

Principal's Newsletter

Friday 19th January 2024

Welcome to this week's newsletter

This week has seen snow, sun and satellites! With the cold clear skies, we were able to get a fantastic photograph of the Starlink Satellites (see below left).



Year 11 are now in the run up to their next set of mocks and have started their planned intervention sessions. This includes form time interventions for English and Maths and further opportunities after school. We encourage good attendance to these sessions as they make a very big difference to outcomes. We were delighted to see so many at Wednesday's Maths 'strive for 5' session (above right).

Although the snow has now gone, it is still very cold so we encourage students to wrap up warm. Mrs Spooner has launched a coat drive to offer families a coat, free of charge if they need one. I know that this has prompted questions about whether we can reintroduce lockers. I have answered this question more fully later in this newsletter.

Questions and feedback from parents are always welcome. However, if you have a complaint or grumble, please come directly to us. This is the only way we can ensure you will get an appropriate response.

FLEGG COAT DRIVE

If your child does not have a coat please let us know as we have a selection of pre-loved coats and jackets available FOC

Call 01493 749207
or email
office@fleggoa.co.uk



Help families in need with a new or used coat, donations gratefully received



The Flegg Community Garden



This week, Matt and Graham from the Papillon Project were back at Flegg working with students in our community garden. The students were planting fruit trees and unloading the muck to be used in the beds to prepare for March time when we will be planting seeds. The apple trees have been donated by the East of England Orchards and Apples Project so a big thank you to them!

We are looking at how we can extend this project this year and would like to 'grow' help from our local community so that the garden can be used even when Matt and Graham aren't here. If you are able to donate either your time on a regular basis or some materials (seeds, plants, tools etc), we'd love to hear from you. Please contact principal's office to let us know
(principalsoffice@fleggoa.co.uk)


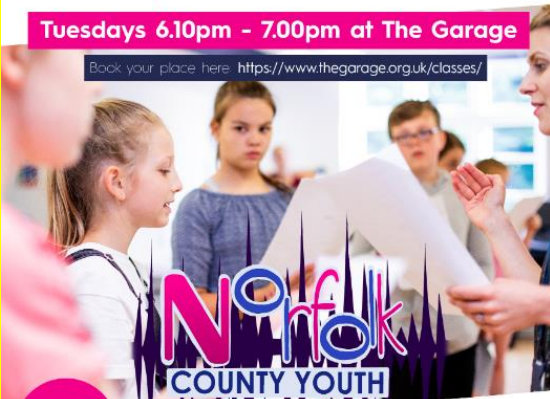


Music Activities – Opportunities

We offer a range of music activities here at school, with opportunities for all year groups at lunchtime and in the afternoons.



Tuesdays 6.10pm - 7.00pm at The Garage
Book your place here: <https://www.thegarage.org.uk/classes/>



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.

We also encourage students to participate in local and regional music ensembles. Dr Butler and Mrs Sexton can offer advice about suitable activities for your experience level and musical style, including online ensembles and courses. At the moment Norfolk Youth Choir are recruiting, so please see the attached poster for more information if you would like to sing as part of a large group.

Today, a group of Year 9 students are working hard to develop their playing skills prior to a song-writing workshop with IE Music this afternoon: we look forward to hearing their songs soon and hope that they will continue to get involved with school music activities. A full write-up of this enrichment activity will be in next week's newsletter.



Yours Questions answered

Why don't students have access to lockers anymore?

In an ideal world, we would be able to offer every student a locker or a space within the school to leave their coat for the day. This is something that we have looked at several times over the past few years but are unable to find a solution for.

The old lockers were removed during the covid pandemic for the purposes of social distancing. The lockers were very old and rusty and constituted a health and safety risk; as the number of students in the school has grown, putting lockers into narrow corridors causes overcrowding and could be very dangerous. The academy is built to house 900 students, so we would need to have many lockers. Otherwise, it would become a lottery and some students would miss out. Unfortunately, there is no suitable space on our site for this and outside spaces aren't a viable option because of the weather.

Coat hooks were removed from outside classrooms around 15 years ago, again for health and safety reasons after an unpleasant incident in another school where a student was severely injured after being pushed into one.

We will keep considering further options and ideas and let you know if we manage to come up with a solution.

Questions for the Trust

Do you have a question for Ormiston Academies Trust? Would you like to find out more about their role in terms of support and governance of our academy? If so, why not submit a question for our education director, Mr Aron Whiles? We will collate the questions and answers and publish them in a future edition of this newsletter.

PSHE

This week students are studying:
Year 7 Body image and the media
Year 8 Relationship break ups
Year 9 Why do sexism, gender prejudice and stereotypes still exist?
Year 10 Bullying and body shaming



Year 11 revision and intervention timetable – Spring 1

	Form time	Lunchtime	After school for invited students 3:00 – 4:00pm unless stated otherwise	After school for all students 3:00 – 4:00pm unless stated otherwise
Mon	Personal revision – all students Targeted English and maths intervention	Targeted English intervention		
Tue	Personal revision – all students Targeted English and maths intervention	Targeted English intervention		Private Study Room 11 Science Art: 3:00pm – 4:30pm History and Geography catch up
Wed	Personal revision – all students Targeted English, maths and science intervention	Targeted English intervention French Revision	Maths: Strive for 5 English: Masterclass 7+	Private Study Room 15 French Revision Room 36 Art: 3:00pm – 4:30pm
Thur	Personal revision – all students Targeted English, maths and science intervention	Targeted English intervention	Maths: Masterclass 7+ English: Strive for 5 Music: 3:05pm – 4:30pm	Private study Room 11
Fri			Music: 3:05pm – 4:30pm	Private Study Room 11

Aspiration

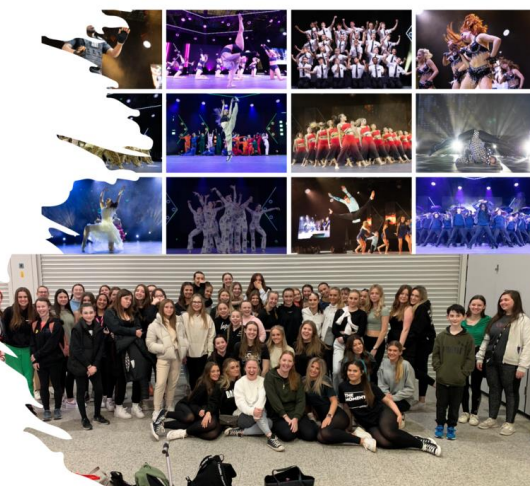
MOVE IT 2024

[MOVE IT 2024](#)

MOVE IT 2024 LONDON EXCEL
FRIDAY 15TH MARCH 2024

LEAVE FLEGG APPROX 6.30AM
RETURN APPROX 7PM.

If you are interested in the trip
please collect a letter from the
Dance Studio



Calling all Inspiring Actors!

Are you interested in.....



Preparing an extract from
'A Midsummer Night's Dream'
and performing it at the Playmaking Festival
at the Mercury Theatre in Colchester in
July

Would you like to experience an
**In-School Workshop with a Royal
Shakespeare actor** who will help develop
our scene w/c 3rd June 2024?

Would you like to access opportunities to a
career in theatre?

If so, join Drama Club after school every
Tuesday 3-4pm for this next project!

Letter from Norfolk Constabulary

A Message for Safer Internet Day, 2024, from Norfolk Constabulary's Children and Young People Team.

Dear Parents and Carers,

February 6th, 2024, marks this year's Safer Internet Day. We can all play a part in keeping children and young people safe online and I am writing to tell you that online safety remains one of the Constabulary's main priorities. With this in mind, we would like to share some links and resources with you.

- Organisers of Safer Internet Day, The Safer Internet Centre, have a wealth of information for parents and carers on their website on the "Guides and Resources" section. Go to www.saferinternet.org.uk
- Setting boundaries and rules about your child's internet use as early as possible will help you to have open and honest conversations about any issues that arise. Please find below both a colour and black and white copy of Norfolk Constabulary's '**Family Internet Agreement**' to help you do this.
- Head to YouTube where you will find a recording of the webinar we delivered on Safer Internet Day, 2023, **Recorded Online Safety webinar for parents and carers (youtube.com)**
- Follow National Online Safety on Twitter - @natononlinesafety; Instagram - @nationalonlinesafety; or search "National Online Safety" on Facebook. You can also download the "National Online Safety" app in the Play Store, or on Google Play. Here you will find information about games, websites and apps young people are using so you can make sure your knowledge is up to date.
- The National Crime Agency's Child Exploitation and Online Protection (CEOP) Education team have a parent and carer area on their website where you can get advice about online safety **Parents and carers | CEOP Education (thinkuknow.co.uk)** If you are worried that your child is being groomed online, or sexually exploited, you can find advice about reporting by clicking on the 'How to get help' tab.
- The Internet Watch Foundation and the NSPCC have developed the 'Report Remove' tool, in partnership with age verification app, **Yoti**. Report Remove can support a young person in reporting sexual images or videos shared online and enables them to get the image removed if it is illegal. Go to **Report Remove (iwf.org.uk)**

Inspector Bex Brown
Norfolk Constabulary, Children and Young People Team.

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

SMARTPHONE SAFETY TIPS for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.01.2023

Dates for your diary

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

Friday 9th February Year 9 DTP and Men ACWY vaccinations

Monday 19th – Friday 23rd February Half Term

Friday 15th March Non School uniform day for Easter Fayre

Saturday 16th March 10am-4pm Easter Fayre

Friday 29th March – Friday 12th April Easter Holidays

With kind regards,



Mrs Jane Bennett, Principal

Community Events & Notices

* All proceeds to St. George's Church *

New To You Sale

Saturday 17th February from 2pm

Rollesby Village Hall, Fleggburgh Rd, Rollesby, NR29 5AJ.

Bargains, Refreshments & Free Parking Available!

Donations of good quality items welcome. Please deliver to Rollesby Village Hall 10.30am to 12 noon, 17th Feb.

YOUTH CAFÉ GAMES TOAST CHATS CHILL

FRIDAYS AFTER SCHOOL - 4:30PM (TERM TIME)
ST MARY'S CHURCH MARTHAM 11-17'S FREE



East Norfolk **YOUTH FOR CHRIST**

Working together with
St Mary's Church
New Wine Church
Martham Methodist Church

Rollesby's Community Woodland

OPEN MEETING
ALL WELCOME

7pm

Friday 26th Jan

@ROLLESBY VILLAGE HALL

COME HAVE YOUR SAY,
FIND OUT ALL THAT'S
BEEN HAPPENING
WITHIN OUR NEWLY
ESTABLISHED WOODLAND
& HOW YOU CAN HELP