

Principal's Newsletter

Friday 26th January 2024

Dear Families,

Welcome to our weekly newsletter

This week, our newsletter is a real celebration of student achievement both in and outside of school. As you know, we have a broad range of extra-curricular activities for students to be involved in and we encourage this as part of their experience of school.

I have also written to families this week to outline our strategy related to staff absence and subsequent cover lessons as well as clarifying some of our systems of communication and who to speak to related to if you need some support.

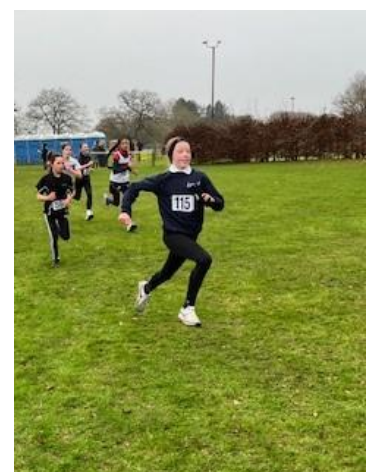
I am increasing the frequency of the Principal's surgeries to weekly. If you would like to discuss any issue related to your child or related to education in general, please book a slot via Mrs Spooner. Surgeries will take place every Wednesday from 2 – 4pm although other times and days can be accommodated.

I am delighted to inform you that we will be welcoming David Bailey to the Academy in the role of Vice Principal. Mr Bailey starts on Thursday next week and will be working predominantly with the pastoral team. Mr Bailey is an experienced pastoral Vice Principal and outstanding teacher of mathematics.

A Sporting Round Up

Cross Country

9 pupils travelled to Wymondham college on Tuesday to compete in the Norfolk County Cross country finals. All pupils performed incredibly well despite the very wet and windy weather and should be very proud of their achievements. 2 pupils finished in the top 10 for their age group and will now go on to represent Norfolk at the next round to be held in Lincolnshire. Well done Mason Fryer in year 9, who finished 6th and Faye Nottage in year 10, who finished 7th and well done to all the pupils who competed.



Football - Yr 7 Quarter Final Cup Match v North Walsham High School

Match Report from Mr Bending

The match was a scrappy affair with an uneven pitch which had grown too long, not to mention the stop start rain. The Year 7s took a good ten minutes to grow into the game which saw them go 1-0 down to a very good free kick from the opposition.

Slowly but surely the opportunities started coming with some excellent work by Harrison Lowin in midfield and some clever balls floating into the box from Ethan Gough. Ajax was having his first game for the team in goal and made a couple of great saves to keep us in the game.

After grinding out the play, finally the breakthrough came via Joel upfront who poked in a scrappy finish but showed why he is the "fox in the box" for being in the right place.

1 v 1 - The boys now started to grow in confidence constantly putting North Walsham under pressure and especially their goalkeeper who arguably was the best and busiest player on the pitch. After some neat work by Harrison on the right wing the ball was crossed to the edge of the box where Toby Perry fizzed in a powerful shot to leave the goalkeeper stranded.

2 v 1 - At this point there was 5 minutes left of the half and the pressure was telling when Joel popped up again to finish neatly into the bottom corner. 3 v 1 and now half time.

The second half started like the first though the opposition did start a bit brighter, forcing us into some mistakes and a few free kicks against the run of play. Once again Ajax, Ethan and Stanley Warner played superbly to shut them out.

The game turned when Harrison Lowen scored from a tight angle jinking between defenders and forcing the ball near post to all but seal victory. 4 v 1. The boys at this point decided to switch things up and moved Toby Perry into midfield. With almost his first touch he placed a perfectly weighted ball for Joel upfront who burst through the two defending players and unleashed a thunderbolt into the top corner.

A thoroughly well-deserved victory in difficult conditions, testament to the pressure and 'never die' spirit shown by the boys. Bring on the Semi-final!

Year 1 Multi Sport Event

On Wednesday 24th January 2024 Flegg hosted 50 Year 1 pupils from 5 local primary schools. It was great to welcome Martham, North Denes, Hemsby, Rollesby and Caister primary school students.

The event was led by Mr Hart and the fantastic Flegg Sports Leaders from Year 9. The leaders were excellent at supporting, demonstrating for and encouraging the year 1's to be able to complete the activities. The activities included experiencing cricket, rugby and football skills as well as pupils displaying their coordination, speed and endurance.

The Duke of Edinburgh Award at Flegg

It was nice to start the week by receiving a certificate from The Duke of Edinburgh Awards scheme congratulating our students on completion of the 'Physical' section of the award. In total, they spent 234 hours on sustained physical activity – well done to all of them.

Attendance Corner

Well done to our 100% attendance weekly draw winners:

Harrison Shortall 7DHA

Bobby Murphy 8RTR

Edith Gowing 9DCO

Amy Daisley 10NHA

Casey Sheales 11JGR



Aspiration

Phoebe Payne in year 7 is a member of a Women's Artistic Gymnastics Squad at North Walsham Gymnastics Club. She trains really hard, more than 10 hours a week and competes throughout the year.

This week we received the exciting news that Phoebe has been pre-selected for the **Norfolk County Squad** from her incredible competition result scores throughout the year.

A massive well done from everyone at Flegg for making the team Phoebe!



Congratulations to Amelia Balls who has made it through to the regional finals of Ormiston's Got Talent. We have highlighted Amelia's talents in dance in our newsletter before, so we're delighted to hear it has been recognised by the trust as well. Good luck in the next round Amelia!



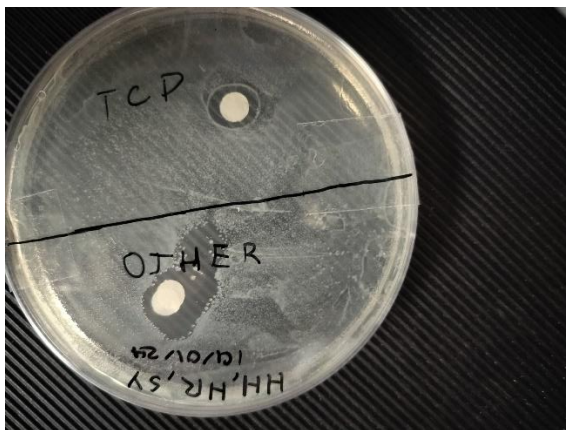
Austin Wilton is in year 7 and competes in the British mini-bike national championship, ranking in the top 11 in his first season. Austin was selected to attend a day's training at the Champions Flattrack school and it looks like he had an amazing day. We're looking forward to hearing of his continued success.



Excellent Work

Super Science

These photographs show the work of Mrs Hall's Year 10 class (10Y1). They are bacterial plates prepared by the students to demonstrate the effectiveness of disinfectants.



PSHE

This week students are studying:

Year 7 & 8 Review of the Relationships unit

Year 9 Body image and the media

Year 10 Body image and the media – Does the media distort our image of realistic body goals?

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.

And finally....

Former students success

We were delighted to hear about the continuing success of one of our former students, Jasmine Coleman. After months of entrance exams and interviews Jas has been offered a place at The University of Cambridge to study Architecture and Structural Engineering (Design).

She received the offer from her first choice College, Gonville and Caius. There were only two places at the college with over 100 applicants! We are very proud of you Jasmine.

Flegg Notices

**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



Flegg Event Team 2024 Events

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

**Summer Festival**
Saturday 23rd June 10am-4pm

**Christmas Market**
Saturday 23rd November 10am-4pm
Sunday 24th November 10am-4pm

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

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

What Parents & Carers Need to Know about

MYLOL

AGE RESTRICTION
13-19

WHAT ARE THE RISKS?

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

FLIMSY AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

Advice for Parents & Carers

DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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: 24.01.2023

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 MARYS CHURCH MARTHAM 11-17s. FREE



East Norfolk
**YOUTH
FOR CHRIST**
Liz 01928576550 eenorfolk.co.uk

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