

Principal's Newsletter

Friday 9th February 2024

Dear Families,

We had a really well-attended year 9 progress evening yesterday as students embark on the important process of choosing their GCSE options. Over the next half term, year 9 students will receive lots of support in decision making with a careers fair, taster lessons and careers advice to look forward to. This year we are also pleased to be able to offer students Further Maths as an additional subject through an online partnership with Sir Isaac Newton College. Thank you to all of the student helpers who gave up their evening to be here.

Well done to Year 11 students who are doing Hospitality and Catering practical exams today and good luck to our drama students who will have their 'real' GCSE practical exam on Monday. Rehearsals have been going really well and we know they will be fantastic on the day.

Attendance Corner

To ensure that all children are safe and well, we need to understand the reason for absence so that it can be recorded with the correct code on the register. This also allows us to follow up any unexplained absences immediately.

If children are absent parent/carers must:

- Contact us as early as possible and at the latest by 9am on the first day of absence with the reason for the absence and an expected return date. You can contact us via the attendance phone line 01493 749325 or email attendance@fleggoa.co.uk
- Call every day thereafter to advise the school of your child's progress.
- or you can call into the academy and report to reception, who may arrange for a member of staff to speak with you.

Well done to our 100% attendance weekly draw winners:

Edison Calderbank-Link 7ABR
Pippa Hall 8TWI
Alfie Gooch 9DCO
Tyler Mclennan 10ACR
Emily Carter 11MHO



PSHE

This week, students are studying:

Year 7 How can we be resilient and face challenges?

Year 8 What are wants and needs and why do we need to know the difference?

Year 9 Gender and identity

Year 10 Healthy relationships

Subject Focus: ART

"WE ARE ART! Mr Coombes and Mr Winser are both qualified artists as well as teachers. Mr Coombes has a degree in Fine Art and specialises in painting. Mr Winser has a degree and Master's in Illustration and makes comics and children's books as a freelance job outside of school. Additionally, Mr Coombes and Mr Winser love to experiment with lots of other materials making them experts in a variety of techniques. Lately, Mr Coombes has been developing his love of ceramics and is creating a range of pottery outcomes, and Mr Winser has been exploring digital art and painting to create illustrations for a children's book.



Year 7 are currently making creative drawings of bugs and beetles and Year 9 are using the ideas of emotions to create inspiring work in the project Emotional Elements.

Year 8 and 10 are working on a portraits project with Year 10 working on more advanced versions of the ones they created in Year 8! Year 11 have their exam projects to do. Their topic this year is POWER and they are developing ideas in teacher-led workshops using artists, and styles that can relate to power.

In art, we have high aspirations for the department and high expectations for the students. We love to see the progress from when they start in year 7 to when they leave in year 11 and display their final pieces at the end of year art show. Students put in a lot of hard work which often leads to exceptional outcomes.

There are after-school art clubs mostly for GCSE students in Year 10 and 11 to catch up with their coursework, but other year groups are welcome to come along and make some work or continue their own classwork. Clubs take place currently on Tuesday and Wednesday 3pm to 4.30pm.

Y7: Oil pastel bug, Bradley Rowley

Y8: Aged self portrait, Ben Parsley

Y9: Picasso inspired response to Covid, Ruby Howard

Y11: 'Example of Power themed art from the department' (mixed media piece)



Safer Internet Day

Tuesday 6th February is safer Internet Day 2024 with assemblies all week run by Mr Pull. Please see the attached from Norfolk Constabulary's Children and Young People team with some guidance and support for parents to help keep our young people safe online.

Exploring Physical Theatre in Drama: A Journey Through "The Curious Incident of the Dog in the Night-Time" from Ms Trevor

In the bustling year 8 drama lessons this half term pupils have explored physical theatre through the lens of Mark Haddon's acclaimed novel, "The Curious Incident of the Dog in the Night-Time,". Students have embarked on a transformative journey, delving deep into the realms of movement, expression, and storytelling.



There have been some **fantastic** performances using Frantic Assemblies' Chair Duet, Round-By-Through and Hymn hands techniques.

Through this exploration pupils have not only discovered new ways of expressing themselves but have also embarked on a journey of empathy, understanding, and self-discovery.



Excellent Work

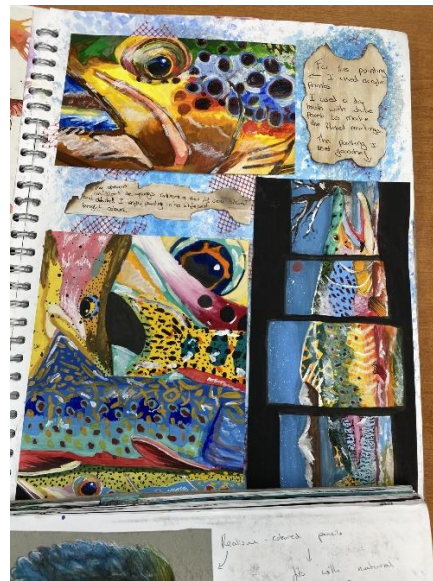
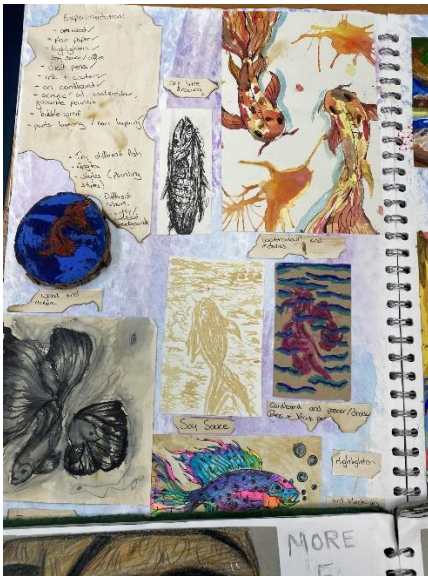
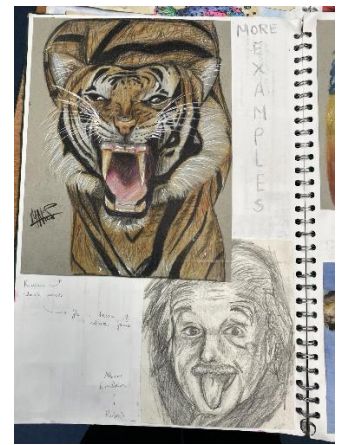
Archery Talent

Logan Marsden in year 9 competed in a bare bow archery competition on Sunday and came in 2nd place. Logan started archery about a year ago and shows great promise for the future! Well done.



Student work

This week, I had the privilege of looking through two year 10 art folders and marveling at the exceptional talent of Josie and Millie. I'm sure you'll agree that these two students have put incredible hard work into creating beautiful folders as they explore different artists and techniques. Well done!



Welcome to new staff

We say a big welcome to Carly Brown who joined Flegg this week as our new HR partner.



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.

A plea from the Event Team and Minors & Brady

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 for 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

This is what the board will look like:



**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**

Year 11 Opportunity



OAT  FUTURES

OAT Oxbridge scholars programme

Are you in Year 11 or 12 and thinking of applying to an elite University such as Oxford, Cambridge or one of the Russell groups? Would you like some helpful advice to support your aspirations?

If so, then this is just what you need. You're invited to attend:

Aspiring to Oxbridge virtual talk.

Monday 26 February 2024, 3:30 - 4:30pm

This one-hour virtual presentation by the Oxbridge Applications team, is an introductory talk to introduce you to the process and what you would be expected to do as part of an application to Oxford or Cambridge, as well as factors that you should consider when deciding to apply.

The talk explores what the process of applying to Oxbridge involves, as well as how to be strategic throughout to maximise your success. It is also an opportunity for you and your parents to ask questions directly to the expert team members. Please invite your parents to attend by sharing the meeting invite with them. [Click here](#) to join.

Personal statement presentation

Tuesday 7 May 2024,
3:30 - 4:30pm

This one-hour virtual presentation, delivered by the Oxbridge applications team will give you a comprehensive, detailed walk through of how to write the best possible personal statement. Please invite your parents to attend by sharing the meeting invite with them. [Click here](#) to join.

Any questions contact Rachel McCarthy
rachel.mccarthy@ormistonacademies.co.uk
(OAT lead practitioner for enrichment careers/eco-trust)



Dates for your diary

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.

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.



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.



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.

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



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

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

Dear Parents and Carers,

Tuesday 6 February 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.

CHILD AGREEMENT :

1. I will tell my parent/carer my phone's PIN and usernames and passwords for apps but I won't tell anyone else.
2. I will let my parent/carer check my phone when they ask.
3. I understand that my parent/carer will restrict my access to some things online.
4. I understand that there will be limits on how long I can spend online.
5. I will not share personal information online.
6. I will treat others the way I want to be treated.
7. I will tell my parent/carer about people I meet online.
8. I will not meet someone I have met online in person.
9. I will tell my parent/carer if I see anything that worries me or is offensive.
10. I understand that if I break this agreement, there will be a consequence.

SIGNED: _____

DATE: _____

PARENT AGREEMENT :

1. I will endeavour to keep my child safe online.
2. I will talk to my child about their internet use.
3. I will get to know the apps and websites my child uses.
4. I will set reasonable rules about checking my child's phone/devices.
5. I will set reasonable restrictions on websites and apps.
6. I will set reasonable time limits on their internet and device use.
7. I will model good internet use.
8. I will talk to my child calmly if they break this agreement and will put in reasonable consequences.

SIGNED: _____

DATE: _____

USEFUL WEBSITES:

FOR INFORMATION AND ADVICE ABOUT ONLINE CHILD SEXUAL ABUSE GO TO:

CEOP (Child Exploitation and Online Protection) www.ceop.police.uk
The Internet Watch Foundation www.IWF.org.uk

FOR INFORMATION ABOUT SPECIFIC APPS AND GAMES:

Follow National Online Safety on:
Twitter – @natonlinesafety
Instagram - @nationalonlinesafety
Or search “National Online Safety” on Facebook
Download the “National Online Safety” app in the Play Store, or on Google Play.

TO WATCH NORFOLK CONSTABULARY'S ONLINE SAFETY WEBINAR GO TO:

www.youtube.com and search “Safer Schools Norfolk” for our playlist.

This has been produced by Norfolk Constabulary, in partnership
with the Family Online Safety Institute (FOSI).

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Family
Online Safety
Institute