



OLD BUCKENHAM
PRIMARY SCHOOL

NEWSLETTER

Website: www.oldbuckprimary.org

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Dear Parents and Carers,

What a vibrant and engaging half term we've had at Old Buckenham Primary School! I'm delighted to share some wonderful moments and experiences that have shaped our school community over recent weeks.

World Mental Health Day was a particularly special occasion. Our pupils came together, wearing bright yellow and green, and participated in a unique wellbeing activity during our special mention assembly. Moving to music together was not just fun, but a meaningful way to explore and support our emotional health.

Environmental awareness has been at the forefront of our learning this term. Greenpeace visited our school and spoke passionately with our pupils about planet conservation. Their inspiring talk motivated our children to create powerful posters, which they are eager to send to Members of Parliament - demonstrating their commitment to making a difference.

We also welcomed a Blue Cross representative who delivered an important session about pet care and safety. Our pupils learned valuable skills about understanding dog language and how to interact safely with animals - knowledge that will serve them well throughout their lives.

I'm incredibly proud to highlight the achievements of our Year 3-6 pupils who participated in the cross-country competition at Langley School. Their success has been remarkable, and full details can be found in this newsletter.

A massive thank you to our wonderful Families Association for organising the Halloween Disco. The costumes were spectacular, and the dancing was superb. Events like these truly bring our school community together.

As we approach our half term break, I want to remind everyone that we will return to school on Tuesday, 4th November. I hope all our families enjoy a restful and enjoyable break.

Warmest wishes,

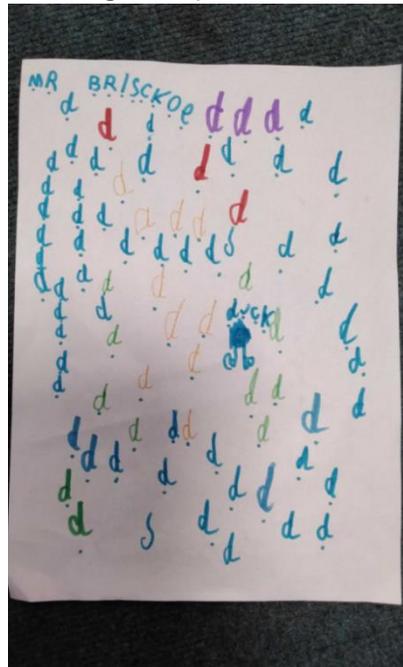
Helen Mitchell

Ash Class

Ash Tree Class have been really busy engaging in a fun Science experiment this week. We have been teaching our children how to use their 'looking eyes' to carefully observe what they can see when engaging with an experiment. They started to make some predictions about this 'volcano eruption' experiment and they were so excited to set it up themselves and see the eruption!



A huge well done to Natalie in our class this week too. Natalie showed me an outstanding piece of home learning today. We have been learning the 'd' sound in Phonics, and Natalie was really motivated to write at home it would appear! Look at this amazing handwriting and presentation! Well done Natalie!



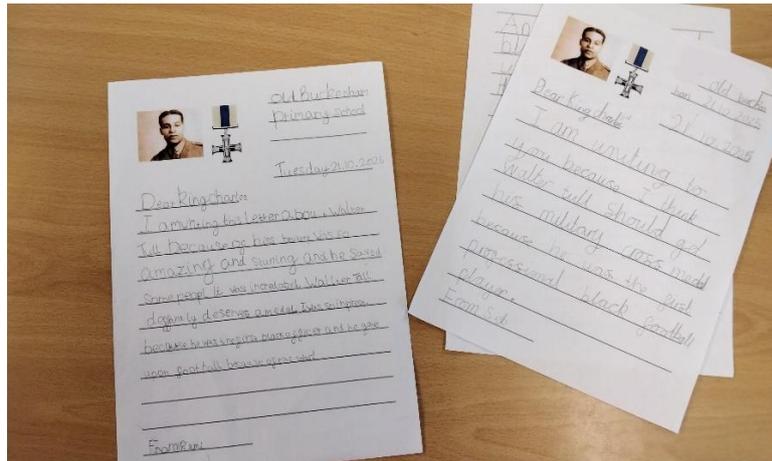
Oak Class

Year 1 had an amazing time on their school trip exploring our local area, finding out about the different land uses. They represented our school beautifully whilst out on their adventure.



Cherry Class

Year 2 have been learning lots about the impressive achievements of Walter Tull as part of black history month, and have written letters to King Charles to ask that he receive the Military Cross Medal for his service. We are looking forward to the sharing assembly! We have also finished our topic about why penguins cannot fly, and have been really confident discussing those reasons.



Willow Class

What an exciting 2 weeks we've had!

In Whole Class Reading, we've been learning all about Martin Luther King Jr. for Black History Month. The children were *shocked* to learn about segregation in America and had a brilliant debate about whether it was right or wrong – you can see us deep in discussion in the picture!



We also enjoyed sharing our assembly about Dame Floella Benjamin, one of the first Black women to appear on British TV. We created a fantastic timeline of her life and presented it to our parents. We were a little nervous, but everyone was absolutely amazing – well done, Year 3!

In Geography, we've been exploring the world of Earthquakes. The homework news reports have been absolutely brilliant – such creativity and confidence! Awesome work, team!

In Science, we've been discovering how our skeleton and muscles help us move. We've even had some fantastic homework projects, including some yummy healthy lunches – thank you for all the effort at home.

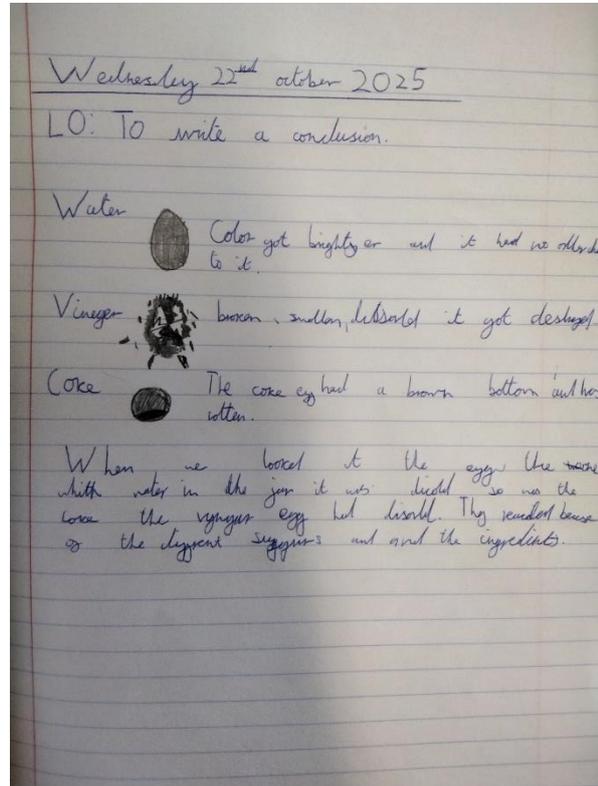


And finally, a big well done to Finley, who proudly shared his Player of the Week trophy with us – what a superstar! And also, our cross-country athletes who represented the school at an event Isabelle, Huxley and Noah- they made Willow class and Old Buckenham Primary School very proud of their outstanding achievements- Fantastic- well done!



Maple Class

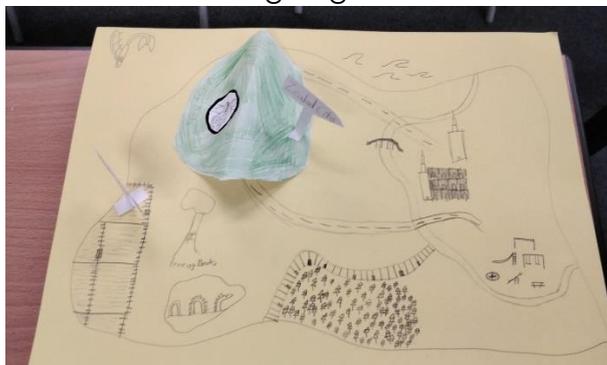
In year 4, we planned an experiment to see what would happen if we put eggs in water, vinegar and a fizzy drink. This is linked to our learning about teeth. We checked on our eggs this we to see what happened.

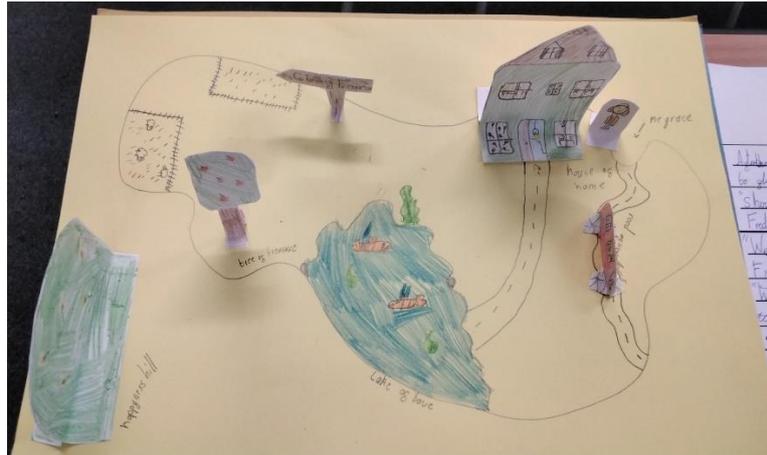


Beech Class

In year 5 we have been enjoying diamond cricket in which the classes batting skills have been exceptional! In Art we have used our learning from typography and powerful drawing to create our own 3D maps. We have also been working very hard in English to improve our understanding of grammar and sentence structure using

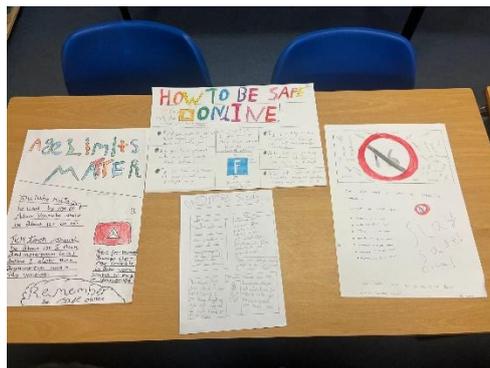
colourful semantics.





Aspen Class

Year 6 have been learning how to stay safe online. Our focus has been on understanding the age limits for popular apps and why these rules are in place. Pupils discussed how age restrictions help protect their privacy, wellbeing, and safety when using social media and gaming platforms. They also shared sensible strategies for making positive, responsible choices online.



Cross Country Competition

Our Old Buck team were incredible in the cross country competition, demonstrating their best sportsmanship, teamwork and competitiveness. We were so impressed by the talent and determination of all the children and delighted to see some medals won by us!



Attendance

Current Attendance for the whole school	Old Buckenham Primary School & Nursery	National Average	Regional Average
1 st September 2025- Friday 17 th October 2025	97.4%	95.5%	95.6%
6 th -10 th October 2025	96.7%		95.6%
13 th - 17 th October 2025	98.5%	95.1%	95.5%

Class Attendance

The following classes have met our school target of 97%:

6 th -10 th October 2025	13 th -17 th October 2025
Maple-99%	Willow-100%
Oak -98.7%	Aspen & Cherry-99.3%
Aspen- 98.5%	Oak-99.1%
Beech-97.9%	Maple- 99%
Willow-97.3%	

We are proud to announce that the winning class this half term who will get to select their attendance award is **OAK CLASS** 😊

We are now waiting to see which children get selected from the raffle to see a film in November for great attendance! Watch this space.



Reading Rainbow

We are so proud of our children in Years 1 and 2 who have been working hard to make their way up the rainbow for reading:

Year 1:

Violet- Isla C, Nancy, Poppy T

Indigo- Phoebe, Ava, Zachary

Blue- Arthur C, Aubrey, Clementine

Green- Arthur C

Yellow, Orange- Freya

Year 2

Violet - Harry, Mila, Maxwell, Remi

Indigo - Edison, Dylan

Seb - Green, Yellow, Orange

BBC 500 Words Competition Is Back!

We're thrilled to announce that the much-loved **BBC 500 Words Competition** has returned for 2025 — giving children the chance to show off their imagination and storytelling skills!

There are **two age categories** for entries:

- **5–7 years**
- **8–11 years**

Children are invited to write an **original story of up to 500 words** on any theme they like. As always, **spelling, punctuation and grammar are not marked** — it's all about creativity and brilliant ideas!

Amazing Prizes to Be Won!

- Each winner will take home a **bundle of books**.
- **Gold Winners** will also win **500 books for their school library**.
- **50 finalists** will be invited to a **star-studded Grand Final at Windsor Castle in February 2026**, hosted by **Her Majesty Queen Camilla**.
- Winning stories will be **read aloud by celebrity guests** and featured on a **special BBC One 500 Words programme with *The One Show* in early March**.

Meet the Judges

The official celebrity judging panel includes:
Sir Lenny Henry, Malorie Blackman, Francesca Simon, Charlie Higson, and Frank Cottrell-Boyce — all returning to crown the next generation of storytellers!

How to Enter

Find full details, inspiration and writing tips here:

 [BBC 500 Words Information Page](#)

Submit stories by **9pm on Friday 7th November 2025** via the official website:

 [Submit Your Story Here](#)

Let's celebrate creativity and encourage every young writer to give it a go — who knows, their story could be read aloud by a superstar on TV! 🌟

Clubs Taking Place from W/C 3.11.25

Further to this information being shared with everyone via MCAS, a reminder that there are a couple of changes that have been made to clubs and the days they are running after October Half Term. Please see below a reminder of the details:

Day	Club
Monday	Premier Sports: Multi-Skills: Y1-Y6 3.10-4.30pm Sign up via MCAS App
Tuesday	Choir with Mr Humphrey- sign up via Forms Numbots -Miss Moll(Selected pupils invited) Booster Reading (Y6) with Mrs Dacosta
Wednesday	Booster Maths (Y6) with Miss Edwards
Friday	Premier Sports: Football: Y3-Y6 3.10-4.30pm Sign up via MCAS App Create Club (Art)- sign up via Adam Daniel

Please note that we have just been made aware today that the Cooking Club is now not available after school due to the teacher being unavailable next half term. There is a lunchtime cookery club now available for pupils to access on Mondays.

Reminders: upcoming dates this fortnight for your diary

Date	Event
Monday 3 rd Nov	INSET Day- School Closed to children
Tuesday 4 th Nov	Pupils return to school
Friday 7 th Nov	School Vaccination
Monday 10 th -Friday 14 th Nov	Anti-Bullying Week
Tuesday 11 th Nov	9.30am: New Reception Parents Meeting for Sept 2026 Remembrance Service at All Saints, Old Buckenham Church for KS2 pupils
Friday 14 th Nov	Sharing Assembly
Friday 21 st Nov	Children In Need - Non Uniform Day

Friends Association Update

😊 Spooktacular Success for Our PTA!

We're thrilled to share some fantastic fundraising news with you!

Our recent **Bag2School collection** raised a wonderful **£179.10** – thank you all so much for your generous donations of clothing. It was a fantastic response and a great success!

Last night's **Halloween Disco** was also a huge hit! The children had an amazing time, and we're delighted to confirm that the event raised **£552.95**.

That brings our **total raised this term to £732.05!**

All of this money will go towards new outdoor play equipment for the school, and we can't wait to share more details with you after the half-term break.

Next term, we'll also have some **exciting news** about how your fundraising has helped enrich school life. Plus, look out for details on our upcoming **Christmas Movie Night** and the children's **Christmas card designs** – order forms will be coming home soon!

You can also follow us on Facebook for regular fundraising updates and news:

<https://www.facebook.com/share/17LRaD6dKD/?mibextid=wwXlfr>

Thank you, as always, for your fantastic support!

The Families Association

fa@obps.set.education

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like 'It's not that bad' or 'You're okay' may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT - HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



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