

Principal's Newsletter

Friday 14th June 2024

It's hard to believe but today is the very last whole cohort GCSE exam! This afternoon sees the last science exam with the whole year group present although there are still a final few next week. We are really excited about celebrating with year 11 on Monday as they have their 'last day' and we have something very special lined up for them – this is a surprise so more details and photos next week! What is certain though is that they will all be able to ring the Flegg bell on their way out – a tradition that spans decades.

Year 10 have started their end of year exams and they have been excellent so far! We have been incredibly impressed with how well they have done both in the exam hall and beforehand. Lining up in silence and adhering to the strict exam protocols is vital to ensuring that all students can succeed, and we have been proud of them and their mature approach.

Year 9 options will be released in the next week or so. We are currently having the final few conversations with students where needed.

It's going to be an exciting end to the year (despite the terrible weather!) with lots of trips and visits and fun activities planned. Watch this space for all the information!

A huge thank you to Trudie Dockerty of Martham for donating her winnings from the scarecrow festival to our Defibrillator Fund. Money raised at the Summer Fayre will also go towards purchasing the defibrillator and cabinet that will be fixed to the front of the school gate so that it is accessible by the whole community all the time.

The Event Team needs your help.....

Our Summer Fayre is fast approaching, and we want as many students involved as possible. If your child would like to help run the games and fundraising stalls on the day, please ask them to collect a letter and permission form from the Principal's Office.

Parent helpers are always welcome (contact 01493 749207 or email dsponer@fleggoa.co.uk)

We also need tombola prizes such as sweets, chocolate, small toys, candles, toiletries, stationery etc. Donations can be dropped off at the main reception.

Thank you in advance for your support.

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

Reminders

YR11 Cafeteria account refunds - due to high administration costs only balances £5 and over will be refunded to your original payment cards at the end of June. If you would like the balance transferred to a sibling then please email kleech@fleggoa.co.uk.

Pleasurewood Hills Trips - The deadline for payment is 9am on the 21st June when the trip will be taken offline and there can be no exceptions for late payments.

Musical Achievement

The students who took part in the Music For Youth competition as part of the Echoes From The East Choir have qualified to the next audition stage in Birmingham on Friday 5th July. This is the final audition before the gala concert at the Royal Albert Hall. Well done to Reuben Achenbach, Grace Wood, Livvie Spencer-Powell, Sophie Bancroft, Arden Woods, Emily Ramsden, Molly Robinson, Florence Achenbach.

D-Day Commemorations – Mr Sandall

This year was the 80th anniversary of the D-Day Landings where Allied forces and support services gained a foothold with which to further challenge Nazi domination of Europe. This was a critical moment in World War Two and in ensuring that the tyranny of Nazi rule was finally destroyed. As a result of these landings, thousands of Allied soldiers were injured or lost their lives and displayed great bravery and, therefore, it is important that their bravery and sacrifice is remembered. At Flegg we have been running a competition (see flyer) where students were asked to research and write a piece explaining why people should remember D-Day. I know there were some excellent, thoughtful entries from Flegg. Results are yet to be announced so I cannot share these but good luck to all who entered.



[OAT]
Oxford Area Trust
Working with Schools

Remembering D*DAY

This year's OAT history competition

The 6 June this year, is the 80th anniversary of the D-Day landings, the largest naval, air and land operation in history.

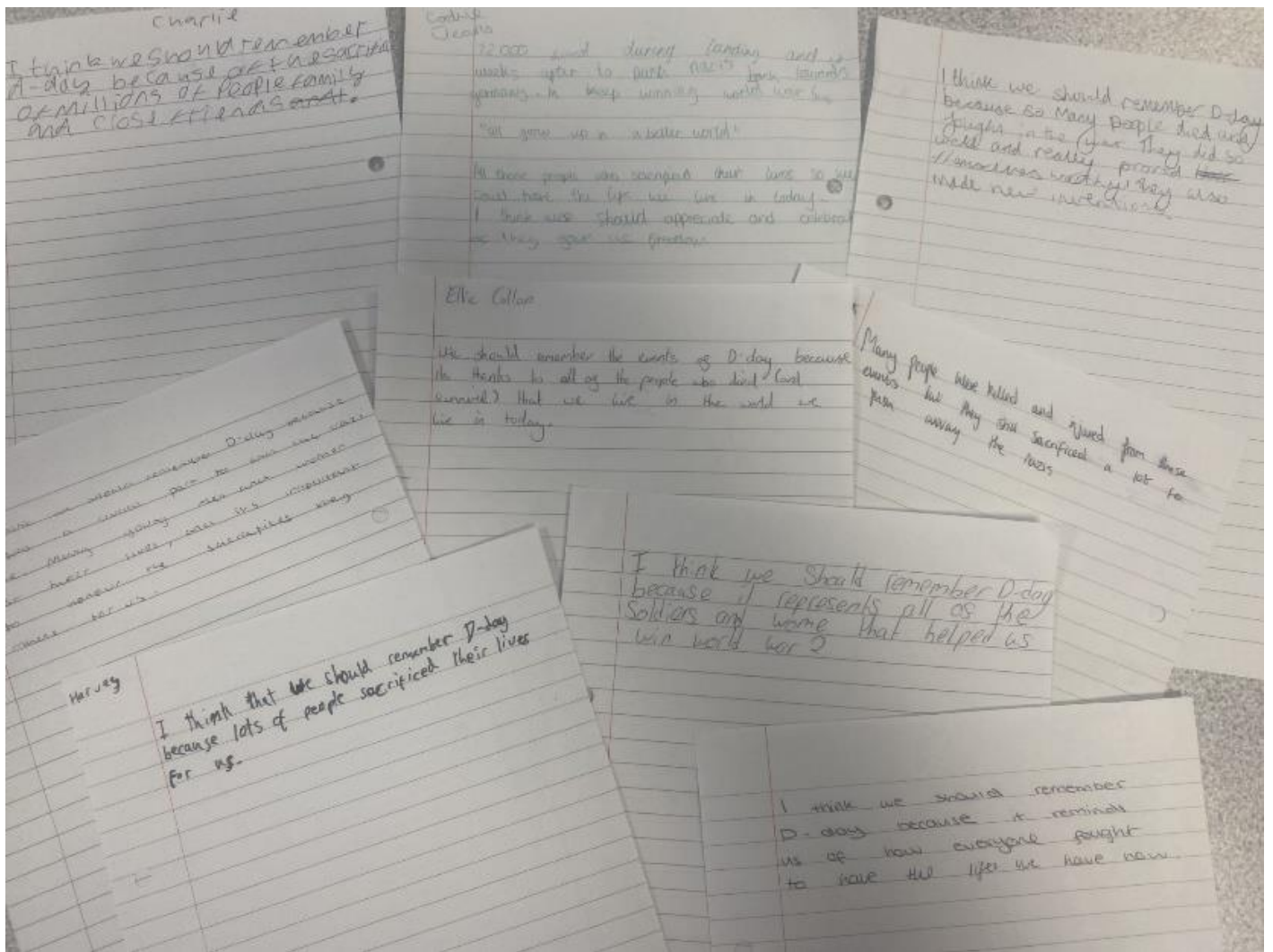
Our OAT history competition this year is designed to develop your understanding of this key historical event, along with your ability to analyse significance and why every student should be studying this topic in history lessons.

The aim is for you to **research** the D-Day landings and what happened, using reputable sources such as the Imperial War Museum's online records, to gain a full understanding of the event to **develop your knowledge**. We would then like you to consider what you've learned and why this is such a significant event. This may be due to the scale of the operation, or what it demonstrated about World War II in 1944, or what it shows you about the allies, for example. We would like you to consider why this is so **significant** and why we should **remember** this event, and for you to write a response in **approximately 100 words** - remember your teachers will be there to support you!

Please submit entries to Julie Greenhaugh, Lead Practitioner for History at julie.greenhaugh@oxfordareatrust.co.uk by 3pm on **Monday 3 June 2024**.

There is a prize of a £25 Amazon voucher for each regional winner (including AP and primaries), a £100 Amazon voucher for the best entry across all of our schools, a £100 Amazon voucher for the school that sends in the most entries, and a £100 Amazon voucher for the winning school's history department.

On top of that (where the Key Stage 3 curriculum has allowed) we have had one off lessons looking at the sacrifices of those involved and the significance of the event in ending the war and destroying Nazi tyranny.



Also, many of our students were involved and attended commemoration events and Beacon lighting ceremonies. For example, Liam Kelly (pictured with his dad) was involved in the Beacon lighting at Happisburgh Beach and said that it was an extremely poignant event. Likewise, Mya Dolby and Ethan and Charlie Clarke (also pictured) were involved in the event in St Georges Park, Great Yarmouth. Ethan said that it 'was amazing to see all of the people who took time out of their day to pay their respects to the brave people who fought and died for our freedom 80 years ago.'



Sporting round up

Cricket Report – Mrs Utting

On Wednesday this week Flegg High pupils supported Martham Cricket club and Norfolk Cricket board at a Cluster Primary School year 1&2 cricket event. The pupils were involved in coaching pupils from Martham, Caister, Rollesby and Winerton Primary schools. The weather initially looked like it wasn't going to play ball, but the rain held off and it was a great success.



Athletics Report – Mrs Utting

On the 13th June the inter girls' athletics team (yr 9&10) had a very early start as they travelled to Chelmsford for the regional finals. This is the first time we have been to a regional final for athletics. 20 schools from Essex, Bedfordshire, Cambridgeshire, Suffolk and Norfolk were competing on the day. As a school we want to say thank you to Davenant Foundation School for being the hosts. A shout out to Mr Hart and Mrs Utting for assisting Mrs Cropley with officiating the high jump, driving and supporting the team.

Team news

The race schedule started with Flegg on the track events. Our first event saw Faye in a time of 5.41 finishing 2nd and Chloe finishing with 6.11 both impressive times in the 1500m.

Next up was the 100m with both Scarlett and Lucy finishing in strongly in their races. In the 200m Maizie, with 25.51, was the fastest time of all 4 races and 5 seconds faster than her 2nd place rival. Bryony also finished strongly in her race.

In the 300m, Edith had a great race finishing 2nd and Evie finished despite an injury during the race. Our last individual race saw Isla running a fast time 3.03 in the 800m.

After lunch the competitors took to the field. Jumping were - Faye and Bryony in the high jump, Edith and Maya in the long jump, Isla in triple jump with all of them getting valuable points for the team.

In the throws we had, Neve and Lucy in shotput, Chloe in discus and Elysia and Evie in javelin. Again, all performed very well with more valuable points.

As with all athletic competitions the event finished with the relay. Our relay team were in the penultimate race and finished easily 20m ahead of the other teams; amazing work from Maya, Scarlett, Elysia and Maizie.

Well done everyone, the girls have been a credit to the academy.

Yr 10s - Maizie Boylan, Scarlett Colby, Isla Gowing, Evie Savage, Chloe Green, Faye Nottage, Neve McKay

Yr 9s - Maya Ellis, Edith Gowing, Bryony Fance, Lucy Brown, Elysia Swallow



Student Work

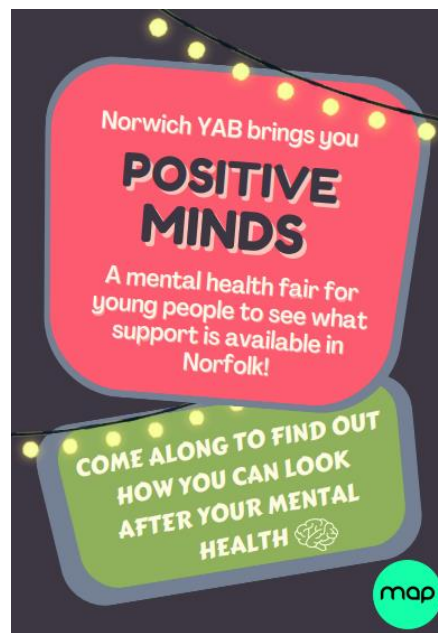
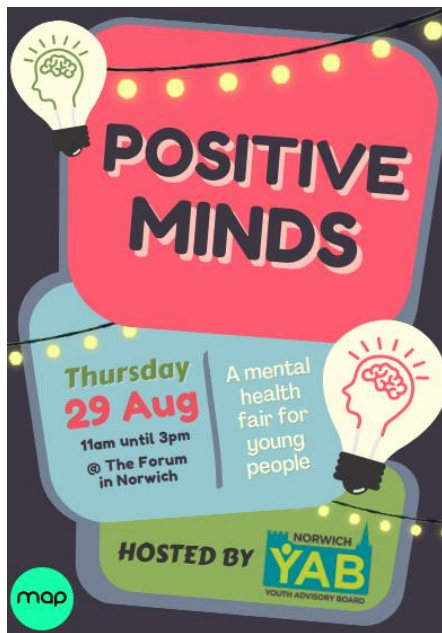
Year 7 have been working on developing ideas and hand stitching Puglys – well done Rose, Hiruka, Florence and Izzy



Student Opportunities

College Open Events

East Coast College (Yarmouth)	Saturday 12 th October 10am-12.00	www.eastcoast.sc.uk
East Coast College (Yarmouth)	Thursday 14 th November 5pm-7pm	www.eastcoast.sc.uk
East Coast College (Lowestoft)	Saturday 5 th October 10am-12.00	www.eastcoast.ac.uk
East Coast College (Lowestoft)	Wednesday 13 th November 5pm-7pm	www.eastcoast.ac.uk
East Norfolk College	Tuesday 25 th June 4-7 pm	www.eastnorfolk.ac.uk
Paston College	Thursday 20 th June 4.30pm-7pm	www.paston.ac.uk
City College Norwich	Saturday 22 nd June 10am-1pm	www.ccn.ac.uk
Eastern College	Saturday 29 th June 10am-1pm	www.easton.ac.uk



Funded by



NORWICH FREEMEN'S CHARITY

Street Dance for 12-16 years

Sessions: Friday 28th June and Friday 5th July

Timings: 4pm-5:30pm

Cost: Free



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

Or via the QR Code



Attendance Corner

Last week's 100% attendance winners are:

Leif Burton 7LFU
Alba Collop 8LDA
Lawrence Tacon 9DWI
Billy Stafford 10JED



PSHE

This 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

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

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

FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges – like the pressure to win – and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play; demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to “win at all costs”, which can be a harmful outlook in some situations.

3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest – that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/friendly-competition>

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Community Events



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

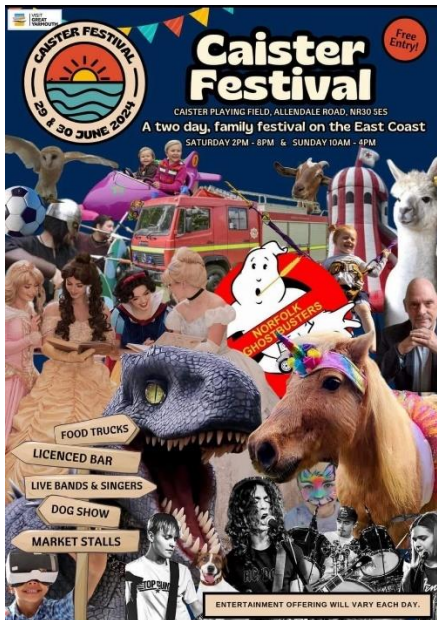
FLEGG HIGH ORMISTON ACADEMY
SOMERTON ROAD, MARTHAM, NR29 4QD



YARMOUTH HELIPORT CAR BOOT SALE

Held on the 1st and 3rd Sunday of every month 7am-2pm

Great Yarmouth Heliport
North Denes Airfield
NR30 5TE



Caister Festival
25 & 30 JUNE 2024

Free Entry!

CAISTER PLAYING FIELD, ALLENDALE ROAD, NR30 5ES
A two day, family festival on the East Coast
SATURDAY 2PM - 8PM & SUNDAY 10AM - 4PM

FOOD TRUCKS
LICENCED BAR
LIVE BANDS & SINGERS
DOG SHOW
MARKET STALLS

ENTERTAINMENT OFFERING WILL VARY EACH DAY.



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 5QW

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



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 | NORMICH 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