

Principal's Newsletter

Friday 15th December



Dear Families,

What a brilliant, festive week!

Rewards Trips

On Tuesday, we took 450 students from years 7, 8 and 9 to the Great Yarmouth Hippodrome. We were incredibly proud of our students and the positive way they represented the academy with all of them saying how much they had enjoyed the exciting performance. Well done to them all.



Today, it was Year 11's turn to go on their rewards trip. Dressed in their comfortable clothes, they had a ball, roller skating at Funky's in Norwich.

Next week it's year 10's turn to enjoy their trip.

Christmas Dinner

On Wednesday we held our annual Christmas dinner. Thank you to Mr Pride and the canteen staff for providing the delicious festive favourites!



Christmas Showcase

Last night, we held our brand-new Christmas Showcase and were blown away by the talent of students from years 7 – 11. There was rock n roll, dancing, choir and individual musical performances plus some astonishing drama from year 11 and the KS3 drama club. A big well done to everyone who took part and a thank you to the staff who made it possible.





Celebration Assemblies

On Wednesday, years 7 – 10 will have their celebration assembly with prizes and certificates given out for a broad range of student achievements this term.

Student Leadership Initiatives

Thank you to the prefects and Mrs Cropley who have organised the following end of term fun:

Christmas Hamper Competition

At Flegg, there is nothing we like more than a competition that brings the school community together in aid of local charities. The Christmas hamper competition made a welcome return this week with form groups working together to create well-stocked, artistic creations in aid of Martham Food Bank. All entries were submitted during form time this morning and were judged by myself and our Education Director from Ormiston Academies Trust, Mr Aron Whiles. Well done to everyone who got involved or donated items to this vital local charity.

It was difficult to choose but here are the winners from each category:

First overall winner	7ABR (tank)
Principal's choice	7LFU (red sleigh)
Year 7 Winner & best stocked	7CIN (factory)
Year 8 winner	8TWI (fireplace)
Year 9 Winner	9LCU (quality street)
Year 10 winner	10ACR (Santa)
Best entrance to the hall	8JHA (green sleigh)



Santa Fun Run

And why not end the term with a bit of fun? All students (and staff!) are invited to take part in our Santa Fun Run. Held at lunchtime, this popular Flegg staple makes a welcome return this year. Tickets cost £1 with all money raised going to Hemsby Lifeboat.



Exciting news!

I am proud to announce that this year we are part of the **Royal Shakespeare Company (RSC) Associate Schools Programme!**

The Associate Schools Programme is the RSC's national partnership project run by schools and regional theatres, in partnership with the RSC. The fundamental ambition of the Associate Schools Programme is to transform experiences of Shakespeare and live theatre for young people.

Ms Trevor will be running the *A Midsummer Night's Dream* project which will be officially launched in the new year.

HOWEVER,.....

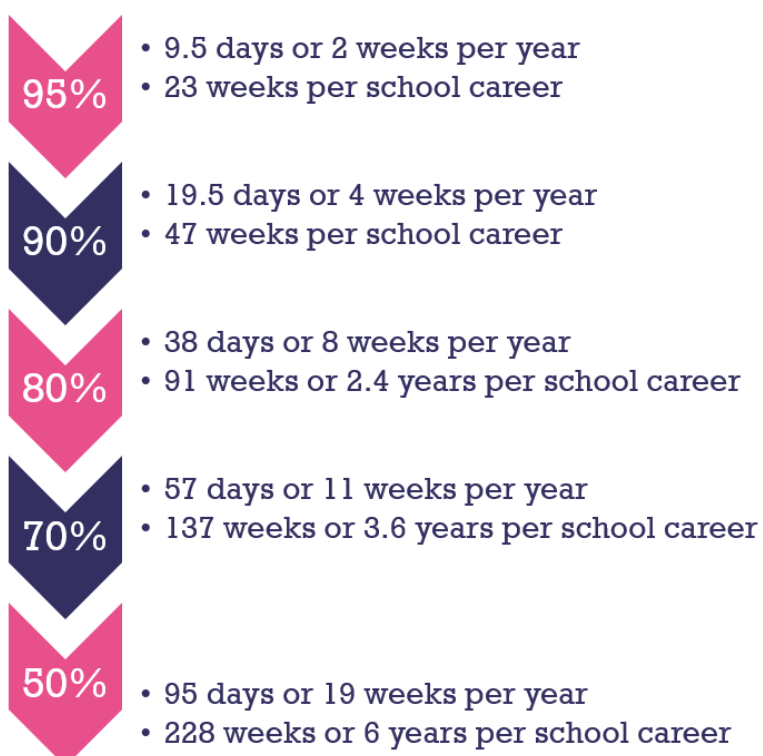
To help Ms Trevor run the project we will be recruiting TWO Shakespeare Ambassadors who are young people from Associate Schools who hold a position of responsibility and advocate for Shakespeare and the Arts.

They must be passionate about making a difference and wanting their voices to be heard, celebrating Shakespeare, playwrighting and performing, whilst encouraging other young people to join them.

If your young person is interested and would like more information on the role, please ask them to go and see Ms Trevor.

Attendance Corner

Like all schools, we encourage our students to have good attendance. High attendance has a direct link to improved grades for students of all abilities. It helps young people to feel settled in school and gives them a greater sense of belonging. We often send out attendance figures in the form of percentages, but what does that actually mean? The image below explains what that attendance percentage actually means in reality. We have an excellent attendance team, supported by Year leaders and form tutors who will work with you to improve attendance – please get in touch if you have any concerns.



Celebrating 100% attendance

Jenson Orchard 7ABU
Sam Stephenson 8JHA
Alfie Gooch 9DCO
Jack Dyball 10ARI
Millie Thacker 11SBE

History Club round-up by Mr Williams

It has been brilliant welcoming so many students to the history club over the past term. We finished off the term with a history themed Christmas quiz and many congratulations to the Year 10 team for their closely fought victory! Well done to all of the other teams too.

History club will continue in January so if you're interested in joining, please do come along on a Thursday lunchtime. Special thanks also go to the Year 8s who have helped set up and run the club.



Aspiration



Aaliyah Bloom regularly competes in roller skating competitions across the country and took part in her club's Christmas Showcase where she was awarded trophies for her hard work and commitment throughout the year. Well done Aaliyah!



Ormistons Got Talent competition winner, Amelia Balls was presented with her trophy at the Christmas Showcase on Thursday evening. Well done Amelia!

Outstanding Flegg Student wins prestigious Oundle Scholarship

We are delighted to be able to reveal that Grace Prescott in year 11 has been awarded one of two, fully-paid scholarships to allow her to study for A levels at the Oundle school.

Out of the hundreds of applicants from schools across the trust, Grace was chosen as she combines a strong academic ability, a broad range of extra-curricular pursuits and high aspirations. Grace takes a leading role in our Flegg community as one of our senior prefects and we are very proud of her and all that she has achieved so far. Well done Grace!

Excellent Work

Year 7

A very big well done to all of the Year 7 history students for their effort with writing like a historian this term! A special shout out to the following students for their excellent essays that reflected the time, hard work and effort they put into them. Well done!

Sophie Witheridge, Poppy Amiss, Rose-Elia Childs, Edison Calderbank-Link, Rafferty Cornwell, Bobby Downing, Ruby Gladden, Archie Hunt, Caleb Jepps, Gracie Jones, Letitia Koumi, Jimmy Nicol, Harry Prescott, James Prosser-Snelling, Harriet Prowse, Molly Sebastian, Grace Taylor, Poppy Warner.

Year 11 GCSE Practice

Year 11 Hospitality and Catering students have been practising for their practical exam at the end of the year. I'm sure you agree that the dishes already look fantastic, even before refinement! Well done to Frankie - Victoria sponge, Tyler- Sesame chicken, Eliza - Sticky toffee pudding, Sophie – Curry, Lilian - Tarte tatin and Summer- Kebabs.



Safeguarding Update from Mr Pull

As we are about to break up for the holiday, I wanted to share with you some useful safeguarding information.

If you have any queries about the information below, do let me know.

Mental Health and Wellbeing

Just One Norfolk: Making a Referral

Referrals for support for a child or young person with mild-moderate mental health needs can be made via the Just One Norfolk digital referral form, found here: www.justonenorfolk.nhs.uk/mhsupport

Further information about making a referral can be found on the website by following the link above. For further support and advice, please call: 0300 300 0123.



Parenting Mental Health

Parenting Mental Health is a charity that provides advice and guidance for parents that are supporting a child with a mental health challenge. This service gives parents the tools to cope with their own emotional wellbeing whilst accessing better support for their child. To find out more, please click on the link: [Parenting Mental Health | Home](#)



Kooth

Kooth is a free, safe and easy to access mental health service for children and young people. The link below takes you to a page that contains lots of resources to support young people, such as social anxiety, dealing with suicidal thoughts, self-injury, coping with exam stress and understanding eating disorders. You may find these resources useful if you would like to have a conversation with your child about these issues.

[Schools | koothplc | Point \(brandmaster.com\)](#)



Qwell

Qwell is a sister site of Kooth. It is an anonymous site which helps adults to feel safe and confident in exploring their concerns and seeking professional support. Free digital mental wellbeing support for adults across the UK

[Home - Qwell](#)

Vaping

As the use of vapes increases in society with very little information about their safety, please find below some information for parents.

<https://www.totallywicked-eliqum.co.uk/vaped/a-parents-guide-to-vaping/>



<https://smokefreesheffield.org/app/uploads/2023/02/11435-SFS-%E2%80%93-A5-4pp-vaping-Parent-and-carers-2.2s.pdf>





Support when the school is closed:

With the Christmas holiday approaching, I would like to remind parents and carers of the support that is available to young people and their families whilst the school is closed.

- If you have a **safeguarding concern** for a child living in Norfolk, you can contact the **Children's Advice and Duty Service (CADS) on 0344 800 8020**.
- If you have a safeguarding concern for a child living outside of Norfolk, please contact your local MASH (Multi-Agency Safeguarding Hub). Information on this can be found online.
- If you believe a child to be at risk of **immediate harm**, please call 999.

<p>Call 999 to contact emergency services for urgent assistance.</p> <p>Call 101 for Police Non-emergency line.</p>	<p>Call 111 NHS Non-emergency advice line (Option 2 for urgent mental health issues)</p>	<p>Safeguarding concern for a child in Norfolk: Call Children's Advice and Duty Service on 0344 800 8020</p>	<p>Domestic Abuse Helpline 24 hrs: Call 0808 2000 247</p> <p>Norfolk and Suffolk: Leeway Domestic Violence and Abuse Services Helpline Call: 0300 561 0077</p>	<p>Childline - If you're under 19, you can talk to Childline about any concern you have. Call: 0800 1111.</p>
<p>Papyrus - If you are (or know a young person) thinking of suicide, Papyrus offers confidential suicide prevention advice. Call: 0800 068 4141</p>	<p>Samaritans - If you just need to talk, any time of the day or night, these services offer confidential advice from trained volunteers. Call: 116 123</p>	<p>NSPCC: If you're worried about a child, even if you're unsure, contact the helpline for advice and support. Call: 0808 800 5000.</p>	<p>Kooth - Free Online counselling and peer support for 11 - 25 year olds.</p>	<p>Young Minds Crisis Messenger text service provides free; 24/7 crisis support for young people who are experiencing a mental health crisis and need support. Text: YM to 85358</p>

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 issues which we believe trusted adults should be aware of. Please visit nationalonline.com for further guides, hints and tips for adults.

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College

NOS National Online Safety
#WakeUpWednesday



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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: 13.12.2023

Dates for your diary

Thursday 4th January – First day of term

Thursday 11th January – Year 11 Progress Evening 3.30pm-6.30pm

Thursday 8th February – Year 9 Progress Evening 3.30pm-6.30pm

Friday 16th February – Last day of term

Monday 26th February – First day of term

Friday 15th March – Non uniform day for Easter Fayre

Saturday 16th March – Easter Fayre 10am-4pm

Thursday 28th March – Last day of term

Monday 15th April – First day of term

The newsletter will return on Friday 12th January 2024.

We look forward to welcoming students back to Flegg on Thursday 4th January 2024.

Wishing all of our families a very happy Christmas.

With kind regards,



Mrs Jane Bennett, Principal

help for psychology

Psycho-Education Group For Autistic Girls

A group for girls aged 12-17 with a formal diagnosis of Autism.

A **free-of-charge** group designed to guide young girls in uncovering challenges, embracing strengths, and acquiring valuable tools and skills to navigate adolescence on the spectrum.

A blend of fun activities and group learning!

Duration: 8 weeks, 1.5 hours per week
Location: The Grange, Spixworth Road

Please scan the QR Code to register your interest!

