joining the school.
Year 8	Lola R	8G	For a consistently excellent attitude to learning – keep up the fantastic work.
Year 9	Molly F	9Y	For an outstanding number of positives this week!
Year 10	Austin M	10B	Well done on your great start to life at OBHS.
Year 11	Amelia H Jasmine K	11R 11R	Well done and thank you to both of you for your brilliant mentoring!

Other notices: