

Principal's Newsletter

Friday 2nd February 2024

Dear Families,

Welcome to this week's newsletter.

This week we have welcomed Mr David Bailey to the academy as Vice Principal. Mr Bailey will be supporting the pastoral team and working closely with students and families. Mr Bailey is a very experienced senior leader, and we look forward to seeing the positive impact of his work across the academy. Mr Bailey has spent time today meeting with year 7-10 students today to find out about their experience within the academy.



Well done to our year 11 students who are really engaged in preparation for their next set of mock exams after half term. Form time interventions for Maths, English and Science are running across the week and lunchtime /after-school revision sessions are well attended (aided by tea and biscuits!) The revision schedule has been shared but please let us know if students need additional support in a particular subject by contacting their teacher directly.

Year 9 Progress Evening/Options Evening

Year 9 Progress Evening takes place on Thursday 8th February and appointments are available now. In addition to meetings with subject teachers, Mr Guy will be giving a presentation on the options process so that families have the information they need to support their young person with these important choices. The presentations will run at 4pm, 5pm and 6pm.

Flegg Parkrun

Flegg High Parkrun celebrated its one hundredth event this week. We had a great time and want to say a big thank you to everyone who came and celebrated with us.

Saturday was a beautiful sunny morning and 61 people joined us to run, jog or walk the 5K course in the school grounds. This included 14 people new to our event and 9 people who recorded personal best times. We celebrated with banners and cupcakes at the finish line. A special mention to year 9 pupil Mason Fryer who joins us every week without fail and celebrated his 100th Parkrun this week too. A fabulous achievement Mason - well done!

We also want to thank the 16 amazing volunteers this week, without these special people we would not be able to make the event happen.

Parkrun is a friendly and inclusive event and we would love to see new faces from the community join us to take part or join our team of volunteers. If you would like further information please email us at: flegghigh@parkrun.com or message us through our Facebook page.



Prom preparation

A big thank you to Amanda Draper for donating some beautiful prom dresses to the academy. If you have a child in year 11 and would like to discuss borrowing prom attire from our second-hand uniform shop, please contact Mrs Spooner on dspooner@fleggoa.co.uk

A plea from the Event Team and Minors & Brady

Minors & Brady

Estate Agents, Lettings and Property Management

Flegg Event Team

Dear Flegg families,

We are pleased to announce that Minors & Brady are helping advertise our upcoming Easter Fayre on Saturday 16th March. However, they need the help of locals and their front gardens!

Would you like to support this local cause by having an advertisement board in your garden for around 4 weeks prior to the event? If yes, please reach out to Minors & Brady using the below details. The aim will be to have 100 boards around Martham and surrounding villages advertising the fayre!

Minors & Brady are an independent local estate agent, with their local branch in Caister-On-Sea. Please note due to the number of potential email enquiries, they won't be responded too, but by emailing in you're granting permission for a board to be put up. The boards will be erected and taken down by Agency Express making this hassle free.

Your support to the Fayre, and subsequently school, would be gratefully appreciated.

The cut-off date is Tuesday 13th February.

To organise your board, use the below contact details:

Caister@minorsandbrady.co.uk / 01493 806188

The details they will need are:

Full Name:

Address:

Postcode:

Email:

Contact Number:

Kind regards

Flegg High Ormiston Academy

Attendance Corner

Well done to our 100% attendance weekly draw winners:

Nithiesh Dinesh 7ABU

Charlie Rimmer 8RTR

Isra Anwar 9DRI

Tia Gray 10EPA

Jakob Brooks 11CUT



Year 9 reminder.

Year 9 students will be having their DTP and Men ACWY vaccinations on Friday 9th February. Please can we ask that students short sleeves shirt and that they have eaten breakfast.

Excellent Work



Here's a selection of the mouth-watering dishes that have been produced in Catering this week:



PSHE

This week students are studying:

- Year 7 Being an aspirational student
- Year 8 how can we budget our money
- Year 9 Relationship types
- Year 10 Online safety

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.

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 HIGH ORMISTON ACADEMY

FLEGG EVENT TEAM
2024 EVENTS

Easter Fayre
Sat 16th March

Summer Festival
Sat 22nd June

Christmas Market
Sat 16th & Sun 17th Nov

- * 10am - 4pm, Free entry and parking
- * Over 60 craft and gift stalls across 3 halls
- * Fundraising games, huge raffle and tombolas
- * Free craft activities for all the family
- * Live entertainment all day with local singers, bands, dance and drama groups
- * Refreshments including Flegg's famous sausage rolls and chocolate oaties!

Flegg High Ormiston Academy
Somerton Road, Martham, NR29 4QD

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

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 nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about **PERSUASIVE DESIGN ONLINE**

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

WIN TO WIN

27 new posts

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS 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: 31.01.2024

Community Events & Notices

LOOKING FOR LOCAL CRAFTERS/TRADERS...

STALL APPLICATIONS OPEN...

Rollesby Community Woodland presents:
EASTER Fest
Saturday 30th March 11-3

COME JOIN US FOR FOOD, DRINK, STALLS ALL AROUND A HUNT AROUND THE FARM WITH THE EASTER BUNNY!

AT  GRANGE FARM, ROLLESBY, NR29 5AJ

EASTER CAKES STALLS
BUNNY DRINKS EASTER
FREE ENTRY BBQ HUNT
KIDS CRAFTS
FACE PAINTER

A FREE GIFT FOR EACH CHILD

OUR KIND SPONSORS OF THE DAY:



OUR KIND SPONSORS OF THE DAY:



CONTACT: 07799693560 - F.B: ROLLESBY EVENTS PAGE

YOUTH CAFÉ

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

GAMES
 TOAST
 CHATS
 CHILL



East Norfolk
YOUTH FOR CHRIST
 LF 07928574550 | enynfc.co.uk

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