

Principal's Newsletter

Friday 8th March 2024

Dear Families,

In this week's newsletter, it is appropriate that we celebrate International Women's Day (Friday 8th March) with a fantastic round-up of girls' sport as well as a run-down of all the exciting activities going on around the school. Our subject focus this week is History.

Don't forget that we have our Parent Forum taking place on Thursday 21st March from 4.30pm - 5.30pm. If you would like to attend, please email Mrs Spooner to book a place; dspooner@fleggoa.co.uk. We also hold a Principal's Surgery every Wednesday that is bookable via Mrs Spooner.

Today, a group of year 7 girls visited The Nest to celebrate international women's day where they completed warm-up activities and teamwork sessions.



Non-Uniform Day

We are holding a non-uniform day on Friday 15th March in aid of the Easter Fayre. Students that want to take part should bring in an Easter egg or treat, students that do not want to take part can wear school uniform as normal.

Easter Fayre

The Event Team's annual Easter Fayre is taking place on Saturday 16th March 10am-4pm.

Attendance Corner

Last week's 100% attendance winners

Molly Sebastian 7ABU
Lorin Coote 8THA
Lexie Mitchell 9DWI
Rhiley Dennington 10ACR
Maria Prowse 11SRE



Youth Action Board – Years 9 and 10

Yesterday, Great Yarmouth YAB consulted with students from Flegg High to find out what changes they would like to make in their school and community.

Over 250 students gave their honest feedback, which will count towards the new Action Plan from April 2024 – 2026.

They also completed a Make Your Mark consultation, which is the largest of 11-18 year olds in Europe. Ten issues were presented, and students individually picked one that they felt was most important to them.

The students then voted on their preferred candidate for Youth Parliament based on short videos they watched of three young people. Well done to all of our students for participating.



World Book Day 2024

Well done to our World Book Day competition winners. Students decorated a cardboard tube as their favourite character from a book. Here is Lily, Robyn and Nithiesh with their winning entries; the characters from Winnie the Pooh, Fantastic Mr Fox and Paddington.



Staff Fundraising – we need your help!

On April 7th, Mrs Shorten, who is one of our Teaching Assistants is running the London Landmarks half marathon in aid of Dementia UK. If you could spare a few pounds to sponsor her it would be greatly appreciated and would help to support this worthy cause. The link to Mrs Shorten's justgiving page is below:

<http://justgiving.com/fundraising/gina-shorten1>



Sports Report

Netball by Mrs Cropley

Gresham's Tournament

On Monday 4th March the year 8 netball team took part in the year 8 county netball tournament. 20 teams from around the county entered the competition. The initial stages were in 4 sections. We were in Pool A. Our first match was against the hosts Gresham's, an exceedingly difficult start, but the girls played well. Our second match was against another private school, Beeston Hall, who are a well-drilled team. The next games were against Thetford and Dereham who are not in our local area, so we were unsure how we would fair.

Our Tournament pool results – Lost Gresham's – 18-1; Lost Beeston Hall 7 – 0; Drew Thetford – 3-3; Won Dereham 6-3. We therefore finished 3rd in our section and entered the plate competition. In the plate we faced a physical game against Cromer High and unfortunately our tournament ended in a defeat. 10 -1. The team all played very well, they enjoyed the hospitality of Gresham's and mixing with other schools. Well done to all the squad: Captain Lexi, Maddie, Lily, Isabelle, Deyarna, Molly, Emily, Isla, Bijou and Ruby.



Year 8 & 9 Netball

On Tuesday we played against Venture. The year 8s won 14 – 1 and the team were Lexi, Deyarna, Ruby, Molly, Maddie, Emily and Lily. Some excellent play by all.

The year 9s match was a friendly which they also won 8 –1.

Girls' Football

The U14 girls Football team travelled to play Thorpe St Andrew High school in the Norfolk County Cup Quarter finals. We knew it would be a tough game and hoped that we could avoid being drawn against Thorpe.

However the girls played with great grit and determination throughout. Some outstanding tackles made by Jess in midfield and Lucy controlling the defense well.

Unfortunately, it is Thorpe who progressed through to the next round after winning 4-0.

Girls' Cricket

The U13 Girls cricket team competed in the Norfolk County indoor competition at the UEA on Friday. It was a very competitive day with 12 other schools playing for a place in the county finals in 2 weeks time. Outstanding bowling by Ruby and some great batting from the team saw Flegg win all their games until they came up against Norwich High school. Unfortunately, it was a 'must win' to see Flegg through but it wasn't to be.

However, runners up in their league is a great achievement and they should all be very proud of themselves.



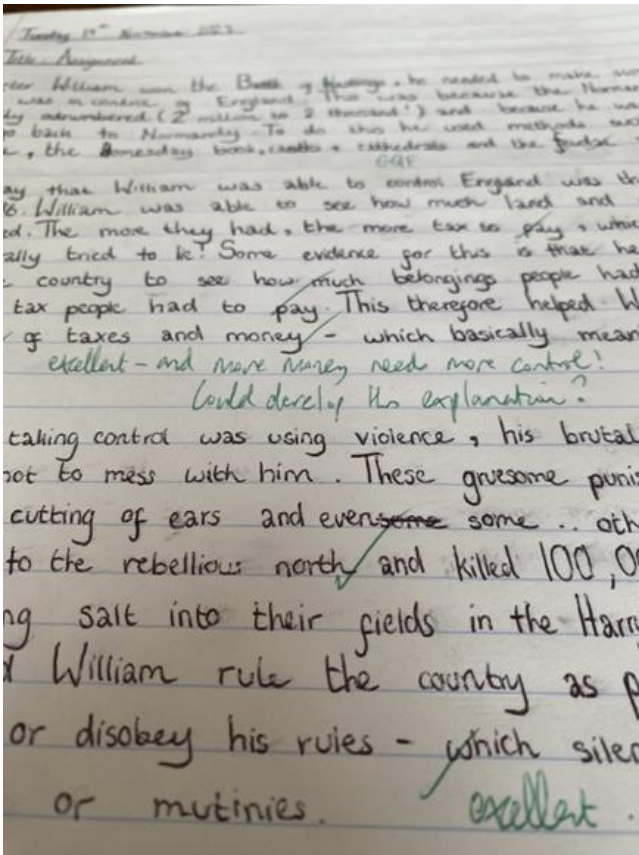
Well done to our Catering Team

Our fantastic catering team received a surprise visit today from the Food Standards Agency and have once again been awarded with a 5* food hygiene rating. Well done to them all and a big thank you for making sure our food is always of such high quality.



Excellent Work

Outstanding Assignments in History



A massive well done to Noah Achenbach, Gracie Bell, Charlie Clarke, Jasmine Cooper, Samson Cowell, Lexie Mitchell, Maeve Mitchell, Amy Robinson, Elizabeth Seward, Oskar Robertson and Lacey Ede in year 9 for their outstanding history assignments. They all worked very hard to prepare their write-up and as a result did exceptionally well.

Aspiration



National Arena Swimming League 2024 B Final				
Event 22 Open/Male 13/14 Yrs 100m Backstroke Heat 1				
Pos	L	Name	Club	Time
1	2	Archie HARRIS-JOY	City of Norwich	1:07.81
2	8	Jack SMITH	City of Coventry	1:07.82
3	7	Willie WARWICK	City of Cambridge	1:07.96
4	4	Damian DADKOV	Bromley	1:08.75
5	1	Jack PALMER	Poole	1:08.76
6	3	Freddie PARTRIDGE	Plymouth Leander	1:09.79
7	9	Daniel BARTON	Wigan BEST	1:09.99
8	0	William LARTER	Sevenoaks	1:10.20
9	5	William HUGHES	Basildon & Phoenix	1:10.64
10	6	Henry GILLAM	Camden Swiss Cottage	1:12.36

Well done to Archie Harris-Joy who was successful in the recent National swimming league Final where he won the 100m backstroke. Amazing!



1) Harriet Tubman because she was the founder of the railroads and she didn't not only escape the slave farms but she went back and saved another +70 people.

2) I think it should be a statue of her leading other enslaved people along the railroad.

3) because it shows her bravery and courage to help people and it lets her name be heard.

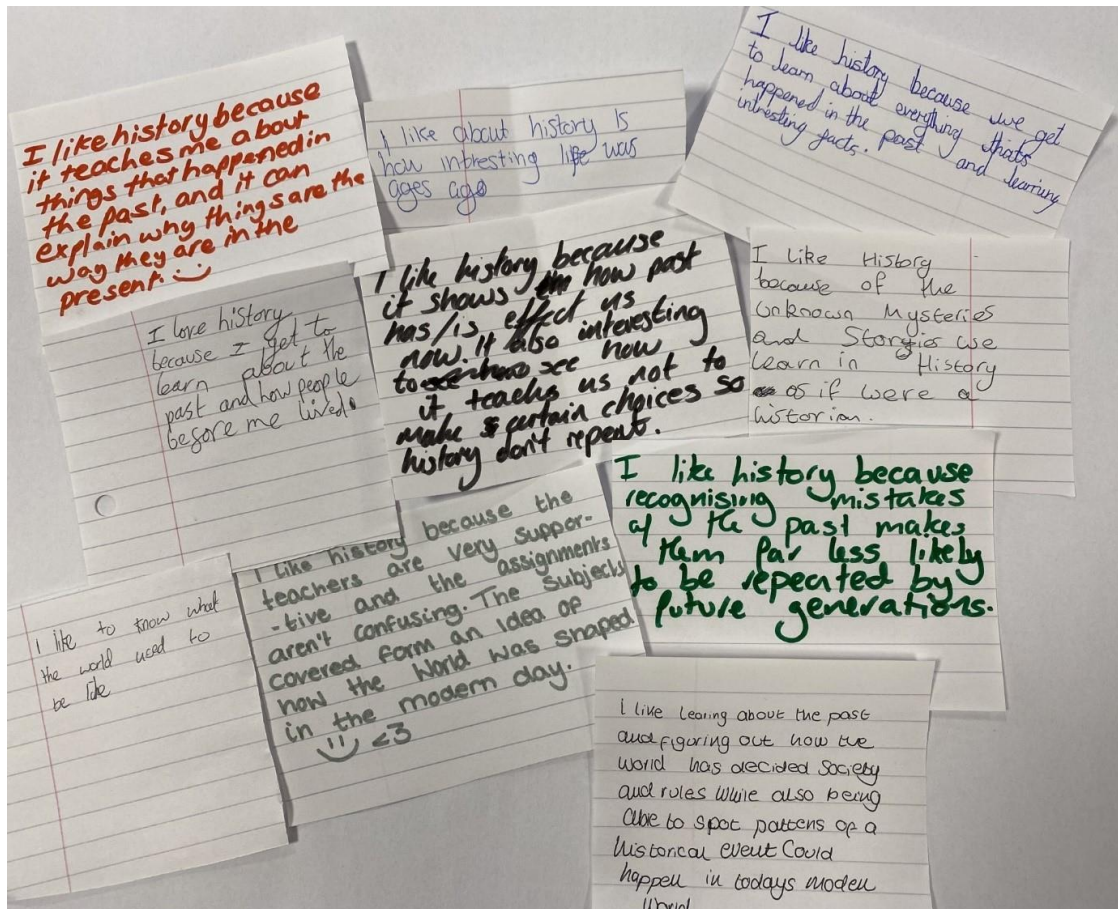
4) my sketch: ↓

(the sketch is of harriet tubman leading a line of people to freedom and the real world outside of the slave par)

History Club

We have a history club in room 41 on Thursday lunchtimes and in July the department is taking approximately 50 year 9 students to Belgium to visit sites associated with First World War (and a great Belgian chocolate shop!)

What our students say about History:



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.

What Parents & Educators Need to Know about

TEKKEN 8

Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream instalment. A one-on-one fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases – but there's still plenty to consider in keeping young players safe from potential hazards.



WHAT ARE THE RISKS?

FUTURE SPENDING?

Tekken 8 carries a PEGI 16 rating, with the assessors noting its violence, occasional profanity and in-game purchase options. The latter issue, however, is a little different to what you may expect from a modern game: unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

COPYCAT RISK

With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their epic fights in real life. This could simply amount to harmless fun – but could also easily lead to accidents, injury and distress if young gamers start actually landing blows.

VIOLENT GAMEPLAY

As a fighting game, Tekken 8's gameplay is heavily based on punching, kicking and throwing opponents around – while some characters' attacks occasionally involve weapons. Most of the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the action still revolves entirely around intense combat and inflicting damage on an opponent.

FAMILY CONFLICT

Tekken 8's story mode, 'The Dark Awakens', focuses on two of the series' most important characters – Kazuya and Jin, a father and son who have been warring for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children – causing confusion and concern over why relatives would want to hurt one another.

RANKED ONLINE PLAY

Tekken 8 features an array of online modes – most notably its 'Ranked' section, where players battle to reach the top spot of a worldwide leaderboard. Many players will dedicate significant amounts of time to practising and – while the challenge can be fun – some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they wind up on a losing streak.

ONLINE CONTACT

Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). Rival players can, therefore, reach out via messages if they wish. Given the game's fiercely competitive nature, these communications can potentially put children at risk of online abuse if their opponent is a particularly sore loser.

Advice for Parents & Educators

TRY IT OUT YOURSELF

As with many popular games, we'd recommend checking it out for yourself in advance if you have any concerns. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters: a useful way of establishing first-hand whether some children might find the game's violence to be too intense.

EXERCISE YOUR JUDGEMENT

While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most observers would describe as gory (unlike, for instance, the Mortal Kombat franchise). Of course, any fighting game worthy of the name will include a significant degree of violence – but the level at which the battles in Tekken are pitched may not be an issue for some children.

MARTIAL ARTS MOTIVATION?

With characters utilising real-world fighting styles such as jiu-jitsu, boxing and kickboxing, Tekken could represent an opportunity to channel a child's fondness for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

CONTROL COMMUNICATIONS

If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications – such as shutting off the facility to be messaged by other players (although the child's profile name will still be displayed) – to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's Steam account (if playing on PC).

Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



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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

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

FLEGG HIGH ORMISTON ACADEMY
Somerton Rd, Martham, NR29 4QD

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

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