

Principal's Newsletter

Friday 21st June 2024

Dear families,

Mrs Bennett has kindly given me the opportunity to write this week's newsletter, so welcome to a Mrs Pitcher edition! It has been a wonderfully busy week at Flegg, starting with the year 11 pupils celebrating their last day. We had smiles, laughter, lots of tears and were all treated to a once in a lifetime performance of Mr Bending's rap music! We could not be prouder of how hard our pupils have worked and it was a delight to share this celebration with them – we are now eagerly looking forward to their prom evening. We also had the start of our assessment window for years 7-10 and they have risen to the occasion and are approaching these mock exams in a mature and sensible manner.

We had further athletics success this week with our year 7-10 athletes representing the school at the Wellesley, some incredible individual results were achieved with Flegg leading the way as one of the best running schools in the area. Congratulations to all involved and a huge thank you to the PE department for their continued determination to allow Flegg pupils every opportunity to develop and succeed in their sporting ambitions. Our Dance and Drama departments have also been busy preparing pupils for their external exams and performances this week, well done to all pupils and staff involved in putting together such spectacular events.

As you are aware we are making lots of changes at Flegg based on our pupil voice and parent forums. I'm delighted to share three more new items with you today of how Flegg is changing...

1. Uniform change – from Monday, socks must be plain black, navy, grey or white. No patterns, but a small sport logo is permitted.
2. Uniform change – Earrings. From Monday, pupils will be permitted to wear 1 stud per ear. This is the only piece of jewellery that will be permitted, and they must be removed for all PE lessons or any other lessons where directed due to safety implications.
3. Toilet access – pupils are encouraged to use the facilities at break, lunch and between lesson changeover if urgent. Due to vast amounts of research that outlines the quantity of learning lost if pupils miss the start and ends of lessons, we shall be closing the toilets in the first 15 minutes and final 15 minutes of every lesson. Pupils will only have to wait a maximum of 15 minutes.

We celebrated the national Thank a Teacher day on Wednesday by asking pupils to write a thank you card any member of staff who has helped or supported them in their time at Flegg. Pupils went above and beyond with their kind words and our staff are hugely grateful for this.

Finally, tomorrow is our Summer Fayre and we hope to see as many of you there as possible. Our pupils and staff put an enormous amount of time into ensuring the event is a success. Hopefully we will be able to purchase the defibrillator for our wider community soon!

Best wishes,
Mrs Pitcher

Vice Principal.



Farewell Year 11

Monday was an emotional day for us at Flegg as we said goodbye to our year 11 students. Miss Scott-Greenard and Mr Bending arranged an amazing event where the year 11's were able to watch clips of events over the years, share their favourite Flegg memories, take photos, say goodbye to staff and sign shirts all under the glitter ball. Mr Bending also entertained them with a great Fresh Prince inspired rap!



Staff and students voted for the 'most likely' and the results were.....

- Most likely to paint a masterpiece - William Xue
- Most likely to burst into song and dance - Erin Baker
- Most likely to become a sports star - Leila Crick
- Most likely to be the cheekiest person - Liam Aikman
- Most likely to be a millionaire - Ali Smith
- Most likely to win the Nobel Peace Prize - Grace Prescott
- Most likely to be a gangster/rapper - Harry Cavanagh
- Most likely to win the lottery - Mai Monro
- Most likely to be the kindest person - Arron Stock
- Most likely to become an entrepreneur - Alfie Skoyles
- Most likely not to become a chef - Daniel Hewitt
- Most likely to become a prime minister - Ruby Alexander





Summer Fayre

We are looking forward to opening our doors to the community for our huge Summer Fayre this Saturday from 10am-4pm. The sports hall, school hall and outside areas will be full of stalls selling a wide variety of crafts and gifts. There will be a host of fundraising games run by our students and volunteers including our huge raffle with some great prizes including Apple AirPods, a BBQ and smoker, vouchers for local attractions and lots of gift hampers. Entry is completely free and there are free activities running throughout the day including table tennis and the opportunity to make a phone charm strap. Thank you in advance for your support. Mrs Spooner and the Event Team.



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



Live Entertainment

- 10am Dragon Stage School
- 11.20am New Rule (band)
- 12.20pm Icení Dance Group
- 1pm Simon Fay
- 1.30pm Bill Pipe
- 2pm Mustang Sally & Karaoke
- 3.20pm Prize draw

Seating and refreshment area in front of stage



Flegg Raffle

- First Prize: Apple AirPods (3rd Generation)
- Second Prize: BBQ and Smoker
- Other prizes include vouchers for local attractions & gift hampers

50p a ticket

The Event Team fundraising events help to purchase items for the school, with the latest purchase being 21 History books for the new History Library.



Student Achievements



Congratulations to Isabelle Bensley who has got into the Norfolk County football team.



Congratulations to Maizie Boylan who recently represented Norfolk in the Anglian schools at the UEA. Maizie won gold in 100m, gold in 200m and gold in mixed relay, next stop Eastern Championships then English Schools Nationals!

Sporting round up

Cricket report - Mrs Utting

The U15 girls Cricket team travelled to Redmayne Field, Norwich on Tuesday to compete in the Norfolk County Chance to shine Cricket finals day. 10 state schools and 5 public schools from around Norfolk attended the day. Flegg pupils performed brilliantly all day winning 3 games and only losing by 1 run against the eventual league winners. The girls all played important parts with some great catches, bowling and fantastic batting, and should be very proud.



Wellesley Athletics - Mrs Cropley

Over 100 students from year 7-10 took part in the much-loved athletics competition at Wellesley on Wednesday. All the students did amazingly well with some personal bests and records broken. The arrival of donuts and cookies from Mrs Bennett and Mrs Spooner gave them an extra boost! Well done everyone involved.

A big thank you to Great Yarmouth Athletics club and Mr Andrews from Charter for organising the day.

There were some very impressive individual and team relay performances on the track by students in all years. Well done to all our performers, they worked incredibly hard and when not performing they were cheering on their teammates and were a credit to the academy.

A big thank you also to all the parental and family support. It was great to see so many enjoying the sunshine and cheering on the team.

Team results -

Year 7 finished on 138.5 points in 4th position, winning school - Venture

Year 8 finished on 131 points in 5th position, winning school - Charter

Year 9 finished on 171 points in 2nd position, winning school Venture

Year 10 finished on 154 points in 4th position, winning school - Lynn Grove

Overall Flegg finished 4th.

Well done to Charter who were overall winners.





Year 10 Drama Performance

This Thursday, the Year 10 Drama students performed their **Component 1 Devising performances**, showcasing the incredible creativity, dedication, and hard work they have put into their projects over the past few months. The level of professionalism was truly impressive, with most groups delivering thoughtful, engaging, and well-rehearsed pieces that captivated the audience.

Parents, teachers, and fellow students were treated to a diverse range of performances. Highlights included a horror play about Sarah, a young art enthusiast who buys a mysterious painting despite warnings; a melodrama exploring the glamorous and tumultuous lives of Kim, Rob and Kyle, delving into trust issues, gold diggers, and hidden tensions with a comical glimpse into celebrity dynamics. Additionally, there were two Brechtian performances: one exploring the dangers of the digital age through interconnected stories, and another addressing domestic abuse and the need to take a stand for change.

We are incredibly proud of our Year 10 Drama students for their achievements and look forward to seeing how they continue to develop their skills in future projects. Congratulations to all involved for making this performance a memorable and inspiring event!

A huge thank you to Mr. and Mrs. Moore, Mrs. Hipperson, Miss Trevor and Corbin Parmenter for all your support in the tech, dress, and final performances.



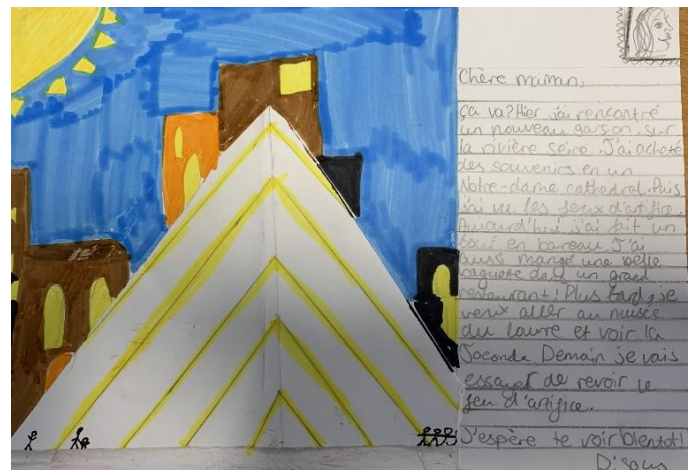
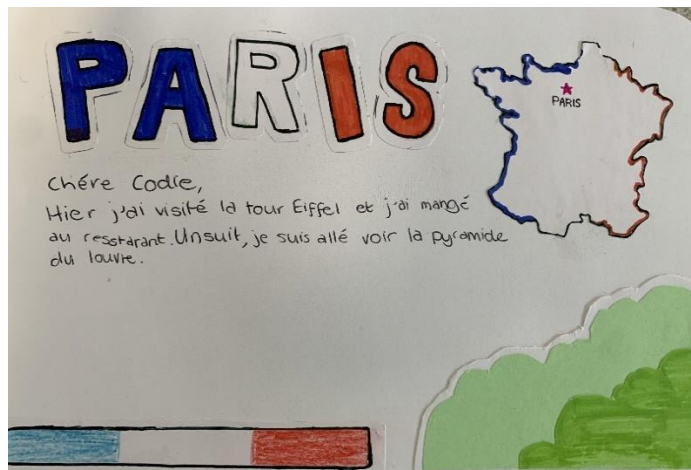
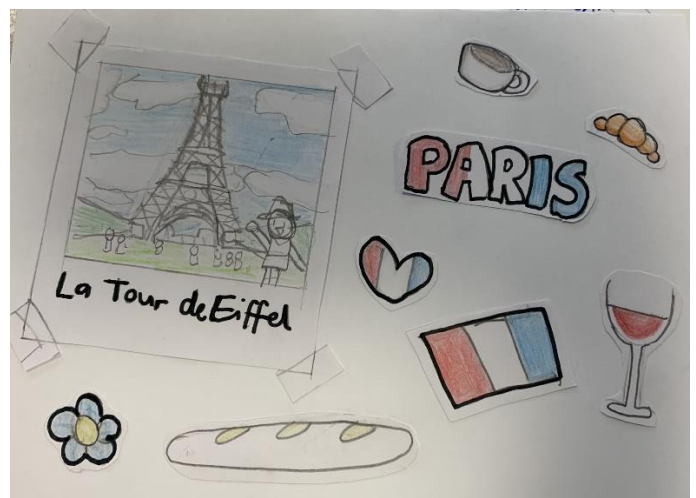
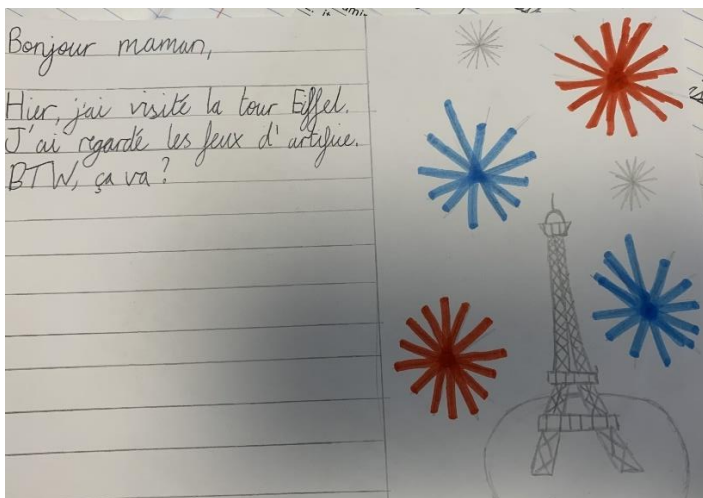
D-Day Celebrations by Chloe Green

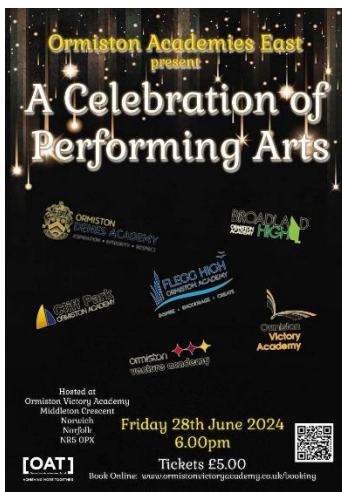
On Thursday 6th of June, my Dad and I went to the Royal Albert Hall in London to remember the D-day landings 80th anniversary. During the concert they had readings of letters and diary entries so that we could learn first hand what it would've been like. There were so many untold stories that got shared with people. At the concert there were two D-day veterans in the box next to us. We had an opportunity to meet them, it was an absolute honour and I have felt very grateful to be able to meet such amazing people.



Students Work

Year 8 are currently working on the topic of Paris. One of their tasks was to reuse previous learning into the design and writing of a postcard from Paris. Some works are still in process but here are some examples from 8X1.





Attendance Corner

Last week's 100% attendance winners are:

Sophie Herring-Jones 7FLU
Alisha-Mai Brown 8JCA
Alfie Hall 9RPO
Jacob Lawes 10CBE



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

Attachments

National Online Safety

Community Events

10 Top Tips for Parents and Educators

PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College

Community Events

COMMUNITY SPORTS FOUNDATION

ARMED FORCES DAY
SUNDAY 29TH JUNE 2024

ARMED FORCES COVENANT

FREE ENTRY

ARMED FORCES DAY

A FAMILY FUN DAY TO CELEBRATE OUR ARMED FORCES COMMUNITY

10am-3pm, Saturday 29th June | The Nest, Holt Road, Norwich, NR10 3AQ

Military parades with the City of Norwich Pipe Band | Football competitions
Fun events for all the family | Challenge Woods adventure playground
Food and drink stalls | Live music and much more!

Live music from STEREOTYPES

Scan here to book entry tickets
communitysportsfoundation.org.uk

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

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 ...

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 5W

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 | NORNICH ESCAPE ROOMS | THE GAME STATION | 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