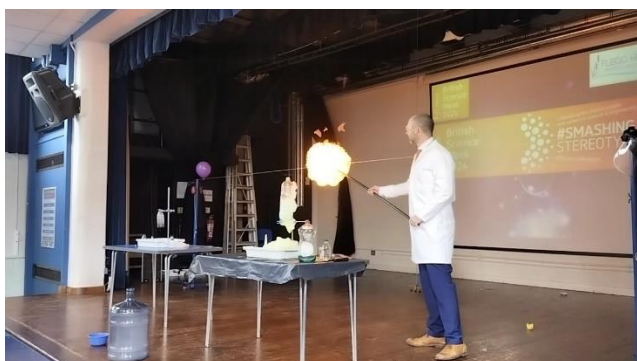


Principal's Newsletter

Friday 15th March 2024

Dear Families,

It's been an exciting week at Flegg as we have celebrated Science Week. With the theme of *#smashing stereotypes*, assemblies all week have been explosive – highlighting that science is for everyone. Thank you to Mr Guy and Mr Marno for leading the assemblies and to all the staff who bravely took part! Judging by the oohs and aahs, the students enjoyed them too!



Easter Fayre

We hope you can join us at our Easter Fayre tomorrow:



Live Entertainment

- 10.30am Dragon Stage School
- 11am Sandra Bee
- 11.30am New Rule
- 12.45pm Broadland voices
- 1.30pm Ronan Williams
- 2pm Mustang Sally & open stage
- 3.20pm Raffle & prize draws



FLEGG EVENT TEAM

EASTER FAYRE

SATURDAY 16TH MARCH
10AM - 4PM

- Over 60 stalls across 3 halls
- Fundraising games, raffle & 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!

FREE ENTRY



Ormiston's Got Talent

Well Done to Amelia who competed in the Ormiston's Got Talent Regional Finals on Tuesday. It was a great day watching performers from all over the Southeast region including dancers, singers, cheerleaders, guitar solos, baton twirlers and even a magician.

Marvelous Musicians

MUSIC YOUTH
Music for Youth Festival Series 2024

Festival / Event name:	NORFOLK FESTIVAL
Date:	08/03/24
Music Mentor(s):	TOM CHAPMAN & DAVID TSEK
Group name:	ECHOES OF THE EAST
Repertoire:	
Feedback:	<p>What a fantastic initiative this is! And such a privilege to witness your debut performance. Thank you, Esme, for a confident and comprehensive introduction. It couldn't however, prepare us for the huge sound that blew us from our seats on beat one! This arrangement was so thoughtfully put together, with so many individual and diverse voices being given the opportunity to shine as soloists, supported by the absolute powerhouse that is this choir and band!</p> <p>With a group of this size there is no excuse but to be dynamic and you showed us just how powerful a crescendo can be when this many voices sing with such conviction - but you were also able to maintain a wonderfully controlled end at more restrained dynamics too. We were treated to a range of repertoire, across periods (Slowly Winced) and each given stylistic identity to keep things varied - well done best love! Above all, the energy and conviction of this is inspirational. Not one member of this is uncommitted and it's very powerful as a result!!</p> <p>Suggestions for development: I loved the movement & clapping in 'Higher Love', so any more of that would be very welcome. Could the band have a go at harmonising this music and being more integrated into the group? Above all - keep this up!! A brilliant group!</p>
Signed:	T.C.
Date:	01/10/24



On Friday 8th March, Livvie Spencer Powell, Reuben Achenbach, Sophie Bancroft, Arden Woods, Florence Achenbach, Emily Ramsden and Molly Robinson travelled to Halesworth in Suffolk to take part in the Music For Youth Festival. They were part of a choir called Echoes From The East, which was made up of over 100 students from a range of Norfolk educational settings. Livvie, Emily, Florence and Reuben were chosen to sing solos which was a brilliant achievement. After the performance the MFY mentors gave the choir fantastic feedback which will hopefully lead to them being chosen to perform in Birmingham next term.





Golden Ticket Holders – Year 7 Breakfast

Today's Principal's breakfast celebrated the students in year 7 with the most golden tickets. This is a real achievement as they have collected tickets across many different subjects showing a true commitment to hard work in every lesson, every day. Well done to all of them – they were a pleasure to talk to.



Aspiration

Well done to Paige Newton who has recently passed her grade 3 in guitar with a good pass. Great work Paige!

Attendance Corner

Last week's 100% attendance winners:

Cianna Dyble 7DHA
Leila Simmonds 8JCA
Oscar Collins 9DWI
Faye Nottage 10CBE
Denis Balaz 11MHO





Sports Report – Mr Bending

Boys' Football

Yr 11 County Cup Semi-final v Springwood match report from Mr Bending

The journey was a long one, taking just under 1 hour and a half, but the boys were in good spirits. When we arrived, I could tell there was apprehension in the air as the boys did not know the opposition or what to expect. After a team talk and tactics regarding certain positions, we agreed to get the ball moving fast and forward to try and score on the break. This worked perfectly after 5 minutes when we forced a corner from a quick break. The ball came in and dropped in the area with Ashton Blogg slotting home into the bottom corner seconds after having his first shot blocked. The boys started to relax into their play moving the ball more effectively than the opposition and trying to be first to the loose ball.

With ten minutes left of the first half still at 0-1 to Flegg I decided to switch things up by moving Aaron Robinson upfront for more pace and bringing Danny Brown into midfield. This partnership combined instantly with Aaron set him free to drill the ball home into the bottom corner. The defending was good and solid and despite some half chances they did not look like they were going to score. Half time.

At half time I switched Harry Moss and Archy Gore upfront to keep the opposition on their toes and brought Alfie Skoyles into midfield. His combative style started to put more pressure on and win the ball eventually leading to a breakaway by Archie who slotted home to make the scoreline a healthy 0-3 to Flegg.

Having challenged Harry Moss to make more of his chances at half time he duly obliged minutes later by beautifully chipping the keeper to make the scoreline 0-4. I was keen for the boys to keep pressing in order to give them no time and space as I did not want us to concede. I must add this was a proper team performance with all of the boys playing well. If I was to give a MOM performance it would probably go to Callum Kemp for his work rate, attitude and ball distribution – he was first rate.

On to the final, very exciting and hopefully a trophy to bring home!

Year 9 tournament report

On Monday 11th March Flegg hosted the end of season year 9 league tournament, it was a great success for our team.

Flegg v Lynn Grove A - half time we were leading 3 – 0 full time score 4 – 1. Top scorer with shooting by Lacey and player of the match awarded to Amy.

Flegg v Lynn Grove B – half time score we were winning 8 – 0 and full-time score was 16 – 0. Again, excellent shooting, this time by Edith and Lacey. With excellent defence by Nia and Maddy.

The final game was against Acle, at half time the score was 10 – 0 and final score was 15 – 2. Top scorer in this match was Mia who was awarded player of the match.

Overall, there was excellent play throughout the tournament with superb linking play in centre court by elyssia, Dulcie, Matilda, Bryony and Lucy, solid defence with interceptions galore by Nia, Maddy and Amy.

Final standings –

4th– Lynn Grove B – 3 points

3rd Acle – 5 points

2nd Lynn Grove A – 7 points

1st Flegg 9 points



Team – Grace, Lucy, Dulcie, Lacey, Elyssia, Maddy, Edith, Nia, Matilda, Amy (captain), Mia & Bryony

SUBJECT FOCUS: COMPUTER SCIENCE

Mr. Wilkinson is an experienced teacher and leads the department. Mr. Hallam also teaches Computer Science and covers the majority of the year 7 classes. Mr. Wilkinson teaches the remaining year groups together with the GCSE classes. Both are enthusiastic about the subject and the topics that are delivered to the pupils.

Year 7 have completed an intensive topic on E-Safety and there are some superb examples of their work below. They are now studying abstraction techniques, looking at algorithms and flowcharts for various problems.



E-Safety SMART

SMART

- S** - Stop and think before you click
- M** - Make sure you check who you are talking to
- A** - Ask for permission before you give out any personal information
- R** - Remember to use strong passwords
- T** - Think about the risks of what you are doing

Be careful when buying things online if you are not fully sure if it is a real website or seller.

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E-Safety

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E-Safety SOCIAL MEDIA

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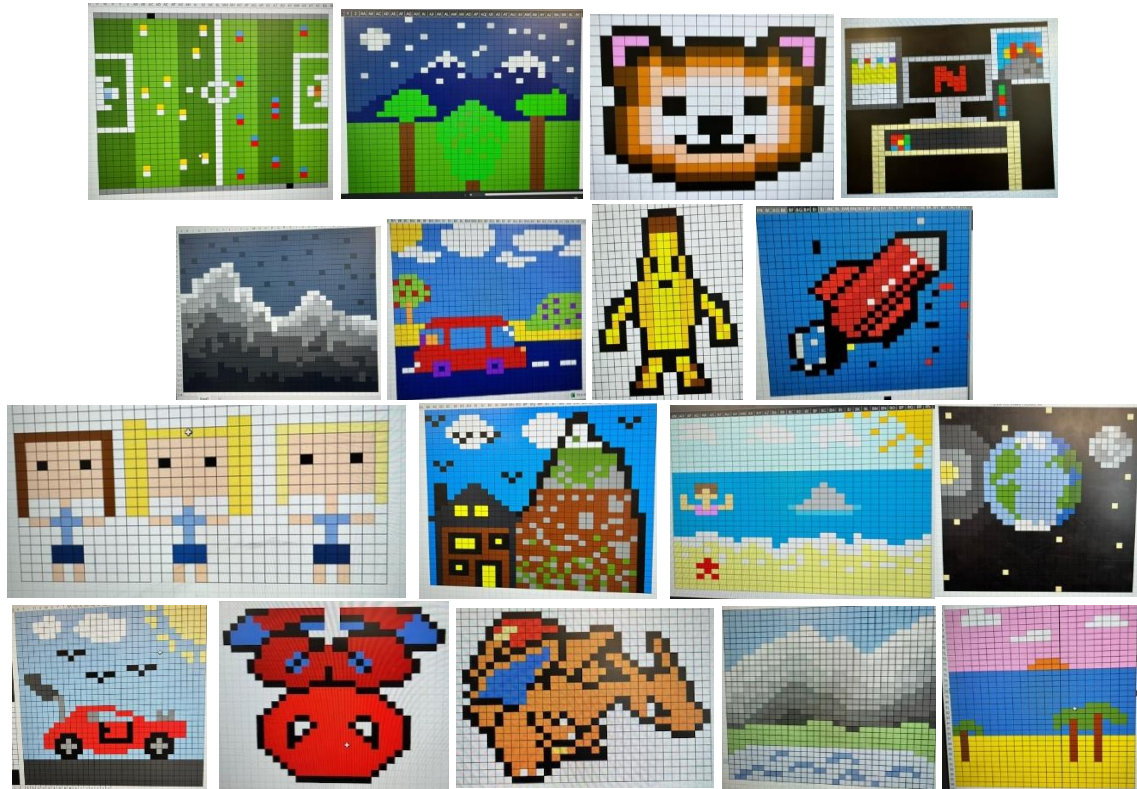
E-Safety

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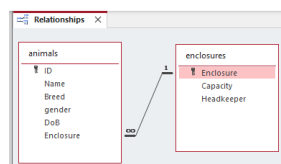
Year 8 have just completed a topic on Python programming and are currently looking at how text, images and sound are represented digitally. They have created some amazing pixel art work during the early part of this topic.



Year 9 are currently looking at flatfile and relational databases having completed a topic on html coding and network topologies. The choice of databases ranges across footballers, F1, animal parks and shopping.

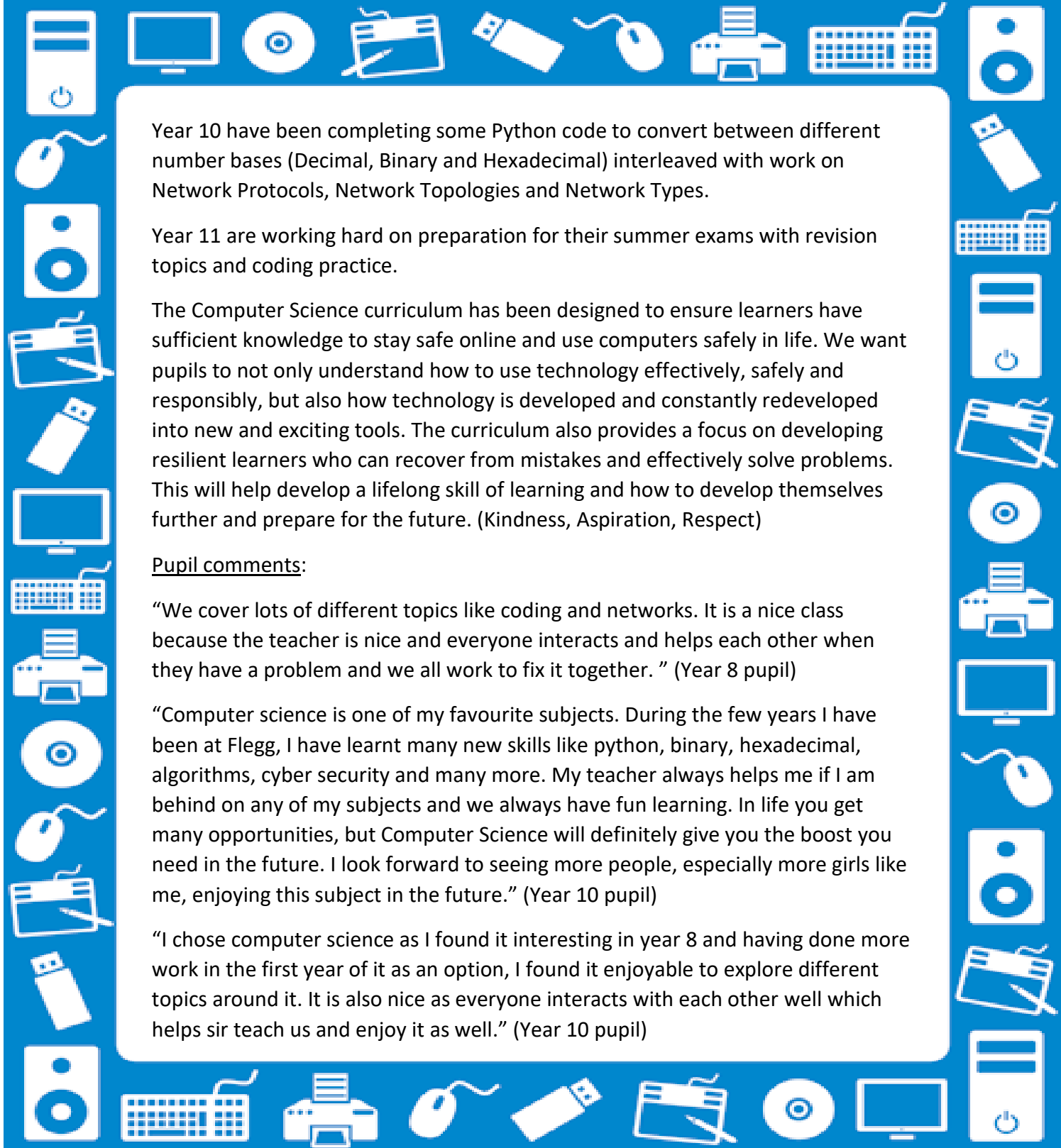
Flat file Database

ID animal	Name	Breed	Gender	Date_of_Birth	Enclosure	Capacity	Headkeeper
A201	Alia	Chimpanzee	Female	13/08/2019	Ape House	50	S Larkin
A007	Charlie	Chimpanzee	Male	19/07/2020	Ape House	50	S Larkin
A739	Darren	Gibbon	Female	06/09/2012	Ape House	50	S Larkin
B033	Deb	Red deer	Female	06/07/2016	Deer Park	200	A Hamand
A419	Dino	Gibbon	Male	14/09/2015	Ape House	50	S Larkin
P826	Earl	Eagle	Female	12/06/2017	Aviary	20	S Crowe
P025	Eddie	Eagle	Male	27/05/2018	Aviary	20	S Crowe
B337	Ellis	Roebuck	Male	16/07/2012	Deer Park	200	A Hamand
C128	Ezra	Lion	Male	21/03/2012	Big Cats	12	K Milner
C133	Hado	Tiger	Male	29/07/2013	Big Cats	12	K Milner



Relational Database

ID	Name	Breed	gender	DoB	Enclosure	Capacity	Headkeeper
A002	Alia	Chimpanzee	Female	13/08/2019	Ape House	50	S Larkin
A007	Charlie	Chimpanzee	Male	19/07/2020	Ape House	50	S Larkin
A019	Darren	Gibbon	Female	06/09/2012	Ape House	50	S Larkin
A148	Deb	Red deer	Female	06/07/2016	Deer Park	200	A Hamand
A201	Dino	Gibbon	Male	14/09/2015	Ape House	50	S Larkin
A351	Earl	Eagle	Female	12/06/2017	Aviary	20	S Crowe
A419	Eddie	Eagle	Male	27/05/2018	Aviary	20	S Crowe
A492	Ellis	Roebuck	Male	16/07/2012	Deer Park	200	A Hamand
A671	Ezra	Lion	Male	21/03/2012	Big Cats	12	K Milner
A739	Hado	Tiger	Male	29/07/2013	Big Cats	12	K Milner



Year 10 have been completing some Python code to convert between different number bases (Decimal, Binary and Hexadecimal) interleaved with work on Network Protocols, Network Topologies and Network Types.

Year 11 are working hard on preparation for their summer exams with revision topics and coding practice.

The Computer Science curriculum has been designed to ensure learners have sufficient knowledge to stay safe online and use computers safely in life. We want pupils to not only understand how to use technology effectively, safely and responsibly, but also how technology is developed and constantly redeveloped into new and exciting tools. The curriculum also provides a focus on developing resilient learners who can recover from mistakes and effectively solve problems. This will help develop a lifelong skill of learning and how to develop themselves further and prepare for the future. (Kindness, Aspiration, Respect)

Pupil comments:

“We cover lots of different topics like coding and networks. It is a nice class because the teacher is nice and everyone interacts and helps each other when they have a problem and we all work to fix it together.” (Year 8 pupil)

“Computer science is one of my favourite subjects. During the few years I have been at Flegg, I have learnt many new skills like python, binary, hexadecimal, algorithms, cyber security and many more. My teacher always helps me if I am behind on any of my subjects and we always have fun learning. In life you get many opportunities, but Computer Science will definitely give you the boost you need in the future. I look forward to seeing more people, especially more girls like me, enjoying this subject in the future.” (Year 10 pupil)

“I chose computer science as I found it interesting in year 8 and having done more work in the first year of it as an option, I found it enjoyable to explore different topics around it. It is also nice as everyone interacts with each other well which helps sir teach us and enjoy it as well.” (Year 10 pupil)



Dance After Dark for KS3

As part of the key stage 3 Dance curriculum over the past term Year 7, 8 and 9 students have been looking at Musical Theatre. Developing their understanding and skills within this dance style. On Wednesday 20th March we are offering students the opportunity to watch Matilda the Musical in full at our 'Dance After Dark' event. The performance is 2 hours long.

Date: Wednesday 20th March ~ Time: 3-5.15pm ~ Location: Dance Studio

Drinks and popcorn will be provided however, students are welcome to bring other snacks.

If your child would like to attend please complete the following form: <https://forms.office.com/e/iNCPhDmNMW>

pageborders.org

LOOK OUT FOR ALL THE ACTIVITIES THIS WEEK FOR COMIC RELIEF.

Wednesday – 20th March –

Breaktime – long corridor – cake sale 50p

Lunch time – cake sale & activities – 50p

netball boys v girls challenge – yr. 7, 8 & 9

Back playground – 20p to watch starts 1.35pm

Thursday – 21st March –

lunchtime -1.30pm – beat the keeper

Mr Woodhouse in goal – 50p for 5 penalties – prize for best attempt.

Table tennis – beat the teacher - 50p entry to the sports hall – challenge matches – first to 11.

Friday – 22nd March –

lunchtime -1.30pm – **Volleyball match**

watch the yr. 11 challenge the staff at - sports hall – 50p entry



all money raised for Comic Relief



Dates for your diary

Saturday 16th March 10am-4pm Easter Fayre

Friday 29th March – Friday 12th April Easter Holidays

With kind regards,

A handwritten signature in cursive that reads 'Jane Bennett'.

Mrs Jane Bennett, Principal

Attachments

A parent's guide to Cyberbullying

East Norfolk College dance and cheerleading clubs

National Online Safety – Developing healthy sleep patterns

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.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between the action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



A Parent's Guide to Cyberbullying



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online

Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with



EN After School Clubs

Activities for children aged 7-16

Funded by



NORWICH FREEMEN'S CHARITY

Street Dance 12-16 years

Starting Monday 15th April

Day: Monday
Time: 4pm-5:30pm
Cost: Free



Cheerleading 7-12 years

Starting Wednesday 17th April

Day: Wednesday
Time: 4pm-5:30pm
Cost: Free



Book now via our website
<https://events.eastnorfolk.ac.uk/>

Or via the QR Code