

9th February 2024

Principals Update

There were 500 house points up for grabs this week for the year groups with the best attendance. Congratulations to Olive who picked up the points in Y7 and Y10, Hathor for Y8 and Y11 and Ardea for Y9. Over the next 2 weeks, the focus will be on uniform with another 500 house points available!

Thank you to all those students that have taken part in our surveys regarding assessment, breakfasts and KS4 rewards, if you haven't yet submitted your replies you have until the end of the day Sunday.

Finally, congratulations to Esme Redding who has made it through to the South/East Regional Ormiston's Got Talent Final against outstanding competition; we will be wishing Esme luck in March at the final!

I hope that you have a lovely weekend.

Quiz and Chips – Save the date!!

We will be holding a quiz and chips on March 27th to raise money for the Friends of Broadland High and the Y11 Prom. More information including times and cost will follow in the next week.

Children's Mental Health Week

This week has been Children's Mental Health Week 2024, with this year's theme being 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

As parents and carers, you play an important role in your child's mental health. This year, the aim is to empower children of all ages, backgrounds and abilities to work together to create a positive change for their mental health and wellbeing.

For Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters." As part of the national campaign around Children's Mental Health Week, there are a number of helpful resources for families that can be accessed here - <https://www.childrensmentalhealthweek.org.uk/families/>.

We have also attached some helpful resources with this Newsletter. Should you ever have any concerns about your child's mental health, then you can reach out to staff in school, your GP or the Just One Norfolk website [https:// www.justonenorfolk.nhs.uk/emotional-health/childrenyoung-people-s-emotional-health/](https://www.justonenorfolk.nhs.uk/emotional-health/childrenyoung-people-s-emotional-health/) or phone line 0300 300 0123

My VOICE MATTERS

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

9th February 2024

Cambridge University Outreach

Please see the information below from Caius College – Cambridge

We are inviting able Year 9 and Year 10 students from Hertfordshire, Norfolk, Bexley, Bromley, Newham, Waltham Forest, Barnet, Lewisham and Greenwich to take part in Caius 9&10, one of our online after school programmes for young people attending state schools in our link areas.

Please note that students who took part when they were in year 9 last year should not re-apply, as this is the same programme.

Caius 9&10 Programme

Deadline: Friday 22 March 2024

The program will consist of a series of **online** after-school sessions. The students will receive both guidance and ideas on how to explore subject interests, and an introduction to studying at University. Students will also have the chance to talk to current Cambridge students and attend an online lecture.

Session 1, Wed 17 April 2024, 4:30-5:30pm:	Introduction to studying at university and Oxbridge
Session 2, Wed 1 May 2024, 4:30-5:30pm:	Exploring subject interests
Session 3, W/C 13 May 2024, 5:00-6:00pm:	Taster lectures (one STEM lecture, one humanities)
Session 4, Wed 5 June 2024, 4:30-5:30:	Student Life Q&A (life at university, clubs, societies)
Session 5, Wed 19 June 2024, 4:30-5:30:	Session chosen by students

Please ask **students** to register their interest by completing this short survey form. Please note, this form requires a digital signature from a parent/guardian/carer (this can be done on a touchscreen device or with mouse on a desktop computer)

https://cambridge.eu.qualtrics.com/jfe/form/SV_2srWC9yArjsCXXw

The deadline for signing up is **Friday 22 March 2024** and students will be notified by **Monday 15 April 2024** whether they have been successful in gaining a place on the programme. We welcome applications from all students and we will prioritise applications from high-achieving students with a widening participation background (e.g. Free School Meals, living in care etc).

Kitchen Assistant Vacancies:

Responsibilities include Till work, washing up, food preparation, sandwich preparation, food service, cleaning etc, catering experience beneficial.

Term time only

Hours 9-2 and 10-2

Rate of pay £10.42 per hour

Email broadlandhigh@edwardsandblake.co.uk

Contact Chris Seddon

9th February 2024



PE department notices

A huge well done to all who recently attended;

- Year 7 netball tournament
- Year 10 netball tournament
- Year 9 girls' basketball fixtures
- Year 7 rugby day
- Year 8 rugby day
- Year 7 boys County Cup
- Year 8 boys County Cup
- Year 9 boys Country Cup
- and all the attendees at our clubs!

Year 7 girls rugby is next week Tues 13th and 8&9 girls on the 27th (email Mrs Keel if you have any questions).



Day	Club	Lead teacher
Tues	7&8 Girls Basketball	Mr Tregale
Wed	7-10 Girls indoor cricket	Miss King
Wed	7-11 Netball	Mrs Keel
Thurs	7&8 Hoopstars	Ken from Hoopstars /Mr Shreeve

Remember to bring your full PE kit for every lesson. Hair up and no jewellery .

Year 8 Girls Basketball

The year 8 girls basketball team played well, despite losing to a strong Wymondham High team this week. There were lots of positives, learning and improving with each game – great effort and sportsmanship from everyone!

Year 8 Boys Football

Year 8 boys were involved in a 9 goal thriller. Finding ourselves 4 goals down at the break, we reset and played some simple football and clawed back a couple of goals in quick succession from Charlie. End to end stuff for the remainder of the match with Luke scoring a 30 yard wonder goal. It wasn't enough though and we lost 3-6.

Year 9 Boys Football - County Cup Quarter Final

An excellent first half from the Year 9 boys frustrated our opponents Hellesdon until a flurry of goals late in the half. Toby converting a penalty made the score 1-2 at the break. The boys couldn't keep the intensity up as they began to tire, and Hellesdon capitalised on the big gaps on the pitch. Toby netted a wonder goal after running from his own half, battling through numerous challenges and striking from 25 yards into the top corner late in the half. The boys have a couple of more fixtures remaining before their tour to Valencia over the Easter break.



Law and Social Action Competition



SpeakOut

Key Stage 4

Are you interested in topical issues?

Do you have strong opinions?

Enter the competition by creating a response to the following question. You could create a podcast, poster, write an essay or submit a response in any other format of your choice. Remember to carry out research on the issue, both online and amongst your fellow students:

Agree or disagree: The voting age should be lowered to 16?

There are prizes for a winner and two runners up at each Key Stage. Winners will receive a £100 voucher plus a copy of 'The Secret Barrister: Fake Law' and runners-up will receive a £50 voucher.

Please see competition posters or contact Mrs Ragan (lead practitioner for law) at kate.ragan@ormistonacademies.co.uk for further information or support/suggested resources and to submit entries.

DEADLINE: 26 February 2024

Key Stage 3

Are you interested in topical issues?

Do you have strong opinions?

Enter the competition by creating a response to the following question. You could create a podcast, poster, write an essay or submit a response in any other format of your choice. Remember to carry out research on the issue, both online and amongst your fellow students:

If you had £10 billion to spend on making the world better, how would you spend it?

There are prizes for a winner and two runners up at each Key Stage. Winners will receive a £100 voucher plus a copy of 'The (Nearly) Teenager's Guide to Changing the World' and runners-up will receive a £50 voucher.

Please see competition posters or contact Mrs Ragan (lead practitioner for law) at kate.ragan@ormistonacademies.co.uk for further information or support/suggested resources and to submit entries.

DEADLINE: 26 February 2024



SpeakOut



SpeakOut



OAT in Bloom

[OAT]
Ormiston Academies Trust
ACHIEVING MORE TOGETHER

2024 will see the 60th anniversary of Britain in Bloom. Over the years, Britain in Bloom has continued to bring people together, forged life-long relationships and enriched lives. The theme for this milestone year is 'friendship', and you are invited to get involved in an OAT competition, 'OAT in Bloom'.

The hope is that this event will inspire each OAT academy and their communities to make positive changes to their local environment through horticultural, environmental and community action.

This is an exciting time for all you green fingered students, staff, parents, and families to get gardening. Whether you are planting hanging baskets or raised planters, from vegetables patches to gardens, whatever you choose to grow and nurture, now is your time to shine.

Please submit evidence of your gardening project as photos to eco@ormistonacademies.co.uk.

- Each submission email should have the title 'OAT in Bloom'.
- Each submission must have the name of the person submitting. For pupils, please add age and year group.
- Each submission should include the academy name.

Deadline to submit is the end of the summer term 2024. Winners will be announced in **September 2024**.

Competition categories and requirements:

Best wild meadow

The goal of this category is allowing an area to return to nature and allow biodiversity to flourish.

Best garden design on paper

The goal of this category is to submit a garden designed on paper, fully annotated with a minimum of five labels explaining the garden design.

Most colourful display

The goal of this category is to create the most colourful planting display with the most impact

Best mini marvel

The goal of this category is to effectively utilise space and create a visual display of colour creatively with design and layout in a miniature space.

Best raised bed, container planting, including hanging baskets

The goal of this category is to effectively grow within raised beds, containers or in hanging baskets, being resourceful and eco-friendly in what is being used as containers

Best vegetable patch/fruit orchard/greenhouse

The goal of this category is to showcase the sustainability of food growing and its benefits for health and wellbeing.

Best community garden

The goal of this category is to develop an outdoor space that improves the local community/neighbourhood

Any questions please contact eco@ormistonacademies.co.uk.



YOUROATVISION SONG CONTEST

YourOATvision Song Contest is a composing and song writing competition, created exclusively for OAT pupils. Pupils are encouraged to write and record a song around the theme of 'Belonging'.

The competition has been inspired by the famous Eurovision Song Contest and we hope to see as many academies participate as possible.

This is the first year of running this competition and we hope it will grow into a wonderful annual showcase of OAT's budding musicians!

Any staff member within your academy can run this competition, it could be a science technician who is in a band or part of the catering team who has a passion for composing, it can be a weekly enrichment club, a one-off workshop, or pupils can simply work as an individual or group and send it to the named staff contact in academy, who will then submit it to the central team by emailing youroatvisionsongcontest@ormistonacademies.co.uk on their behalf.

Where academies have more than one entry, they will need to vote for their favourite and submit it to youroatvisionsongcontest@ormistonacademies.co.uk no later than **26 April 2024**. All entries will be reviewed by judges on **3 May 2024**. The winning song will be celebrated with an announcement on **Friday 10 May 2024**.

Submission requirements:

- ★ Quality audio or video recording of the song, no longer than two minutes long.
- ★ Written copy of the lyrics.
- ★ A short description, either verbal or written, of how their song links to the theme of 'Belonging'.
- ★ Solo, duet, and group* performances welcome.
- ★ All submissions must include a credits list which details names of pupils involved, year group, academy and their roles in the performance or composition.
- ★ Band or performer name where applicable.

*Groups should include no more than 15 performers.

If you have any queries, please either contact your regional enrichment social action co-ordinator (RESA) or email youroatvisionsongcontest@ormistonacademies.co.uk

Timescale

Launch date: 15 January 2024

Submission to staff in school: 19 April 2024

Academies to select favourite song and submit no later than 26 April 2024*

Judging will take place on 3 May 2024

Announcement of winning song on 10 May 2024

*We are unable to accept any submissions after this date.

for your information

Introducing the new FYI website for young people in Norfolk & Waveney

Norfolk and Waveney Children and Young People's Health Services have launched a brand-new website 'FYI' for those aged 11-24, who are seeking self-care advice, information and guidance about their health and wellbeing. The new website is validated by NHS clinicians and other professionals, making it a reliable source of information on topics such as, health, education, relationships, emotional and mental health and much more.



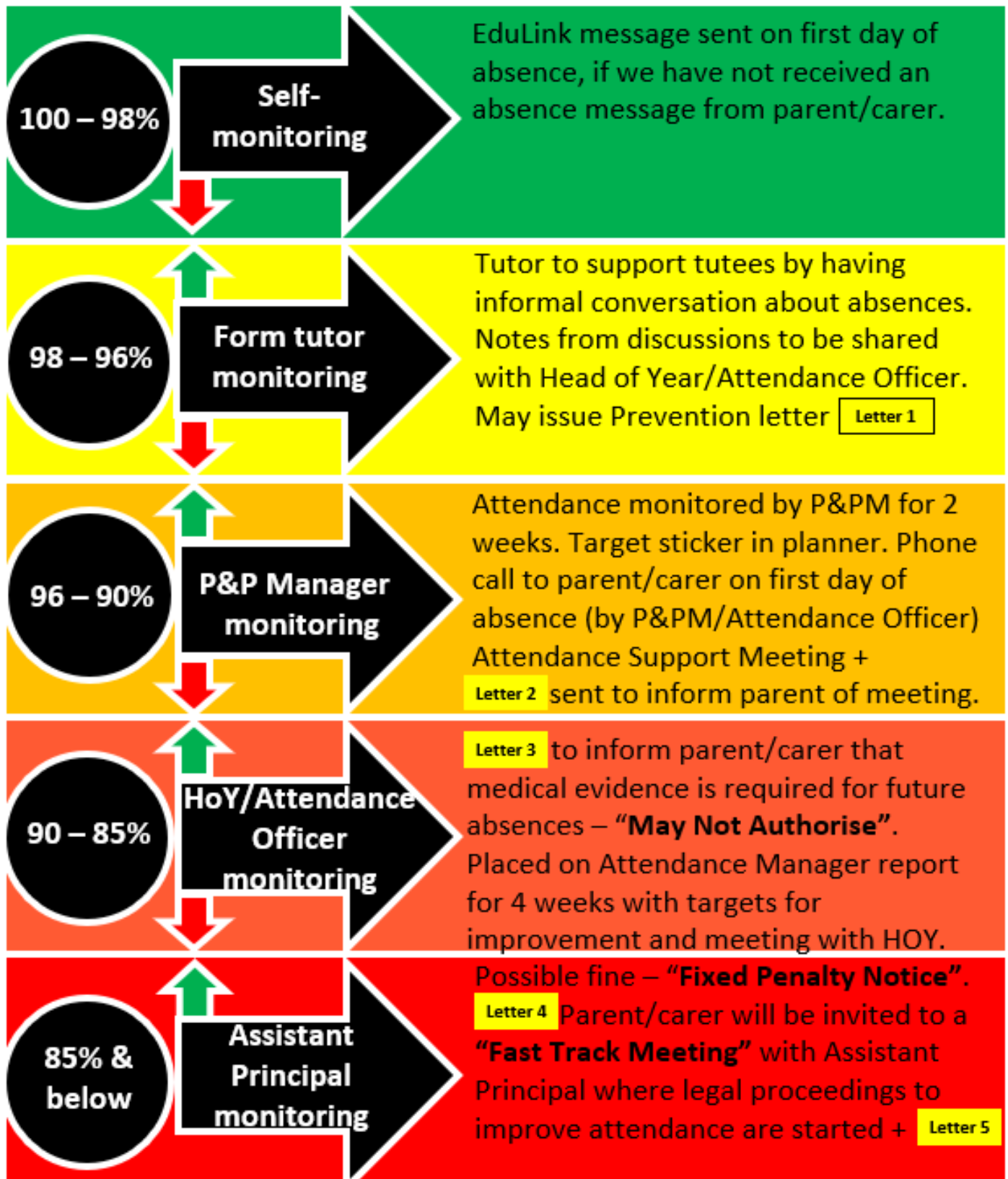
Using interactive content, downloadable resources and real-life experiences, FYI aims to empower young people to take control of their health and wellbeing, as well as providing information on accessing further local help and advice if needed.



www.fyinatorfolk.nhs.uk

9th February 2024

How our academy will support you
with achieving excellent
attendance!

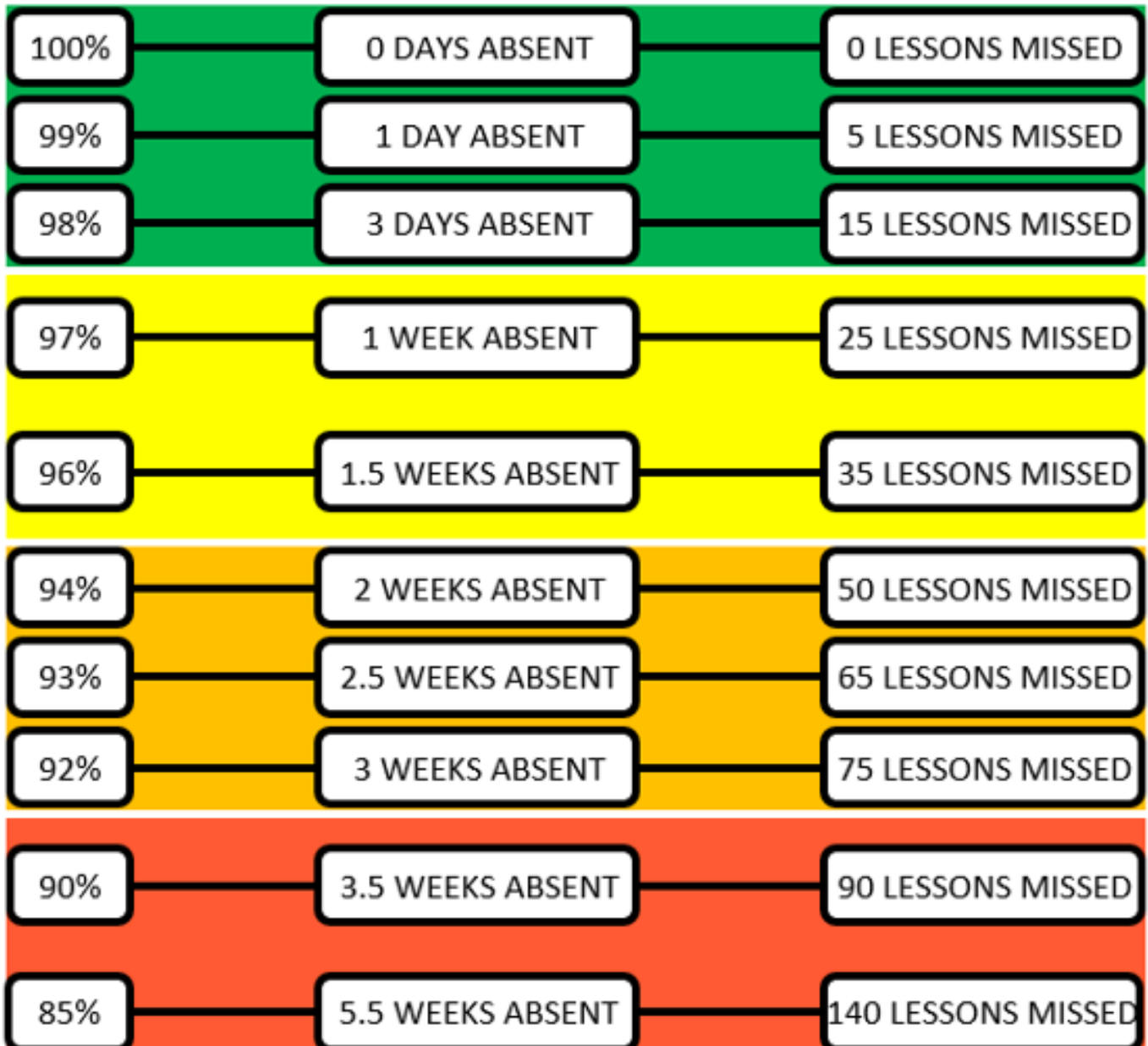


BROADLAND BULLETIN

Principal: Matthew Sprake
Vice Principal: Simon Laycock

9th February 2024

Excellent attendance matters!



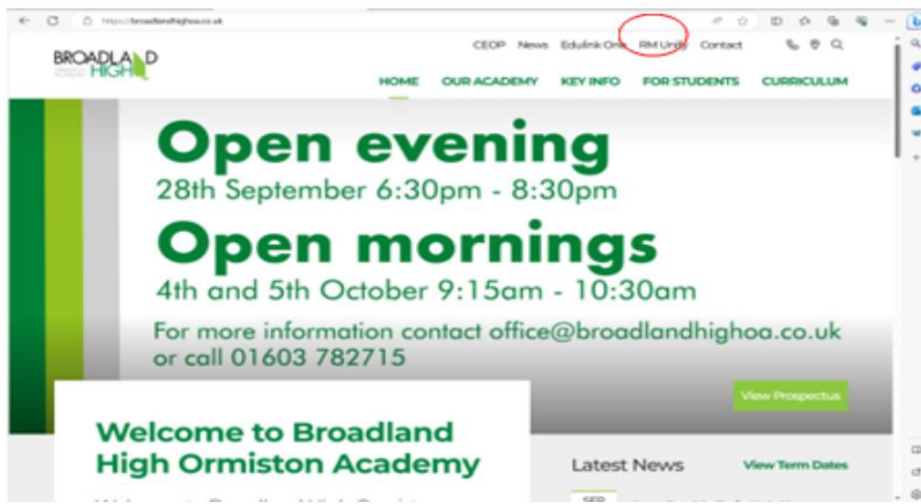
**Be the best you.....
ATTEND EVERY LESSON, EVERY DAY ON TIME.**

9th February 2024

Accessing School Accounts From Home

How to access Teams, Office 365 and Outlook from home:

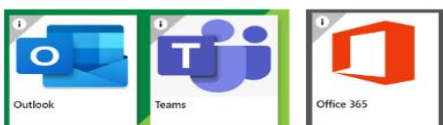
1. Go to the Broadland website.
2. Click the RM Unify button at the top of the page.



3. Sign in using student username and password:

Username: 23 followed by first letter of first name, then last name (**Example: 23aking**)

Password: The same password students use to log onto the computers at school



4. Click sign in and it will load up the Broadland RM Unify launch pad where you will find Teams, Outlook and Office 365.
5. To log into Outlook, use the same details used for logging into RM Unify. It may ask for your email address which is, your username followed by @broadlandhighoa.co.uk (**Example: 23aking@broadlandhighoa.co.uk**)

9th February 2024



In keeping with our commitment to provide students with outstanding careers guidance and tailored support when choosing their next steps after school, Broadland will shortly be using Unifrog, an award-winning, online destinations platform. All students in all Years will have access to this website by the end of the academic year.

We will begin with Year 10 students to enable them to add work experience placements - we will send Y10 students and their parents further information about how to do this next week.

Students access the platform by clicking a link in their welcome email, which will also be sent to their school email address next week. They will then be able to create a password and can begin using the platform.

They will sign in to Unifrog using their academy email address and password and they can do so from any computer, tablet, or smartphone. We would encourage you to use the platform with your child so you can support them through the process of deciding their next step.

Unifrog is the universal destinations platform and is designed to support learners in making the most informed decisions about their futures and has a range of tools that are suitable for all year groups. Each student has their own account where they can explore all the career and next step options available to them and find information on everything from managing their workload to writing a winning CV. Students have access to a wide variety of video and written content, and interactive quizzes and tests, including:

Section of the platform	Examples of what students can do	Suitable age range
Quizzes	Finding their interests, personality type, preferred work environment, and skillset.	Years 7-11
Exploring pathways	Explore careers, career sectors, subjects, sign up to free webinars, explore MOOCs and courses, and find wider reading materials.	Years 7-11
Recording what you've done	Record their in-class and extracurricular activities, record examples of their skills, and see the record of CEIAG events the school has added to their accounts.	Years 7-11
Work experience placements	Record their work experience placement, keep track of its approval process, fill in a day today placement diary.	Year 10

What does your sparetime look like?



Flying, sports, target shooting, drill, adventure training, camping, fieldcraft, canoeing, archery, abseiling and more...
all whilst hanging out with new friends and having fun!

222 (Broadlands) Squadron Air Cadets

Monday and Friday evenings | 7–9.30pm

Broadland High Ormiston Academy

Are you
12 years old
and in Year 8?

Join us today!

Register your interest by emailing
222@rafac.mod.gov.uk

or visit 222-atc.org.uk



**ROYAL
AIR FORCE
AIR CADETS**
the next generation

9th February 2024

Kooth



Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support within 24 hours.

When students register with **Kooth** they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit

www.Koothplc.com (adults)

www.kooth.com (young people)

where young people can register and others can find out more about the service.

You can also view a short video about the service at: <https://vimeo.com/318731977/a9f32c87de>.

9th February 2024

Safer Schools App

As part of OAT we have free access to the Safer Schools App. The Safer Schools App is an award-winning safeguarding resource, developed in partnership between Ineqe Safeguarding Group and Zurich Municipal, that helps entire school communities to better protect themselves in the digital world, through delivering contemporary and contextual safeguarding information to teachers, students, parents and carers.

Parents and carers have access to information on the popular social media platforms used by their children and their friends. They are also provided with an insight on critical issues such as bullying, sexting and gaming and are given easy to follow advice on how they can make their homes and the devices they give their children safer. Parents and carers can download the app and scan the QR code to the left or enter the code for our academy - 7675.

Students have access to age appropriate information, advice and guidance on keeping themselves safe online. Students can download the app and scan the QR code to the right or enter the code for our academy - 4898. If you have any questions or concerns about safeguarding please do not hesitate to contact one of the BHOA team.

danielleratcliffe@broadlandhighoa.co.uk rachelwyatt@broadlandhighoa.co.uk melaniestubbings@broadlandhighoa.co.uk



Tuesdays 6.10pm - 7.00pm at The Garage

Book your place here: <https://www.thegarage.org.uk/classes/>



Norfolk
COUNTY YOUTH
CHOIR

FREE

Norfolk County Youth Choir is a choir for young people from across Norfolk. Open to young people from Year 6 upwards; there is no audition required, it is free to attend, and all you need to join is a love of singing and a desire to improve your skills.

This is a great way to reconnect with live singing; a relaxed and welcoming space to explore music, performance and share the fantastic benefits of singing together.

The Choir is free to attend but booking is required.