

Principal's Newsletter

Friday 24th May 2024

It has been a great week at Flegg, capped by a fantastic year 7 progress evening last night. Year 7 have had a brilliant first year at Flegg and make us feel very proud. The difference between primary and secondary school is significant and a challenge to navigate but they have done so well, embodying our core values of kindness, aspiration and respect. As a reward, there were some games on the back playground at lunchtime today. At the request of a year 7 parent, I can confirm that Mr MacLean's email address is wmaclean@fleggoa.co.uk



Year 11 continue their journey through the GCSEs with some very big, whole cohort exams this week. They are working hard and have shown great maturity in their conduct in the exams – well done to all of them. It's not long now until their leavers day celebration on Monday 17th June and then the prom on Thursday 4th July (General Election Day!) We hope they have a productive half term, taking the time to rest and refuel, ready for the last two weeks' worth of exams.

Meanwhile, year 10 are waiting in the wings to take the place of the year 11s! Their important end of year 10 exams will be taking place once the GCSEs finish and will give them their first full experience of formal assessment. All students experienced a study skills session with an external specialist company 'Elevate' on Tuesday who were very impressed with their levels of engagement. We hope it helps to support them with their independent revision.

Water bottles – Please can all students bring in a recyclable water bottle. Now that the weather is warmer, students will need to hydrate more and in a bid to be a plastic-free school, we don't have cups to give out. Water fountains are available around the site (In the old hall, in OT's, in the English block and outside the Principal's office) and can be accessed before and after school, at break and lunch time and between lessons. We don't allow students to fill up water bottles *during* lesson time.

So whilst we are all looking forward to the half term holiday, we are also excited about the second half of the summer term and all the things to come.

Flegg is changing.....

Starts to lessons

We are incredibly proud of the mature and learning-centred attitude our pupils have displayed this week. We have introduced a new policy, ensuring that all lessons in the academy, regardless of teacher or subject begin with a silent Do Now activity to engage pupils immediately with their learning. This is a policy we have developed in support of cognitive load theory, where pupils do not have to think about the different rules and regulations of individual teachers and therefore have more capacity within their brains to take on the new learning in that lesson.

We launched this on Monday, allowing pupils two days to practice getting it right before going 'live' with it fully on Wednesday. Pupils have risen to the challenge and the entire academy feels like a hive of learning from the moment all lessons begin. Well done to all!

You Said.. We Did....

We have adapted our detention policy to no longer contain lunchtime detentions. Parents at the parent forum in March expressed their concern that some pupils were spending both their break and lunch in a detention. Thank you for raising this. Like you, we believe that pupils need to have time outside of lessons, developing their social skills and relaxing in some down time rather than completing sanctions in both their break and lunch. We therefore encourage our pupils to bring their trainers and a football to make use of the space on the all-weather pitch during this time! We shall be introducing some picnic blankets soon to use on the grass behind the English block as well as installing basketball hoops on the playgrounds for all to use.

Palace Superstar!



Mrs Pearson-Brooke attended a garden party last week at Buckingham Palace in recognition of her British Empire Medal. The king, Queen, Princess Anne and Prince Edward and Sophie were present, and Mrs Pearson-Brooke attended with her son. We are very proud of her and so pleased her commitment to children and young people has been recognised.



Student personal achievements

A huge well done to Toby Perry who has just signed a two year contract with Norwich City Football Club.



Maizie Boylan recently ran for Norfolk county championship and placed gold in both 100 m and 200 m making her the under 17 county champion – this is an amazing achievement Maizie!



Lily Tuddenham sat 2 ballet exams on Saturday 11th May and she achieved a distinction in grade 4 and high merit in grade 5 she is delighted with her results – this is an amazing achievement Lily!

Well done to Scarlett Macpherson who won Players player, Supporters player, Opposition player and Mangers player!



Ormesby Youth FC U14s secured promotion to the Norfolk Combined Youth Football League Premiership for next season. Year 9s Noah, Eden, Mason and Maya showed dedication, skill and passion throughout each match to finish the league with a much deserved league promotion.

Sporting round up

Cup Glory For Year 9 – Match report by Mr Hart

On Friday 17th May the year 9 boys football team headed to the Nest for a 5:00pm kick off to compete against Hobart for the county cup plate.

The game started with a few nervous players, this was then evident on the pitch as Flegg struggled to maintain possession. Fortunately, the nerves started to disappear and Flegg started to maintain control and apply pressure on their defence. This pressure was then awarded with a penalty after Noah Hale was fouled in the box, Dexter McKay stepped up to calmly convert the penalty into the top corner.

After this breakthrough, more and more chances were being created and it was looking like a second goal was coming. Oscar Skoyles made sure the second goal arrived by controlling the ball in his half, turning one of their players and then produced a rocket shot into the goal.

Hobart were trying to create some chances and never gave up. Some fine saves from Luca Teriss and well organised defending from Freddie Gillet ensured that none of these chances were taken. Two further goals were scored by Flether Thornley one of these was a great controlled finish past the keeper into the bottom corner.

A very good win and great game to finish the season.



Year 10 Athletics Report by Mrs Cropley

On Tuesday after school the year 10 athletics team participated in the first teatime competition of the season. This gave us the first opportunity to race against the other local schools.

Some highlights -

- 100m A & B girls winners Amy & Scarlett
- 200m A & B girls winners Maizie & Evie
- 200m B boys second Jacob
- 400m B boys second Ruben
- Girls' winners relay team Amy, Isla, Scarlett, Maizie
- Girls long jump winner - Amy
- Boys High jump winner - Ruben
- Boys Javelin winner - Euan
- Girls shot second - Neve

In an extremely closely contested competition, here are the results:

final with the top 4

difference here are the results -

1st Lynn Grove - 86

2nd Charter - 82

3rd Venture - 78.5

4th Flegg - 78

5th Cliff Park - 54.5



Great Work



During Geography this week, Year 7 have been completing microclimate investigations, measuring wind speed, wind direction and cloud cover.

7X1 have been looking at frame narrative and the ways in which Shakespeare subverts romance conventions. The following students did a very comedic performance of *Pyramus and Thisbe* - Ethan G, Jenson O, Oliver D, Stanley W, Lily F, Robyn M & Kane G. It was fantastic to see and we all enjoyed it.

Food at Flegg

Our canteen, known as OT's (Olivier Twist's) offers a wide range of hot and cold food throughout the day. We are very lucky to employ a chef, a deputy catering manager and experienced catering assistants who prepare everything on site daily.



Breakfast

- Pain au Chocolate
85p
- Croissant 85p
- Toast 20p

Drinks

- Radnor Aqua splash
£1.00
- Water 500ml 60p
- Water 330ml 50p
- Radnor Can 95p
- Oasis £1.60
- Susso Can 95p
- OMJ Can 95p
- Capri Sun 85p

Break

- Toast 20p
- Hoops or Beans 50p
- Pain au Chocolate 85p
- Croissant 85p
- Chicken & Mushroom Slice £1.10
- Cheese & Bacon Turnover £1.40
- Pancakes 40p
- Sausage Roll £1.20
- Bacon Roll £1.00
- Belgium Waffle £1.15
- Cheesy Garlic Bread 30p
- Breakfast Muffin £1.10
- Hash brown 30p
- Ciabatta 80p
- Nachos £1.00
- Pizza £1.05

Lunch

- Mini Meal £1.20
- Main Meal £2.40
- Baguette £1.60
- Sandwich £1.20
- Rolls 80p
- Wraps £1.50
- Hot Subs £1.70
- Desserts 85p
- Greek Yoghurt Pot 95p
- Cold Pasta Pot £1.10
- Fruit Pot 85p
- Salad Box £2.30
- Cake 80p
- Biscuit 70p
- Cookies 80p
- Jelly 60p

Norfolk County Council has produced the following information sheet regarding the changes to attendance, termtime holidays and the increase in fines. We wanted to share this with you at our earliest opportunity to support pupils and families and hopefully help you avoid this situation. These changes are coming into effect from September 2024.



Penalty Notice Fines for School Attendance are changing!



With the introduction of the new National Framework for Penalty Notices, the following changes will come into force for Penalty Notice Fines issued **after 19th August 2024**.

Per Parent, Per Child

Penalty Notice Fines are issued to each parent, for each child that was absent. For example: 3 siblings absent for term time leave, would result in each parent receiving 3 separate fines.

National Threshold

There will be a single consistent national threshold for when a penalty notice must be considered by all schools in England of 10 sessions (usually equivalent to 5 school days) of unauthorised absence within a rolling 10 school week period. These sessions do not have to be consecutive and can be made up of a combination of any type of unauthorised absence. The 10-school week period can span different terms or school years.

First Offence

The first time a Penalty Notice is issued for unauthorised absence the amount will be:

- £160 per parent, per child paid within 28 days.
- Reduced to £80 per parent, per child if paid within 21 days.

Second Offence (within 3 years)

- The Second time a Penalty Notice is issued for unauthorised absence the amount will be:
- £160 per parent, per child paid within 28 days.

Third Offence and Any Further Offences (within 3 years)

- The third time an offence is committed a Penalty Notice will not be issued and the case will be presented straight to the Magistrate's Court. Prosecution can result in criminal records and fines of up to £2,500.
- Cases found guilty in Magistrates' Court can show on the parent's future DBS certificate due to 'failure to safeguard a child's education'.

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

Dates for your diary

Monday 27th – Friday 31st May: Half Term

Monday 3rd June: First day of term

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

Wednesday 10th July: Parent Forum 4.30pm-5.30pm (contact principalsoffice@fleggoa.co.uk to book)

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

With kind regards,



Mrs Jane Bennett, Principal

Attachments

National Online Safety

Community Events

10 Top Tips for Parents and Educators ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect.' Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



#WakeUpWednesday®

The National College®

Community Events

Hemsby Village Garage Sale
Sunday 26th May 10am-2pm

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

SUMMER FETE
 at Martham Academy

FRIDAY 5TH JULY 2024

3:30-5:30 PM

CAKE SALE ★ **POCKET MONEY GAMES**
FOOTBALL DARTS ★ **SECOND HAND BOOK STALL**
TOMBOLA ★ **ICE CREAM**
LOCAL BUSINESS STALLS ★
& MUCH MORE ...

Made with PosterMyWall.com

FREE ENTRY

SATURDAY 6TH JULY
 10.00AM TO 3.00PM

THE FRIENDS OF JOHN GRANT SCHOOL
SUMMER FESTIVAL
 FEATURING SPECIAL GUESTS...

FUN FOR THE WHOLE FAMILY
GAMES • CRAFTS • MARKET • PRIZES •
FOOD STALLS AND MORE

JOHN GRANT SCHOOL
 ST GEORGES DRIVE, CAISTER ON SEA, NR30 5QM

To book a stall please email: friends@johngrant.school

MARTHAM FUN CARNIVAL
 JULY 13th & 14th 2024

THE THEME FOR THE 2024 CARNIVAL PARADE IS THE 80's

Anyone wishing to take part in the parade phone Belinda/Karen 01493 296778

Rollesby's SUMMER FETE

Sunday June 2nd

FREE entry

- Locally sourced BBQ
- Lots of Stalls -Games
- Free Kids craft table
- Raffle -Vintage Tractors
- Face painter -Onsite Bar

With **FUN DOG SHOW** 12-3

BEST PUPPY - PRETTIEST BITCH - MOST HANDSOME DOG - GOLDEN OLDIE (8 YEARS+) - BEST RESCUE - BEST CHILD HANDLER (12YRS AND UNDER) - WAGGIEST TAIL - DOG MOST LIKE IT'S OWNER - DOG THE JUDGE WOULD MOST LIKE TO TAKE HOME - BEST IN SHOW

EVENT COORDINATED BY: Rollesby's Community Woodland

PROCEEDS TO BE GIFTED IN PART TO LOCAL GROUPS & INSTITUTIONS AS WELL AS THE WOODLAND

£2 PER CLASS

Rollesby's SUMMER FETE FUN DOG SHOW

SUMMER FETE 11-4 WITH DOG SHOW 12-3

10 DOG CLASSES:
 BEST PUPPY - PRETTIEST BITCH - MOST HANDSOME DOG - GOLDEN OLDIE (8 YEARS+) - BEST RESCUE - BEST CHILD HANDLER (12YRS & UNDER) - WAGGIEST TAIL - DOG MOST LIKE IT'S OWNER - DOG THE JUDGE WOULD MOST LIKE TO TAKE HOME - BEST IN SHOW

ALL DOGS TO BE KEPT ON LEASHES

EVENT COORDINATED BY: Rollesby's Community Woodland

PROCEEDS TO BE GIFTED IN PART TO LOCAL GROUPS & INSTITUTIONS AS WELL AS THE WOODLAND

£2 PER CLASS

Hosted by **Martham Parish Council**

MARTHAM Family Fun Day

Martham Playing Field
Sunday 25 August
12 - 10.30PM

CHILDRENS ENTERTAINMENT
LIVE MUSIC
BBQ
PICNIC
STALLS

Martham Sports & Social Club will be open 12-Late

SUNDAY 28TH JULY 12 NOON TO 5PM

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

FREE ACTIVITIES
FUN FOR ALL AGES !!

FAIRGROUND | NORWICH ESCAPE ROOMS | THE GAMESTATION | 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