

Principal's Newsletter

Friday 6th October 2023

Welcome to this week's newsletter. All of our clubs are now up and running and it's been a real pleasure to see the number of students taking part in after-school sport. Our new netball courts on the back playground have been particularly well used for clubs and tournaments. We're also delighted to see so many students from every year group using the 3G pitch at lunchtime. Well done to year 11 as well as they start revision and intervention sessions. There are lots of other amazing opportunities for students in every year group to take part in – some of which are below.

FLEGG HIGH ORMISTON ACADEMY EXTRA-CURRICULAR ACTIVITIES - AUTUMN TERM 2023

Day	Activity	Time	Year(s)	Venue	Staff
Tuesday	Netball Club	15:00 - 16:00	Years 7 & 8	Back playground	Mrs Cropley & Miss Davey
	Rugby	15:00 - 16:00	All year groups	Sports Hall	Mr Hart
	Music Open Hour	15:05 - 16:00	All year groups	Room 29	Dr Butler
	F1 in Schools	15:00 - 16:00	All year groups via an application process	Maths Department	Mr Woodhouse & Mr Nelson
	KS4 Art Catch Up	15:00 - 16:30	Years 10 & 11	Rooms 24 & 26	Mr Coombes & Mr Winner
	Drama Club	15:00 - 16:00	All year groups	Drama Studio	Ms Trevor
Wednesday	STEM Club	13:30 - 14:00	All year groups	Room 6	Mrs Hall
	Dance Club	15:00 - 16:00	All year groups	Dance Studio	Mrs Hipperson
	Year 8 & 9 Music Club	13:40 - 14:00	Years 8 & 9	Room 29	Dr Butler/Mrs Sexton
	Girls Football	15:00 - 16:15	All year groups	3G Pitch	Mrs Utting
	Boys Football	15:00 - 16:00	Year 7 & 8	3G Pitch	Mr Hart
	Year 11 Maths Revision	15:00 - 16:15	Year 11	Maths Department	Maths Team
	KS4 Art Catch Up	15:00 - 16:30	Years 10 & 11	Rooms 24 & 26	Mr Coombes & Mr Winner
	Fitness	15:00 - 16:00		Fitness Suite	Mr Bending
	Music Open Hour	15:15 - 16:00	All year groups	Room 29	Mrs Sexton
Thursday	Year 7 Music Club	13:40 - 14:00	Year 7	Room 29	Dr Butler/Mrs Sexton
	History Club	13:20 - 14:00	Years 7, 8 & 9	Room 35	Mr Williams
	Pokemon Club	13:20 - 13:55	All year groups	Room 4	Mr Bartlett
	Choir	15:05 - 16:00	All year groups	Room 29	Dr Butler/Mrs Sexton
	Football	15:00 - 16:00	Years 9 & 10	3G Pitch	Mr Hart
	Netball Club	15:00 - 16:00	Years 9, 10 & 11	Back playground	Mrs Cropley & Miss Davey
Friday	Chess and Maths Games Club	13:20 - 14:00	All year groups	Room 22	Maths Department
	Event Team	13:20 - 14:00	All year groups	Hall	Mrs Spooner
	Music Catch Up	13:20 - 13:45	Year 10 & 11	Room 29	Dr Butler
	Band Practice	15:05 - 16:00	All year groups	Room 29	Dr Butler
3G Pitch Every Day	Week A	13:20 - 13:40	Years 8 & 10	3G Pitch	Mr Wilkinson, Mr Linehan & Mr Pitcher
	Week A	13:40 - 14:00	Years 7 & 9	3G Pitch	Mr Wilkinson, Mr Linehan & Mr Pitcher
	Week B	13:20 - 13:40	Years 7 & 9	3G Pitch	Mr Wilkinson, Mr Linehan & Mr Pitcher
	Week B	13:40 - 14:00	Years 8 & 10	3G Pitch	Mr Wilkinson, Mr Linehan & Mr Pitcher

Student Leadership

Last week, I mentioned some exciting changes to our student leadership structure in the academy. This week, I am delighted to announce the name of our Head Prefect!

Well done to Ruby Alexander who will lead the team and also meet fortnightly with me. Ruby and her senior prefects will also be invited to senior leadership team and governors' meetings to represent the voice of students in the academy. I am very excited to work with all of the students as we move through the year – they are an absolute credit to the academy.



Principal's Surgery

If you would like to book a meeting with the Principal, I will be holding this half term's 'surgery' on Friday 20th October. Please contact principalsoffice@fleggoa.co.uk or call 01493 749207 to book a slot.

World Mental Health Day

Every year on 10th October, organisations and communities around the world come together to raise awareness of mental health issues. This year the theme is 'Mental Health is a universal human right'.

At Flegg, PSHE lessons during the week will follow this theme. We will be encouraging students to wear a green accessory for the day on Tuesday 10th October e.g green socks, a green hairband.



Car Parking before and after School – Polite Request

Please can you use a designated car park space when you are dropping off or picking up your child/children from school. Please do not double park or block other cars users in. This is to ensure all our students and families are kept safe and to help reduce the risk of accidents.

Toilets

As of Monday, there will be some changes to toilet access for students. I will clarify here so that there is a clear and consistent message:

All toilets will be open before school, in the changeover between lessons, at break, lunchtime and after school. Currently, we have an excessive number of students who are leaving lessons to go to the toilet, meaning that learning is disturbed for them and other students. Whilst a small number of toilets will remain open for those with toilet cards or true emergencies, all others will be closed during lesson time. Students will be reminded of this by form tutors and of the need to get into good habits around using toilets at break times. Many thanks for your support. If you feel that your child may struggle with this for medical reasons and does not currently have a toilet card, please let us know. As always, we have sanitary products available free for students from the pastoral office in case of emergency.

Attendance Corner

100% attendance winners (please see our letter detailing how students can qualify for this)
580 students have 100% attendance in the period 25.09-29.09 - well done everyone!

The winners of our 100% attendance draw are:

Y7 Chloe Middleton

Y8 Sam Warnes

Y9 Leonor Almeida

Y10 Millie-Marie Nichol

Y11 Ashton Blogg

Careers

Year 11 had their final whole year group college assembly with East Norfolk this week. The college application website that we use - www.helpyouchoose.org has now opened for applications to all the courses that are available in Norfolk. We encourage all students to apply for their courses there. Students can apply to more than one college and more than one course, and we are expecting all students to have completed at least one application by Christmas. If your child would like a careers appointment with our careers advisor, please contact Mr Guy dguy@fleggoa.co.uk

Clubs & Enrichment Activities

Formula 1 in Schools

Following huge success over the last two years, we are once again looking to recruit new team members for our F1 in Schools project. Our two Flegg teams, Venti and Caliber Racing will once again be competing at the regional finals hoping to continue our successes and qualify for the national competition later in 2024. The application process will be emailed to all students over the weekend with added instructions of how to ensure their application is submitted. If students have any questions, please see Mr Nelson or Mr Woodhouse.

Language Clubs and Competitions

Spanish club for year 9 with Mr Rodriguez - conversational Spanish on Thursday lunchtime (13.25-13.55) Week B in room 38.

Mrs Reynolds will offer a KS3 French club on Week B Wednesday lunchtime 1.20-1.45 starting Wednesday 11th October.

Spelling Bee!

Comment ça s'épelle ?

Calling all year 7s who are interested in taking part in this year's OAT Spelling Bee competition in French. Madame Bennett is running a preparation session every Wednesday from 1.30pm onwards in room 36. Round 1 (50 French words) is a school-based competition who will take place on Tuesday 14th November. The 2 winners will go on to compete regionally. The final round is the national round, which will take place at the beginning of 2024.

The prize is a 3-day trip, 2 nights to Paris with a parent or carer.



Aspiration



The U15 Girls football team played in the first round of the English schools' National cup last week against Framlingham Earl. The team played brilliantly throughout and it is clear that they are all committed to their football. The final score was an incredible 14-0 win to Flegg. Special mention must go to Scarlett Colby who scored 7 goals (on her birthday too!) It was an outstanding performance from all the players.

Duke of Edinburgh Award



26 of our year 10 students took part in the Duke of Edinburgh expedition this weekend. On Saturday they began bright and early to make their way from North Walsham to Buxton using a route they had planned in their teams. Carrying all their equipment, they had to navigate their way through the countryside and set up camp as soon as they arrived. The next challenge was to cook themselves pasta using Trangias (portable cooking stove), before finishing the day with games and team challenges.

On Sunday morning they had to cook themselves breakfast before walking approximately 15 kilometres. This may have been even longer for some groups depending on how lost they got. Students also encountered an additional challenge of some curious cows that were blocking the path. A new route was formed to avoid them, but this delayed them by about 20 minutes. They continued their expedition and arrived back to the site at around 4pm. They were completely exhausted but had lots of memorable moments from the weekend. Loads of stories and fun memories were shared and another successful weekend was complete. Well done to all who took part!

Year 7 Netball Tournament.

On a soggy Monday afternoon, it was lovely to welcome Charter, Venture and Acle to the first in a series of year 7 netball tournaments. Flegg fielded two teams, Flegg white bibs and Flegg green bibs. Both teams played and grew with confidence throughout the tournament.

Match results -

Flegg White bibs - lost 2-0 against Acle, lost 1-8 against Charter, lost 2-0 against Flegg green bibs and lost against Venture 2-0.

Flegg Green bibs - lost 4-1 against Acle, Won 2-0 against Flegg white bibs, lost 9-0 against Charter and won 1-0 against Venture.

Charter were the dominant team winning all their matches and the tournament. It was a three way tie on 10 points for Acle, Venture and Flegg Green.

	A ACLE	B Flegg White	C CHARTER	D FLEGG Green	E VENTURE	Total wins/ Points score		position
A ACLE		2-0 5	1-9 0	4-1 5	0-2 0	7 - 12 10 -5	10 -5	3 rd
B Flegg White	0-2 0		1-8 0	0-2 0	0-2 0	1-14 0 -13	0	5 th
C CHARTER	9-1 5	8-1 5		9-0 5	5-0 5	31-2 20 +29	20	1 st
D FLEGG Green	1-4 0	2-0 5	0-9 0		1-0 5	4-13 10 -9	10 -9	4 th
E VENTURE	2-0 5	2-0 5	0-5 0	0-1 0		4-6 10 -2	10 -2	2 nd

Well done girls, Mrs Cropley was proud of your efforts. Thank you to Lois and Ciarah from year 11 for helping. Despite the weather, it was lovely to see so many supporters.



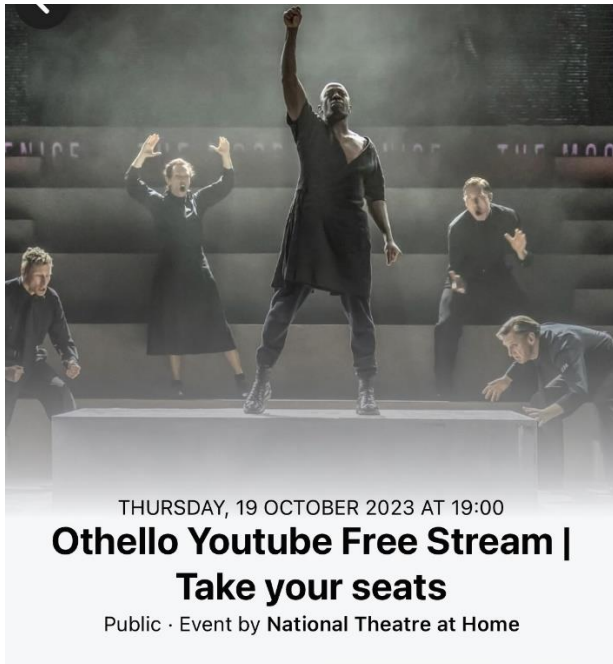
Drama

To celebrate 60 years on stage, The National Theatre invites you to take your seats for a special free screening of Shakespeare's most enduring tragedy, *Othello*.

Directed by Clint Dyer the performance has a cast that includes Giles Terera (*Hamilton*), Rosy McEwen (*The Alienist*) and Paul Hilton (*The Inheritance*).

She's a bright, headstrong daughter of a senator; elevated by her status but stifled by its expectations. He's a refugee of slavery; having risen to the top of a white world, he finds love across racial lines has a cost. Wed in secret, Desdemona and Othello crave a new life together. But as unseen forces conspire against them, they find their future is not theirs to decide.

The free showing will be on Thursday 19th October at 7pm on the National Theatres YouTube channel. The rating for this performance is 12A.



PSHE

This week students are studying:

Year 7 Puberty, what happens when and why?

Year 8 Why do some people become selfie obsessed and what consequences can this have?

Year 9 How can we manage social anxiety?

Year 10 Why do some people become homeless and why is homelessness on the increase?

Excellent Work!

Year 11 have been practicing sample dishes for their catering practical exam.



Lily fryer and Sam Mchugh are representing year 7 in this photo as they have made scones this week.



Year 11 textiles printing with leaves and machine stitching into samples.



Community Event



**The Reedwarblers
and
Martham Academy Choral Society**

Fundraising Concert
in memory of Judy Colman

Friday 13th October 7.30pm
at
Martham Academy and Nursery School

Free entry but donations gratefully received
towards a memorial bench on Weavers' Way.



**Join the
Boys Movement
Company**

A new high-energy
and inclusive dance group
for boys aged 11-18

Bursary spaces available!

**Norwich
Theatre**

01603 630 000
norwichtheatre.org

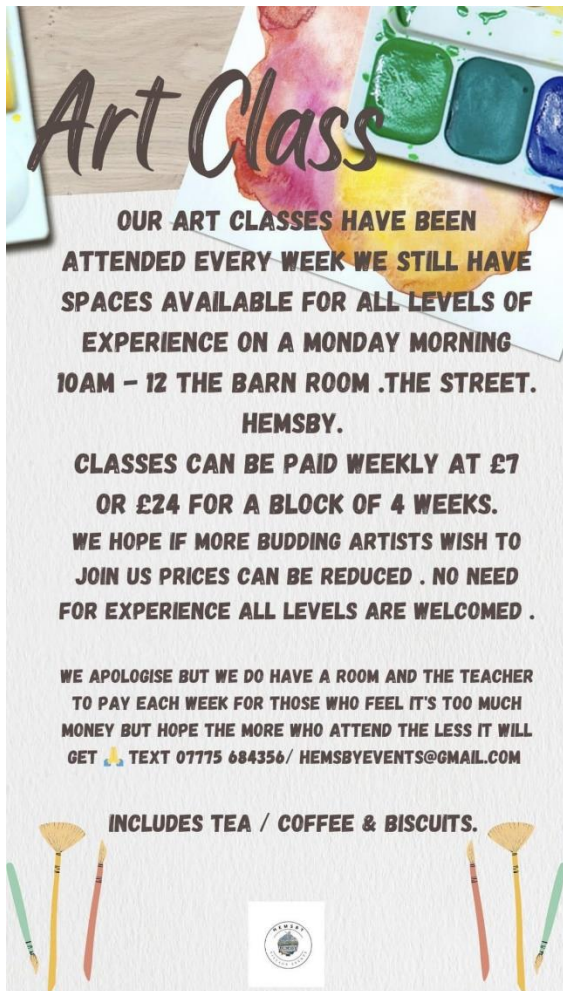
Art Class

OUR ART CLASSES HAVE BEEN ATTENDED EVERY WEEK WE STILL HAVE SPACES AVAILABLE FOR ALL LEVELS OF EXPERIENCE ON A MONDAY MORNING 10AM - 12 THE BARN ROOM .THE STREET. HEMSBY.

CLASSES CAN BE PAID WEEKLY AT £7 OR £24 FOR A BLOCK OF 4 WEEKS. WE HOPE IF MORE BUDDING ARTISTS WISH TO JOIN US PRICES CAN BE REDUCED . NO NEED FOR EXPERIENCE ALL LEVELS ARE WELCOMED .

WE APOLOGISE BUT WE DO HAVE A ROOM AND THE TEACHER TO PAY EACH WEEK FOR THOSE WHO FEEL IT'S TOO MUCH MONEY BUT HOPE THE MORE WHO ATTEND THE LESS IT WILL GET 🙏 TEXT 07775 684356/ HEMSBEVENTS@GMAIL.COM

INCLUDES TEA / COFFEE & BISCUITS.



MARTHAM CARNIVAL FUNDRAISERS PRESENT

A TABLE TOP SALE

SUNDAY OCTOBER 15TH

MARTHAM VILLAGE HALL

Doors open 9am
for a 9-30 start

Book early to avoid dissapointment
ring Belinda -01493296778

refreshments
available

£8-00
per table



Rollesby's

Pumpkin Fun Day

In aid of Rollesby Community Woodland

Sat 28th Oct

BBQ - DRINKS - CRAFTS
- STALLS - ANIMALS

11-3

£2 CHILD PUMPKIN
& CARVE
OR PYO AND CARVE FOR £1

@THE TACONS, THE GRANGE, ROLLESBY, NR29 5AJ



Community Garden Update



Online Safety advice for parents and carers

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

AGE RESTRICTION
7
PEGI

WHAT ARE THE RISKS?

SENSITIVE PREMISE
In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as The Traitors, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

VIRTUAL VIOLENCE
The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

CHAT BETWEEN PLAYERS
With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

GOING OFF PLATFORM
While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undoubtedly make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

IN-GAME PURCHASES
Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

Advice for Parents & Carers

CONSIDER SOFTER ALTERNATIVES
Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

CHAT ABOUT CHATTING
You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

DISCUSS DISCORD
In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

AMONG US, AMONG FRIENDS
When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

STOP SURPRISE SPENDING
If you're concerned about the possibility of your child racking up an unexpected bill on Among Us microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

Meet Our Expert
Lloyd Coombes is Editor in Chief of gaming and esports site G4Recon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.10.2023

To find out more go follow National Online Safety on Facebook www.facebook.com/NationalOnlineSafety

Dates for your diary

Friday 20th October – last day of term

Monday 30th October – First day of term

Friday 10th November – Non school uniform day

Saturday 18th & Sunday 19th November – Christmas Market

Thursday 30th November – Year 10 Progress Evening

Friday 8th December - Christmas Jumper Day

Thursday 14th December – Christmas Showcase

Friday 15th December – Year 11 Rewards Trip

Monday 18th & Tuesday 19th December – Year 7-10 Rewards Trips

Wednesday 20th December – Last day of term

Thursday 4th January – First day of term

With kind regards,

A handwritten signature in cursive script that reads "Jane Bennett". The signature is written in a light grey or blue ink.

Mrs Jane Bennett, Principal