

Principal's Newsletter

Friday 19th April 2024

A hearty welcome back to all of our students and families. I hope you had a restful and enjoyable Easter break. As we start the summer term, we look forward to better weather, a positive exam season and lots of fun and learning.

My assemblies this week have been about springtime being a time of new beginnings and have asked students to consider the term ahead and how they can make the most of this time.

Year 11 public examinations start in a matter of weeks and already, more practical exams are scheduled as soon as next week. We wish all of our student the very best and encourage you and them to keep talking to us if there is anything else we can do to support them.

Extra- Curricular Activities – Summer Term

Thank you to all the parents and carers who completed our parent survey related to extra-curricular activities and trips and visits. The survey is open until the start of next week. Key findings will be used to influence future enrichment activities and trips and visits. <https://forms.office.com/e/c34WfBmFW4> All completed surveys will be entered into a draw for a £20 Amazon voucher.

Here is our enrichment timetable for the summer term.

Day	Activity	Time	Year(s)	Venue	Staff
Tuesday	Art Catch Up	15:00 - 16:30	Year 10 & 11	Room 26	Mr Coombes & Mr Winser
	F1 in Schools	15:00 - 16:00	Selected students	Room 18	Mr Nelson & Mr Woodhouse
	Year 11 Quiet Revision	15:00 - 16:00	Year 11	Room 15	Mr Bending
	Netball Club	15:00 - 16:00	All Year Groups	Back Playground	Mrs Cropley & Miss Davey
	Drama Club	15:00 - 16:00	Invite only	Drama Studio	Ms Trevor
Wednesday	STEM Club	13:30 - 14:00	All Year Groups	Room 6	Mrs Hall
	Arts & Crafts Club	13:20 - 14:00	All Year Groups	Room 24	Mr Winser
	Art Catch Up	15:00 - 16:30	Year 10 & 11	Room 24	Mr Winser
	Athletics	15:00 - 16:00	All Year Groups	Top field	Mrs Cropley & Mr Bending
	Dance Club	15:00 - 16:00	All Year Groups	Dance Studio	Mrs Hipperson
Thursday	History Club	13:30 - 13:50	All Year Groups	Room 41	Mr Williams
	Pokemon Club	15:10-16:10	All Year Groups	Room 41	Mr Bartlett
	GCSE PE BTEC Sport & Travel	15:00 - 16:00	Year 10 & 11	Room 18	Mr D Hart
	Badminton Club	15.00 - 16:00	All Year Groups	Sports Hall	Mr Cannell
Fri	Event Team	13:20 - 14:00	All Year Groups	Various	Mrs Spooner
3G Pitch Every Day	Week A	13:20 - 13:40	Years 8 & 10	3G Pitch	Mr Marrison
	Week A	13:40 - 14:00	Years 7 & 9	3G Pitch	Mr Marrison
	Week B	13:20 - 13:40	Years 7 & 9	3G Pitch	Mr Marrison
	Week B	13:40 - 14:00	Years 8 & 10	3G Pitch	Mr Marrison

General Notices

Reminder

Flegg is a chewing gum free school. Chewing gum has been completely banned as it serves no educational purpose and is often disposed of incorrectly which is unsightly and unhygienic. Thank you for supporting us with this and encouraging your children not to bring it into school.



Student Mopeds

Year 11 students who have a moped are permitted to use it to get to school. Strict rules are in place around bringing mopeds on site (see below) and there is limited space for up to 4 bikes. If your child would like to take advantage of this, you must let us know in advance.

The following terms and conditions will apply:

- Students need to park their bike in the designated area of the car park, this is the space to the right of the mini-buses and signposted .
- Students have to make sure that parking the moped at the academy is covered by their insurance. The Academy is not liable for any loss or damage that occurs on site.
- Students must not permit anyone else to ride their bike within the Academy grounds.
- Students must ride their bike sensibly and within the speed limits whilst on site and only to arrive and depart.
- As mopeds / motorbikes can attract some attention from other students, we advise that students do not "show it off" to others.
- Helmets and jackets must be left at main reception and not carried around the academy.
- Students need to register their number plate with reception and Mr Moore, so in the event of an emergency, the school know whose bike is who.

PSHE

This half term, students will be covering the following topics:

- Yr7 - Equality then Personal Health
- Yr8 - Law & Order then Crime and Influence
- Yr9 - Media Literacy then Political Power
- Yr10 - Next Steps then Money Matters

Attendance Corner

Last week's 100% attendance winners are:

Freya Alderton 7DHA
Megan Chandler 8TWI
Noah Hale 9RPO
Kiani Pace 10NHA
Harrison Cavanagh 10NHA



Flegg Event Team

The Flegg Event Team organise and attend fundraising and community events at the school and in the community. The Event Team meet every Friday lunch time with Mrs Spooner to plan and prepare for events. The team are currently making pompoms for their yarn bombing entry at the upcoming Martham Scarecrow Festival taking place over the bank holiday weekend. Plans are also underway for the Summer Fayre taking place at Flegg on Saturday 22nd June.

The Event Team are attempting to raise £1,500 for a defibrillator and cabinet that will be fixed to the front gate so it will be accessible by the whole community. We will have a stall on the green during the Martham Scarecrow Festival with fundraising games and a huge voucher prize draw, tickets for the draw are available to purchase in advance from our main reception. **If you would like to donate a voucher please get in touch.**



We are always looking for parents and family members to help at events so if you would like to become an Event Team volunteer then please contact us (all volunteers will have to complete a DBS).

The Event Team are also helping with the community litter pick on Saturday 27th April around Martham. If you and/or child would like to help please contact Mrs Spooner on 01493 749207 or email dspooner@fleggoa.co.uk.

We are currently accepting donations of clothes and bric-a-brac for our pre-loved stall at the Summer Fayre, all donations can be dropped off at the main reception between 8am-6pm



Martham Scarecrow Festival 2024
Martham Green, NR29 4PA
Sunday 5th & Monday 6th May
10am - 5pm
Free Entry
Great Day out for all the family

- Vote for your favourite Scarecrow
- Family Treasure Hunt
- Children's Scavenger Hunt
- Garden/Garage Sales
- Entertainment
- Refreshments
- Craft & Charity stalls
- Free parking

Churches open with refreshments & activities

Maps will be on sale, both days inside the Main Marquee

Sponsored by: Caister Costumes, Snippers Salon, Martham Paw Ground, CA Hemsby Chalet Holiday Lets, 5 Star Landscapes, The Flower Gallery & JD Security and Fire



FLEGG HIGH ORMISTON ACADEMY
Summer Fayre
Saturday 22nd June
10am - 4pm

ORGANISED BY THE FLEGG EVENT TEAM

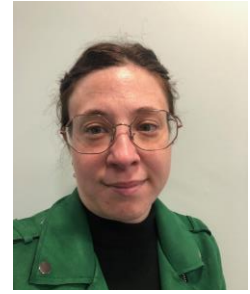
60 craft & gift stalls inside & outside
Fundraising games ~ Pre-loved stall
Free craft area ~ Refreshments
Inside and outside seating area
Free table tennis and games
Dance groups, singers and bands

The perfect free community event for all the family

FLEGG HIGH ORMISTON ACADEMY
SOMERTON ROAD, MARTHAM, NR29 4QD

New English Subject Leader

My name is Ashleigh Robertson and I have been teaching English for 9 years and head of subject for 2 of those years. I am really excited to be joining Flegg and to help share my passion for English with our students. My favourite author is Margaret Atwood, but I also love non-fiction travel and history writing. I really love teaching "Macbeth" and war writing. In my freetime I am an avid reader but also enjoy West End shows and exploring new places.



Food, glorious food



Year 10 made ravioli with spinach and cream cheese this week where they executed mixing, kneading, rolling, shaping forming, filling, portioning, boiling, wilting, sealing and crimping



Aspiration

We have been tracking Billy's progress for a while now as he continues to compete internationally in the field of Thai boxing at the same time as juggling his commitment to year 11!

Over Easter, Billy and his brother Max travelled to Thailand to take part in some training and whilst there, took part in a 'pro' Thai fight under full Thai rules. Billy won this fight with a third round stoppage. We look forward to seeing Billy's future success in this arena!



Second hand uniform shop

We have a huge selection of second hand uniform available to families including all items of uniform, PE kit, shoes, trainers and coats. **The second hand uniform shop will be open on Thursday 2nd May 3.30pm-6pm.** Alternatively you can contact the school to request items via office@fleggoa.co.uk.

Dates for your diary

2pm-4pm Every Wednesday: Principals Surgery (contact principalsoffice@fleggoa.co.uk to book)

Thursday 2nd May: Year 8 Progress Evening 3.30pm-6.30pm

Monday 6th May: Bank Holiday

Thursday 23rd May: Year 7 Progress Evening 3.30pm-6.30pm

Monday 27th – Friday 31st May: Half Term

Monday 3rd June: First day of term

Thursday 6th June: Parent Forum 4.30pm-5.30pm (contact principalsoffice@fleggoa.co.uk to book)

Saturday 22nd June: Summer Fayre 10am-4pm

Monday 1st and Tuesday 2nd July: Year 6 Transition Days

Tuesday 2nd July: Year 6 Transition evening for families

Thursday 4th July: Year 11 Prom

Monday 8th – Friday 12th July: Enrichment Week

Friday 12th July: Sports Day

Monday 22nd July – Tuesday 3rd September: Summer Holidays

With kind regards,

A handwritten signature in cursive script that reads "Jane Bennett".

Mrs Jane Bennett, Principal

Attachments

National Online Safety

Ormiston Academies Trust notice

Community Events

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.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

9 ENCOURAGE A POSITIVE MINDSET

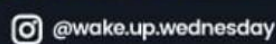
It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

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 Penistone Grammar School.



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Ormiston Academies Trust notices



Working in partnership
[OAT] NATIONAL INSTITUTE of Teaching

[ORMISTON] TEACHER TRAINING

WIN a £500 UK Weekend Break!
 Enter our raffle to win one of 3 amazing prizes!

Teacher Referral Raffle **STEP 3**
 You can be the first step in their journey

Win one of 3 amazing prizes!

1st Prize
 £500 travel vouchers to spend on a UK weekend break

2nd Prize
 £300 retail vouchers

3rd Prize
 £200 luxury farm shop vouchers

STEP 1
 Visit gov.uk/apply-for-teacher-training where your referred trainee teacher can complete an application for NioT@Ormiston Teacher Training North (24P), East (3P4) or West (2P4)

STEP 2
 Scan the QR code to enter our raffle



T&Cs If your referred trainee is eligible for an interview, you will be entered into the raffle draw. The raffle is open to 18+ only. Entries close 5/7/24. Winners will be announced at 12pm 8/7/24 on Instagram, Facebook & X (Ormiston Teacher Training).

Take the first step today

Community Events



HAPPY 1st Birthday
 Rollesby's Community Woodland

PLEASE COME JOIN US AT THE WOODLAND

SATURDAY 4TH MAY

WHERE ROLLESBY COMMUNITY WOODLAND COMMITTEE WOULD LOVE TO SHOW YOU ALL THE COMMUNAL EFFORTS, HARD WORK, MONIES & TIME SPENT WHILST CELEBRATING OUR 1 YEAR TOGETHER. WE WILL BE THERE & WE ARE HOPING YOU WILL TOO, WE CAN WALK YOU ROUND & SHOW YOU ALL THAT'S BEEN ACHIEVED IN SUCH A SHORT TIME..... BRING SOME DRINKS, A PICNIC, SOME CHAIRS & COME SEE WHAT A VILLAGE CAN DO WHEN WE WORK TOGETHER!



11-3



HEMSBY FAMILY FEST
 HEMSBY PLAYING FIELD. WATERS LANE. HEMSBY. NR29 4JD

FREE ACTIVITIES FUN FOR ALL AGES !!



FAIRGROUND | NORWICH ESCAPE ROOMS | THEGAMESTATION | PUNCH & JUDY | CARS | EMERGENCY VEHICLES | HEMSBY LIFEBOAT | BEER TENT

FOOD STALLS | STALLS | & LOTS MORE

FOR INFORMATION CONTACT
 HEMSBYEVENTS@GMAIL.COM OR CALL TINA
 07775 684356

The future is ours to make




Acle Cricket Club presents

Ladies & Girls Cricket Nights

Every Monday throughout the summer
from 13th May - 6:30-8:00pm
at Acle Recreation Centre, Bridewell Lane, Acle NR13 3RA

Free of charge • Softball fun & games • Hardball introduction & coaching
No experience needed - focus is on having fun! • All equipment provided
For more information contact Alex on 07979 368891

@wegotgameofficial #WE GOT GAME.

At your Library



New Bereavement Cafés

Great Yarmouth Library
Every Tuesday 10.30am – 12pm
Starting 21 May 2024

Martham Library
Every Friday 12.30pm - 2pm
Starting 17 May 2024

A time and place to meet and have a cuppa and chat with others who are bereaved.

No need to book, just drop in.



SEND Coffee Morning

Are you a parent/carer of someone with additional needs?
Drop in for a coffee and chat every Tuesday morning between 9:30am-11am at The Vault Gorleston High Street.

“An opportunity for parents/carers to offer each other support, tips, suggestions and encouragement”.

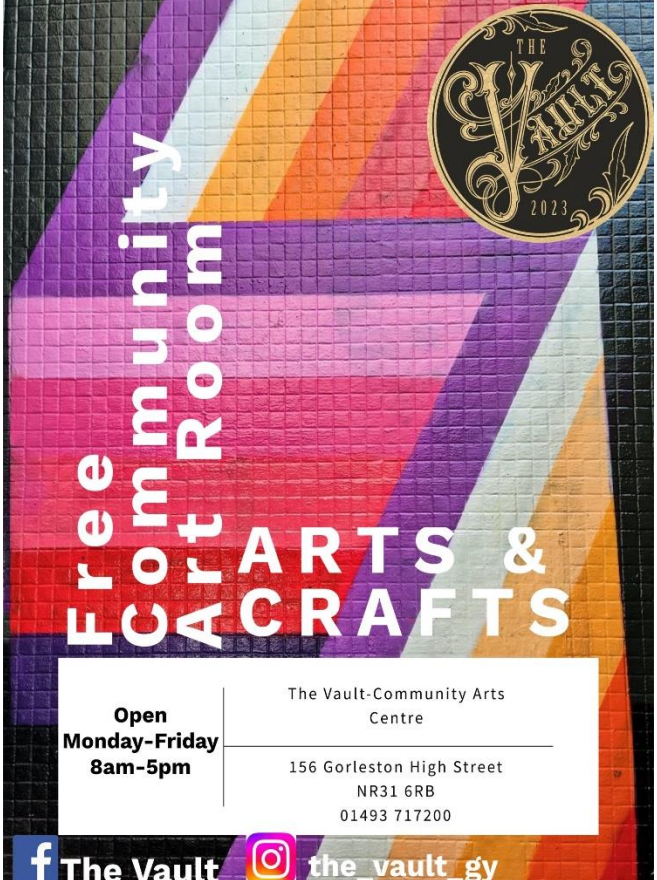
“Meet people that understand your challenges”.

“A judgment free space to share experiences”.

“Gain a greater understanding of minds that may not always think the way you do but are equally as unique and beautiful”.

“You’re not alone!”

MINDS of ALL KINDS

Free Community Art Room

ARTS & CRAFTS

Open Monday-Friday 8am-5pm

The Vault-Community Arts Centre
156 Gorleston High Street
NR31 6RB
01493 717200

f The Vault @ the_vault_gy