

Principal's Newsletter

Friday 1st March 2024

Dear Families,

We're back with a bang this week with lots of exciting events and opportunities for students. In addition to this, year 11 started their final set of mock examinations; one last practice before the real things in the summer. We are very proud of the high levels of maturity they have shown and how prepared they seem to be. Please see the exams update at the end of this newsletter from Mr Becker, our Examinations Officer.

You said, we did.... I can now confirm that our parent consultation meeting will take place on Thursday 21st March from 4.40pm - 5.30pm. This will take the format of discussion groups that rotate around a carousel of senior staff (Mrs Bennett, Mr Bailey, Ms Stolworthy and Mrs Pitcher). If you would like to attend and contribute to our improvement planning, please let us know via principalsoffice@fleggoa.co.uk. If demand is high, we may need to run a second session.

Ski Trip 2024

During the half term over 40 pupils and 6 members of staff took a group of year10/11 pupils to Obertauern ski resort in Austria. It was a great skiing experience, and everyone had the opportunity to ski in blazing sunlight as well as snow blizzards!

The pupils represented the school amazingly when abroad and it was excellent to see the progress the pupils made skiing. Despite many falls by some they kept trying to ensure they improved, and all were skiing down the mountain by the end of the week. Once again, the resort and accommodation made the trip a great success.

Thank you to Mr Hart and his team of staff who accompanied the students – a great time was had by all.



Careers Events

Following the launch of our options process before half term, we have given year 9 the opportunity to really start thinking about their futures to feed into their options choices. On Wednesday, all year 9 students had a session with East Coast College in which they learned about the options they have when they leave Flegg including information on A-levels, T-levels, vocational courses and apprenticeships. Our year 9 students listened attentively and represented the academy superbly with exemplary behaviour, well done!

On Thursday, year 9 and 10 students had the opportunity to attend our careers fair with five colleges, the Army and RAF, an engineer and the Civil Aviation Authority represented. We gave year 11 students the chance to come and talk to colleges at break time for those students who wanted any advice ahead of their GCSE exams this summer. The enthusiasm and conversations that students had were wonderful to see!



Ormiston Modern Foreign Languages Spelling Bee

On Wednesday we hosted the Regional Spelling Bee competition for OAT and had 13 year 7 students competing against each other either in French, German or Spanish. Year 7 students were from OAT schools in the East and South with their teachers and parents.

Once the pizzas were eaten, the competition began... 3 rounds of spellings in French, German or Spanish. The concentration was high, students were spelling very fast, very accurately, and spectators were blown away by their performance.

In the end, the winner of the regional competition was a Spanish student from Ormiston Victory. He won a £50 Amazon voucher and will be taking part in the finals mid-April. We wish him good luck.

Well done to all the year 7 students who took part. Thank you, Amelia and Eva for representing Flegg in the competition.



Questions for the Trust – Response to a question from a parent

'What can the trust do to support staff retention at Flegg? Can the trust offer support in recruiting the correct person for roles available?

Response from Mr Aron Whiles, Education Director for the East of England: It is well documented that recruitment in education is a significant challenge nationally at the moment, this is particularly so in a region such as Norfolk where we have limited transport links to other parts of the country, as well as a limited geographical position being a coastal county. This said, at a Trust level we are working on 'Mission Achieving More Together' which has recently been launched by our new Trust CEO Tom Rees. A key aspect of this mission is recruitment and succession planning, with the aim being that we not only recruit the best staff for our schools but that we also retain our best staff. Whilst this work is still in its infancy, we are already looking at talent identification across the region and how we can keep these people in OAT by offering them new challenges, roles and training opportunities. Alongside this, we are also working with a range of new partners to explore recruitment beyond East Anglia and to consider how we can attract new staff from outside of the region. Whilst we will not see the impact of this work immediately, I am confident that over the coming months and into the 24-25 academic year that we will start to see this work come to fruition, bringing new high-quality staff to the region to work across our OAT schools in the East.

Do you have a question for Ormiston Academies Trust? Please send them to principalsoffice@fleggoa.co.uk

Sporting Roundup

Year 7 Netball Match Report

The year 7 netball team played in a triangular netball tournament at Lynn Grove on Tuesday. The first game was against Lynn Grove – The half time the score was 6 – 4 to Flegg with some excellent shooting by Cianna and Elise, it was very close second half with the final score 9 – 6 win to Flegg. The player of the match was awarded to Elizabeth.

Our second match was against Caister High, another good performance from the team. At half time the score was 3 – 0 and we finished the game 5 – 0. The player of the match was our shooter, Cianna.

Lynn Grove also beat Caister 6 – 0.



With our team winning both matches we were overall winners with Lynn Grove second and Caister third.

Team – Elizabeth Bate, Tarryn Hensher-Hutchinson, Yvonne Bradley, Rose-Elia Childs, Mollie Drake, Molly Medler, Cianna Dyble, Izzy Harding and Elise Ball.

Year 9 and 11 Boys' Football

The **Year 9** boys played against Lynn Grove at Flegg on Thursday 15th February and started the game incredibly strong. In the first half Flegg created multiple chances and were rewarded for their speed of play with a 4-0 lead at half time.

Lynn Grove started to play well after half time and put some pressure on the defence. This created more space that Flegg were able to capitalise on and score three more. Lynn Grove did manage to score a goal in the second half with their pressure.

The final score was Flegg 7 Lynn Grove 1, it was also good to see two new players representing the school team.

The **Year 11** team had a very tense game against Notre Dame. The game consisted of very few chances but both teams were competing strongly against each other. The game could have gone either way and was 0-0 for well over ¾ of the game. The deadlock was finally broken by a bullet header from a free kick.

The only goal of the game scored was by Ashton Blogg and secured the win for Flegg who progress to the semi-finals of the cup.

Form Time Fun

Task Master

Each week, our prefects are setting challenges for the form groups to see who the best at each challenge can be.

The competition will last for this half term and points are being awarded to each form, The winning form from each year group will be announced at the end of term.

Easter Hamper Competition

Form Groups are invited to create an imaginative Easter Hamper or Basket, details below. The contents of the hampers will be distributed to local food banks at the end of term.



Tutor challenge – Can we support the local community? – like the Christmas hamper – but with an Easter theme

As a form let's!

- Collect non-perishable items for the local foodbank
- Put the items together in a uniquely designed an Easter Basket

Work together as a tutor group – there will be prizes for - the best stocked hamper / best designed / creativity - these will be judged at the Easter Fayre

What to include – some ideas -

Toiletries – shampoo, conditioner, shower gel, toothpaste, deodorant, toilet rolls, tissues, etc

Tined food – beans, veg, pulses, rice pudding

Packet food – rice, noodles, couscous, custard, biscuits, cereal, cereal bars. Wrapped sweets chocolates Crisps tea coffee



SUBJECT FOCUS

Mrs Hipperson Subject Leader for Dance & Drama
Ms Trevor Teacher of Dance & Drama



Spring 2024 our students are currently studying:

YEAR 7

DRAMA: Ancient Greek Theatre; to experiment with approaches to character through understanding the acting space and required performance style; to work as a Chorus developing vocal skills and physical skills.

DANCE: Musical Theatre, looking at Matilda, Hairspray and The Greatest Showman developing their knowledge understanding and skills within the Musical Theatre genre.

YEAR 8

DRAMA: Physical Theatre. Students will study Frantic Assembly looking specifically at their piece 'The Curious Incident of the Dog in the night-time.' Students will develop an understanding of how Physical Theatre can be incorporated into a performance.

DANCE: Contemporary dance, looking at Martha Graham, Merce Cunningham and learning Release technique. Developing their knowledge, understanding and skills of Contemporary dance technique.

YEAR 9

DRAMA: Professional text DNA, developing their ability to explore script, build character and understand a scriptwriter's intentions.

DANCE: Professional repertoire in both the Street dance and Contemporary dance genres. Student will be learning movement content from Rhythm Nation and Ghost Dances.

YEAR 10

DANCE: Students will develop their knowledge of the Anthology works both practically & theoretically. Students will continue to develop their trio performance piece.

DRAMA: Students will continue to develop their knowledge of Brecht, developing their devised performances and portfolios for component 1 of the course. Students will begin to look at both live theatre and the set text 'An Inspector Calls'.

YEAR 11

DANCE: Students will perform the set phrase Shift for assessment. Students will be working on their individual choreographies and revisiting their knowledge of the Anthologies. Students will be preparing for their practical moderation exam.

DRAMA: Students will be preparing and completing their component 2 practical performance exam, revisiting knowledge in preparation for their written paper. Students will continue to study Live Theatre in preparation for the written paper.

Clubs

Every week Mrs Hipperson & Ms Trevor run after-school dance & drama clubs, an opportunity for all students to further develop their skills in a more relaxed environment. All welcome!

Drama Club Tuesdays 3-4 pm

Dance Club Wednesdays 3-4pm



Extra curricular opportunities

Dance & Drama After Dark-an opportunity for students to watch Theatre & Dance after school.



ORMISTON'S GOT TALENT

This is an annual OAT competition for students to create their own work and compete against other students from OAT academies across England.

OAT East Dance Competition

Annual OAT dance competition for students to compete against other OAT academies in the Eastern Region. Amelia Balls is the current OAT junior dance champion.



THE WORLD'S BIGGEST DANCE EVENT MOVE IT

Move It Dance Exhibition London

The World's biggest dance event, students get to participate in workshops with a variety of professional choreographers and dancers. Experiencing new and exciting styles of dance. Students get the opportunity to watch a variety of performances from professional dance schools and companies, meet professional dancers and choreographers, talk to and gather information on careers within dance and the ways in which they could undertake professional training.

Norwich Theatre Royal Theatre & Dance trips 2024

Edward Scissorhands one evening from 16th - 20th April, Norwich Theatre Royal
Everybody's Talking About Jamie one evening from 24th -29th June, Norwich Theatre Royal

Comments from students

'I really enjoyed being part of the December Showcase 2023, it gave me an opportunity to dance in front of a crowd.' Yvonne Bradley Year 7

'I like Drama lessons at Flegg as I get the opportunity to devise my own work and express my opinions and emotions through a practical subject.' Gracie Bowdler-Turner Year 7

'I like that I get the opportunity to further my knowledge and skills in dance within school, a passion of mine since I was 5.' Matilda Utting Year 7

'I like the freedom of creativity within dance & drama, I get the opportunity to explore and create my own work.' Olivia Dyble Year 9.

Check out our Social Media for more info: [flegg_dance](#)

[@FleggdanceDrama](#)



Aspiration

Chloe Green competed in the Warwick Thompson Swimming Gala which was held in Thetford and came away with some amazing achievements!

She achieved Gold in:

- 200 Back (PB by 10.35 Seconds)
- 200 Breaststroke (PB by 1.77 Seconds)
- 100 Freestyle (PB by 1.53 seconds)

She Achieved Silver in:

- 200 Individual Medley

She Achieved Bronze in:

- 200 Freestyle (PB by 3.32 Seconds)
- 50 Butterfly



Billy and Max Brassfield competed in the amateur Muay Thai world open championship during half term. After 2 very tough fights both boys brought home the gold medals and are now the amateur world championship holders, Max following in his brother's footsteps. Fantastic work!

Attendance

This week both 7ADA and 7ABR enjoyed breakfast with the Principal to celebrate their attendance achievements.





Easter Fayre Preparations (Sat 16th March)

You may have seen lots of Minors and Brady posts popping up during the week promoting our Easter Fayre. A huge thank you to the 92 families who agreed to have a sign in their front garden to support our event.

With just 2 weeks to go until the Easter Fayre the Event Team students met at lunch time today to start organising games and wrapping prizes.

Parent and student helpers are needed to man stalls on the day. If you would like to help, please contact Mrs Spooner on 01493 749207 or email dspooner@fleggoa.co.uk.



Examinations Update from Mr Becker

The last few days have seen Internal Exams for Year 11 start and apart from a few minor things they are going well. Most of my "To Do List" will revolve around training up some new invigilators so that we can sort out more support and help more students as we go forward. The behaviour of the students has been exceptional, and the few comments required have seen quick and positive changes. Eventually, I hope to know all the Year 11 as individuals but what has made the last few days special is that the students I am getting to know have been based on getting barriers removed and sorting out issues like changing the tiers they are sitting, changing seating plans or making sure we know how we can best support. So, let's keep them focused, keep talking to us, and let's build positively on the momentum for May and June.

Request from Norfolk Police

We have an upcoming Safer neighbourhood meeting which is where policing priorities are set for the three months following the meeting.

We would really appreciate families completing the following questionnaire for us:

<https://forms.office.com/e/ZFJ0pzJ6jW>

Kind regards

PC Gary May



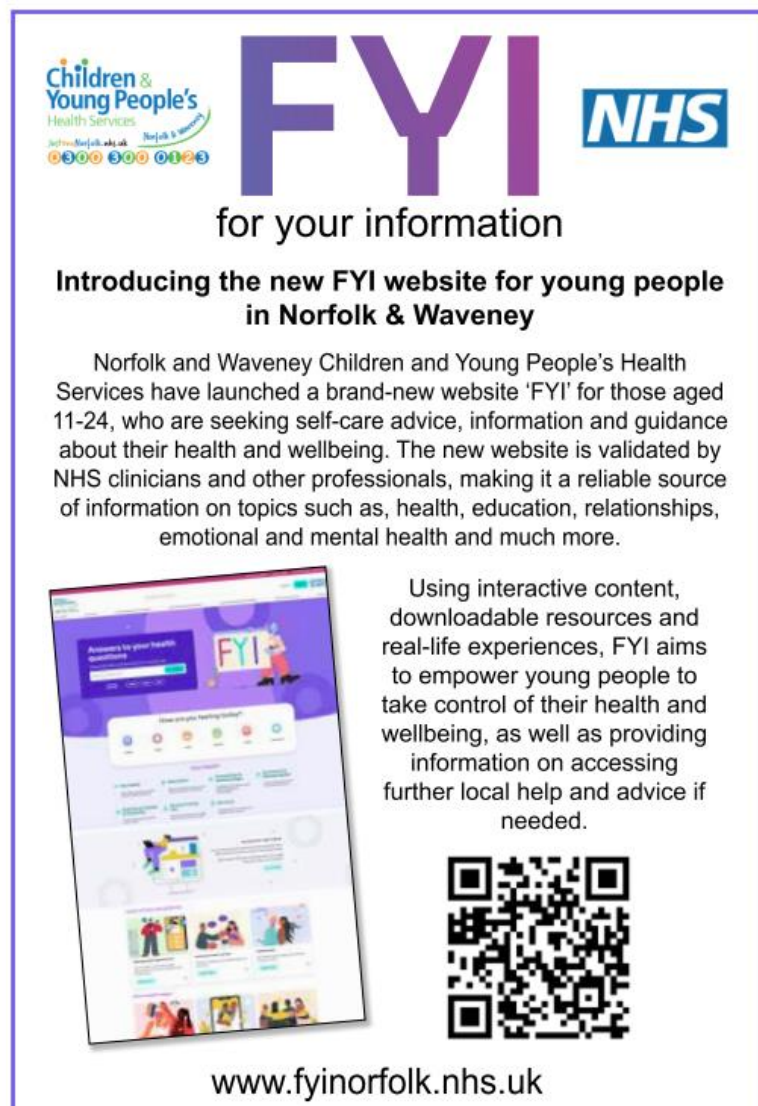
Supporting Young People

We are pleased to promote the launch of the new [For Your Information \(FYI\) Norfolk website](#) which is a new self-care website for anyone aged 11-24 years old in Norfolk and Waveney, offering reliable information on health and wellbeing.

Clinically validated and designed with community input, the website covers a wide range of topics, including emotional and mental wellbeing, relationships, family life, education, additional needs and disabilities and much more. The site also offers further resources and information about local services to ensure that young people have access to the right support at the right time.

The creation of the FYI website has been an 18-month journey of incredible system working and, most importantly, co-production and collaboration with more than 300 young people.

The process of the initiative included engaging with youth groups, schools, and individuals to gather insights and feedback, highlighting the importance of community involvement in developing resources that truly resonate with young people's needs.



The graphic features the 'Children & Young People's Health Services' logo on the left, the 'FYI' logo in large purple letters in the center, and the 'NHS' logo on the right. Below the 'FYI' logo is the tagline 'for your information'. The main heading reads 'Introducing the new FYI website for young people in Norfolk & Waveney'. The text describes the website's purpose and validation. A screenshot of the website interface is shown on the left, and a QR code is on the right. The URL 'www.fyinorfolk.nhs.uk' is at the bottom.

Children & Young People's Health Services

FYI **NHS**

for your information

Introducing the new FYI website for young people in Norfolk & Waveney

Norfolk and Waveney Children and Young People's Health Services have launched a brand-new website 'FYI' for those aged 11-24, who are seeking self-care advice, information and guidance about their health and wellbeing. The new website is validated by NHS clinicians and other professionals, making it a reliable source of information on topics such as, health, education, relationships, emotional and mental health and much more.

Using interactive content, downloadable resources and real-life experiences, FYI aims to empower young people to take control of their health and wellbeing, as well as providing information on accessing further local help and advice if needed.

www.fyinorfolk.nhs.uk

Online Safety advice for parents and carers

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

- 1. WATCH FOR BEHAVIOURAL CHANGES**

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or clinging to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.
- 2. THINK THINGS THROUGH**

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.
- 3. BE OPEN AND UNDERSTANDING**

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "angry" or "frustrated"? This will help them to understand how they're feeling and why.
- 4. LET THEM SPEAK FREELY**

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.
- 5. CALL A TIME OUT**

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.
- 6. STAY INFORMED**

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.
- 7. PREP YOUR CHILD FOR THE RESPONSE**

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.
- 8. SUMMARISE YOUR CHILD'S EXPERIENCE**

When you contact the school, make sure you've precisely described what your child experienced: what happened, when, where, and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child's feeling and how they'd like the matter to be resolved.
- 9. LIAISE WITH THE SCHOOL**

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.
- 10. CHECK IN FREQUENTLY**

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert
Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.

#WakeUpWednesday
The National College

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To find out more go follow National Online Safety on Facebook www.facebook.com/NationalOnlineSafety

Dates for your diary

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