


# Principal's Newsletter

## Friday 7<sup>th</sup> June 2024



It's hard to believe but year 11 are nearly at the end of their GCSE exam period! They continue to show high levels of maturity in their approach to the exams and we are looking forward to celebrating their 'last day' with us on Monday 17<sup>th</sup> June. Year 10 however, are hot on their heels! Today, the year group had an assembly and an opportunity to practice entry and exit requirements for the formal, external exams.

Expectations are high with them lining up and entering the hall in the correct order and in silence. They did well today and got it right first time; well done to them all. They begin their end of year 10 exams very soon which will be their opportunity to experience what next summer will be like.

### **Flegg is changing!**

We are thrilled with the effort and aspiration shown by our Flegg pupils to meet the high standards of lesson starts. All lessons now start with a silent activity to help students settle well and access their learning quickly which has had really positive feedback from students and staff alike.

To ensure we maintain a focus on rewarding excellent and consistent effort by students in the classroom, we are relaunching the use of our golden tickets to Flegg pupils. We will also be issuing all visitors with a 'queue jump' pass to gift to any Flegg pupil they see demonstrating our core values of kindness and respect whilst they are visiting the academy! The pass will allow pupils the opportunity to jump to the front of the queue in OTs or The Kiosk at any chosen break or lunchtime.

### **You said, we did:**

We are changing the way we communicate with parents about sanctions, with a more personalised approach being taken. We still aim to launch the new parentapp before the end of the term which should further improve the information that all parents have easily accessible.

Would you like to contribute towards our next parent forum? This forum is open to all parents and gives you an opportunity to contribute positively to the future of the school. Our next parent forum takes place in the school hall on Wednesday 10<sup>th</sup> July. If you would like to attend, please email [principalsoffice@fleggoa.co.uk](mailto:principalsoffice@fleggoa.co.uk) to let us know.

### **County lines info attached**

As parents, we are all worried about some of the current issues facing our young people; county lines being one of them. Education related to this topic is given to our students throughout the year but we have provided some additional 'need to know' info' for parents towards the end of this newsletter.

### **Last Call for History Photo Competition Entries!**

We've had lots of great photos, but I know a few others were planning on taking theirs over half term and just haven't got around to sending them in. They need to be sent to [twilliams@fleggoa.co.uk](mailto:twilliams@fleggoa.co.uk) and there will also be a prize for the best form.

## Transition visit to Ormesby

Our transition visits to meet year 6 students have started this week with a trip to Ormesby Village Junior School. We were really impressed with the year 6 students who got involved and asked questions and we hope our Flegg students from years 7 – 10 were able to give them lots of help and support. We can't wait to see them again on transition days on 1<sup>st</sup> and 2<sup>nd</sup> July.



## Summer Fayre Raffle Tickets

The Summer Fayre is fast approaching, and Year 7 and 8 students will be bringing home a book of raffle tickets for you and your families to purchase. Tickets cost 50p each and there are 10 tickets in a book. We have some amazing prizes including Apple AirPods (3<sup>rd</sup> generation) a huge BBQ and smoker, vouchers for local attractions and lots of different gift hampers. Families of year 9-11 students can request raffle tickets by emailing [dspooner@fleggoa.co.uk](mailto:dspooner@fleggoa.co.uk) or popping into the academy to purchase them.

The Summer Fayre is taking place on Saturday 22<sup>nd</sup> June and the Event Team always welcome parent volunteers to help run the various stalls. If you would like to help, please do get in contact with us.

The Event Team have just purchased 40 professional aprons for the Catering department.





## Change to public bus 1

We have been informed by First Bus that the timetable for Bus 1 has changed and will now arrive at Flegg at 8.27am and depart at 3.12pm. To look at the full timetable go to [FEC-Coastal Clipper 1 1A - Bus Times from 26-05-24.pdf \(firstbus.co.uk\)](#)

## Mr Bartlett gets his British Citizenship!

Mr Bartlett gave his pledge of allegiance to HM King Charles on the 31st of May at Norfolk County Hall. It is a journey that Mr Bartlett has been on since moving to the UK in 2013. This is something that he has been able to discuss with students across the years to help them understand the process which immigrants to the UK have to follow.



## Sporting round up

### Athletics Report - Mrs Cropley

Year 7 Wellesley Competition – Competition Winners! – Well done!

On Thursday 6<sup>th</sup> June the year 7 athletics team participated in the teatime district athletics competition. The team worked well individually and took pride in supporting and encouraging one another. As well as a lot of strong Performances -

1<sup>st</sup> 100b girls 100m, 2<sup>nd</sup> 100m boys.

2<sup>nd</sup> 800m boys and 3<sup>rd</sup> 800m girls

1<sup>st</sup> 300m a & b boys & 2<sup>nd</sup> 200m girls

2<sup>nd</sup> girls 1500m & 3<sup>rd</sup> boys 1500m

1<sup>st</sup> boys 200m

#### Field events

Long jump – boys 2<sup>nd</sup> & girls 3<sup>rd</sup>

High Jump – boys 2<sup>nd</sup> & girls 3<sup>rd</sup>

Shot - girls joint 2<sup>nd</sup> & boys 3<sup>rd</sup>

Javelin – boys 2<sup>nd</sup> girls 3<sup>rd</sup>

Overall position – 1<sup>st</sup> Flegg – 113.5

2<sup>nd</sup> Venture 111

3<sup>rd</sup> Lynn Grove 108

4<sup>th</sup> Charter 100

5<sup>th</sup> Cliff Park 68.5, 6<sup>th</sup> Caister 34

#### Team -

boys - Hiruka, Nithiesh, Toby, Ethan, Joel, Cody, Harlen, Caleb.

Girls - Elizabeth, Lili, Robyn, Isabella, Amelia, Matilda, Yvonne, Ruby



Well done to the team. We look forward to the next event all day Wednesday 19<sup>th</sup> June.



# Career Opportunities

Discover **ROYAL AIR FORCE** with  GetMyFirstJob



"I joined the RAF because I wanted to do something worthwhile, I wanted a career that I would enjoy and one that I could do things I would never have dreamed of, such as travelling around the world and getting paid for doing so."

When looking at joining the military, I considered all three services and the RAF stood out to me the most." - Cameron Harper, Networks Technician

## Who are the RAF?

The Royal Air Force (RAF) is the United Kingdom's air and space force. Whether in the skies above the United Kingdom, or around the world, the RAF protect the UK's interests at home and abroad. They also act as a force for good by working to strengthen international peace and security.

## So, why should you start your career with the RAF?

### No ordinary employer

A career in the RAF is about discovering your natural talent and working together to find out what makes you happy, productive and brings you the most value in your life.

### Further faster

Your success is vital to the RAF. With a commitment to your future, you'll undergo basic and specialist training in your chosen field, with ongoing support tailored to your career journey. Their structure means you'll be given responsibility from the get-go.

### A modern force

The RAF believe the talents and skills of individuals from different groups makes for a more efficient RAF. They are committed to promoting and developing equality, diversity and inclusion within the Service and they look to recruit those who believe this too.

### Find your force with the RAF.



£25,000 p/a Nationwide Level 2 - 3

By joining the Royal Air Force, you will get much more than just a job - you'll have opportunities that no other employer can hope to match. Life in the RAF is a unique experience, from worldwide travels to lifelong friendships.

[SEE ALL ROLES](#)

Here are just some of the opportunities the RAF has to offer...

#### Cyberspace Communication Specialist

£25,000 p/a Level 3

[APPLY NOW](#)

#### General Technician (Workshops)

£25,000 p/a Level 3

[APPLY NOW](#)

#### Weapon Technician

£25,000 p/a Level 3

[APPLY NOW](#)

#### Aircraft Technician (Avionics)

£25,000 p/a Level 3

[APPLY NOW](#)

## RAF Apprenticeships will provide you with...



FIRST-CLASS ON-THE-JOB TRAINING



SUBSIDISED ON-BASE CATERING



FREE HEALTH AND DENTAL CARE



DRASTICALLY REDUCED RENT COSTS



SPORTING OPPORTUNITIES & FACILITIES

Scan the QR code to find out more about the RAF!





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Pioneering Sustainably



with



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## Who are James Fisher?

James Fisher and Sons hold a legacy that spans over 175 years in maritime, engineering, defence, and renewable energy.

With fantastic mentorship, support, and bespoke development programmes, you'll have the tools to thrive in diverse career paths, from engineering to business roles.



"As a James Fisher Cadet, I can wholeheartedly recommend this scheme to anyone serious about starting a career in the maritime industry."

"Not only do we sail to a wide range of countries, we sail with a mix of different nationalities and get to meet new people who have different styles of working and culture onboard ship."

## So, why join James Fisher?



Worldwide travel opportunities



Inclusive work culture



Progression Opportunities

## Did you know...

Their fleet even trade in tropical locations such as the Caribbean! Apprentices out at sea for these trips get all expenses related to travel, accommodation and food costs covered by James Fisher!

### Cadetship opportunities with James Fisher

14 Sept 2024

10 Nationalities

1 year

Embark on a paid Cadetship to get hands-on experience and qualifications in the merchant navy. Receive mentorship, gain valuable skills, and prepare for a rewarding career.

SEE ALL ROLES

Here are just a couple of roles James Fisher has to offer!

#### Trainee Deck Officer Cadet - Merchant Navy

14 Sept 2024

10 Nationalities

1 year

APPLY NOW

#### Trainee Engineering Officer Cadet - Merchant

14 Sept 2024

10 Nationalities

1 year

APPLY NOW

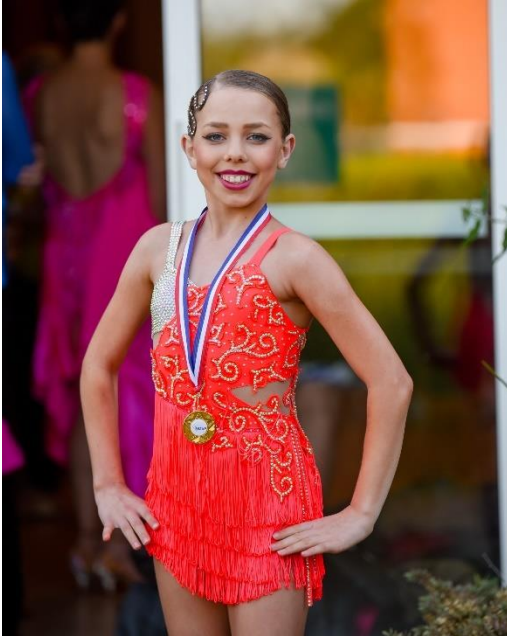
For any inquiries about kickstarting your journey to a promising future at James Fisher, feel free to reach out to the GetMyFirstJob team via email at [opportunities@getmyfirstjob.co.uk](mailto:opportunities@getmyfirstjob.co.uk)

GetMyFirstJob

# Student Achievements

Amelia entered a ballroom/Latin dance competition at the weekend....

She made the finals for five of her routines and was placed: 6th quickstep, 5th tango, 5th chacha 3rd rumba and 1st jive.



## Attendance Corner

Last week's 100% attendance winners are:

Harry Terris 7ABU  
Conor Malone 8TWI  
Vinnie Adcock 9DCO  
Hayden Rowley 10EPA

The Half term form winner is 9DCO



## 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 22<sup>nd</sup> June: Summer Fayre 10am-4pm

Monday 1<sup>st</sup> and Tuesday 2<sup>nd</sup> July: Year 6 Transition Days

Tuesday 2<sup>nd</sup> July: Year 6 Transition evening for families

Thursday 4<sup>th</sup> July: Year 11 Prom

Monday 8<sup>th</sup> – Friday 12<sup>th</sup> July: Enrichment Week

Wednesday 10<sup>th</sup> July: Parent Forum 4.30pm-5.30pm (contact [principalsoffice@fleggoa.co.uk](mailto:principalsoffice@fleggoa.co.uk) to book)

Monday 22<sup>nd</sup> July – Tuesday 3<sup>rd</sup> September: Summer Holidays

With kind regards,

A handwritten signature in grey ink that reads "Jane Bennett". The signature is written in a cursive style with a large, looping initial 'J'.

Mrs Jane Bennett, Principal

## Attachments

National Online Safety

County Lines information from Norfolk Constabulary

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](https://nationalcollege.com).

## What Parents & Educators Need to Know about **PALWORLD**

### WHAT ARE THE RISKS?

In Palworld, players head out into an environment where they must craft items and survive alongside creatures called 'Pals'. In this sense, it's similar to Minecraft: fight monsters while maintaining a base. Palworld has sold more than six million copies and often has over two million people playing online simultaneously.

AGE RESTRICTION  
**PEGI 12**

### MATURE CONTENT

**18**  
CENSORED

While Palworld may look cute and cuddly, the game does have its more mature moments. For example, if you try to catch a Pal and don't succeed, the game displays a mild swear word. There are also minor references to inhumane acts like slavery when getting your Pals to perform certain tasks for you. While the presentation is intended to be humorous, this could still be seen as being in poor taste.

### VIOLENCE

Palworld has been referred to as "Pokémon with guns" and with good reason. As the game progresses, Pals can be given firearms, explosives and other weapons, allowing them to fight by the player's side. There are several moments where cute animals use these guns to kill other Pals or fight against bosses. The violence is cartoonish and bloodless, but it's present.

### SUGGESTIVE WRITING

Some of the Pals' descriptions – found in the game menu – can be very suggestive and adult in nature. The game makes a joke of balancing on the line between age-appropriate and mature content: playing on the contrast between the two while never being outright explicit. While it's possible that younger players won't notice this content, it's just as conceivable that they will.

### ONLINE PLAY

Palworld can be played with other people online. On Xbox, players can only play with people on their friends list. On PC, however, up to 32 players can share in the same game, playing in a large online world, and these players may not necessarily be known to the host beforehand. It can be quite complicated to set up these servers. However, it can be quite complicated to set up these servers (online worlds) and they cost money to keep active.

### DIFFICULTY

Despite its endearing visuals, Palworld is actually an extremely difficult game in places: defeating bosses, catching Pals and exploring the environment can all be very tricky. It takes a lot of skill – or working together with a friend – to be successful, which could be off-putting or even aggravating to a player expecting something more like Minecraft or Pokémon.

## Advice for Parents & Educators

### WATCH GAMEPLAY

Watching gameplay and reviews for Palworld on sites like YouTube is the best available means of gathering information on it, second only to playing it for yourself. Currently, there are plenty of videos showing this game off to the internet at large, along with detailed breakdowns of what can be found or done within it.

### LEND A HAND

By learning the basics of the game – Pal catching, battling, crafting items and building up a base – you can help to lower the difficulty for younger players. This, in turn, decreases the likelihood that such players will need to look online for tips and tricks, where they could quite easily stumble across more violent and mature content associated with the game.

### SET CONTENT LIMITS

**UNDER 12**

As Palworld is available on Xbox Game Pass, it's easy for players to access it. Any player subscribed to this service can simply find the title on Game Pass and hit the download button. If a child or young person isn't allowed to play Palworld, the best way to prevent them downloading it regardless is to enable age limits on their account. Setting the limit below 12 will not allow users to install Palworld.

### PLAY TOGETHER

By playing Palworld yourself, you'll have the best chance of catching any content that you don't think is suitable for children, as well as getting an idea of how violence is presented in the game. The conflict is cartoonish in nature – until players and Pals unlock the ability to use guns, at which point it can become more intense. It's likely best for you to give it a look and form your own opinion.

### PLACE BOUNDARIES

Limit options when it comes to online play. For players on PC, they'll still be able to cooperate with friends through the game's multiplayer option, much like Xbox users. Just because they have the option to run a dedicated server that's open to anyone doesn't mean they need to take it. The risks of interacting with strangers can be significantly lowered or even eliminated entirely by playing on servers which are restricted to friends only.

### 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.



#WakeUpWednesday

The National College

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# County Lines

Information for parents and carers of primary school-aged children.

## What is County Lines and why do I need to know about it?

County Lines is a form of criminal exploitation involving the transport and sale of drugs. It can involve moving drugs and money from one street to the next, or from one end of the country to the other, and the people who do the 'running' are often children who have been targeted and groomed into doing so by criminal gangs. Drugs are advertised by text message on dedicated 'deal lines' and on social media.

Sadly, children as young as 7 have been known to be recruited by gangs who are involved in drug dealing and other criminal activity. Awareness is key, as is early intervention, and knowing how to seek help if you are concerned is important, too. Be particularly aware if your child has older siblings or spends a lot of time with older children when you're not present.

## How do Criminals exploit children?

### TARGET

Criminals will watch an area - e.g. children coming and going from school or hanging around a park - to see if they can spot a particularly vulnerable child. They will then strike up a friendship and get to know them before moving to the 'test' stage.

### TEST

The criminal will offer gifts such as money, expensive trainers, a phone, and will aim to make the child feel special and part of the gang. They will then test the child's loyalty by asking them to run small errands or hold onto items for them, whilst rewarding this loyalty with more gifts.

### TRAP

The criminal will now control the child by isolating them from their friends and family, making threats against them if the child tells anyone about what the gang does. They will demand payback for all the gifts previously given, which could include moving and selling drugs, and sexual exploitation. The child will now feel indebted and trapped.

## How do I protect my child and what signs should I look out for?

Be curious about their friendship groups and where they are when they're not at school or at home. Make sure they know they can come to you if they are approached by new 'friends' when they are out and about, especially older people. Remind them about Childline as a source of support, too. If you have concerns, share them with family members and the Designated Safeguarding Lead (DSL) at your child's school. Signs could include changes in behaviour, being particularly active on and defensive about their phone, staying up late, and acquiring new clothes and jewellery: there are many more. Visit NSPCC for more information.

### Support

[unseen.uk.org](https://www.unseen.uk.org)  
[missingpeople.org.uk](https://www.missingpeople.org.uk)  
[nspcc.org.uk](https://www.nspcc.org.uk)  
[Crimestoppers-uk.org/fearless](https://www.crimestoppers-uk.org/fearless)

### Report

You can report any information to the police via [norfolk.police.uk](https://www.norfolk.police.uk) or by calling us on **101**. Always dial **999** in an emergency.



# County Lines

Information for parents and carers of children aged 11+

## What is County Lines?

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## How do I protect my child, and what are the signs that a child could be being criminally exploited?

Be curious about their friendship groups and where they are when they're not at school or at home. Make sure they know they can come to you if they are approached by new 'friends' when they are out and about, especially older people. Remind them about Childline as a source of support, too. If you have concerns, share them with family members and the Designated Safeguarding Lead (DSL) at your child's school. Signs could include changes in behaviour, being particularly active on and defensive about their phone, staying up late, and acquiring new clothes and jewellery: there are many more. Visit NSPCC for more information.

### Support

[unseen.uk](https://unseen.uk)  
[missingpeople.org.uk](https://missingpeople.org.uk)  
[nspcc.org.uk](https://nspcc.org.uk)  
[Crimestoppers-uk.org/fearless](https://crimestoppers-uk.org/fearless)

### Report

You can report any information to the police via [norfolk.police.uk](https://norfolk.police.uk) or by calling us on **101**. Always dial **999** in an emergency.





## Community Events



Marvellous Makers, assemble! Libraries across Norfolk are looking for young people aged 13-25 to join us as a volunteer during the Summer Reading Challenge. Volunteering is a great way to build skills and be part of something exciting during the holidays. To find out more, please email [volunteercontact@norfolk.gov.uk](mailto:volunteercontact@norfolk.gov.uk) and we'll send you out a pack with information about the role and how to apply. [www.norfolk.gov.uk/libraryvolunteers](http://www.norfolk.gov.uk/libraryvolunteers)

