

Principal's Newsletter

Friday 5th July 2024

Dear Families,

What a week!

We've had a week packed with events, fun and celebrations this week. Starting on Monday with our **year 6 transition days**, it was lovely to be able to welcome our new year 7 cohort to the academy. The students come from 14 different primary schools and enjoyed a programme of taster lessons, tours of the site and getting to know the way that high school works. On Tuesday evening, we welcomed students and families for an introductory talk where they got to meet their year leader and find out who their form tutor is, along with an opportunity to purchase uniform from Harrisons School Wear.

We loved having them and they were an absolute delight. We're excited about welcoming them as Flegg students in September.



Miami OAT Stem trip

Two Year 10 Flegg students have spent the week in Miami, Florida this week! Grace and Huxley joined other Ormiston students to take part in the OAT Science trip to the USA. We hope they have had an amazing time and can't wait to see the photos.

Prom

The year 11 prom is always one of the highlights of the year and this year was no exception. The marquee at Sproston Mannor was the venue and decorated in advance by the year 11 team. Students arrived in style with a wide selection of vehicles dropping them off. This year we enjoyed sports cars and limousines, a beach buggy, camper vans, a large delivery lorry and a stock car!

The students looked incredible and sat down to a two course meal (with lots of additional sweets from the pick n mix stall!) there were games and competitions and lots of dancing.

We hope they have a wonderful summer and look forward to seeing them on GCSE results day in August.

Have your say!

Parent voice is important to us. Our parent Forum is on Wednesday 10th July 4.30pm-5.30pm. This is an opportunity to shape the future of Flegg. If you'd like to join us, please let Mrs Spooner know on principalsoffice@fleggoa.co.uk

Election Day

To coincide with the general election yesterday, Flegg held a parallel election where all students were able to vote for their preferred local candidates. In advance of this, form time activities have focused on the election and democracy, and we had some really interesting questions asked by students about all aspects of the process of electing a government. On the day, Mrs Cropley and a group of student helpers set up a polling station in the old hall complete with polling booths, voting slips and a ballot box to provide an authentic experience. The votes have been counted and revealed to students in form time this morning. Students' votes reflected the same result as the real election results for this area.



OAT East Performing Arts Showcase

On Friday 28th July a group of year 7 and 8 students took part in the OAT East Performing Arts Showcase at Ormiston Victory Academy. They all danced, sang and played brilliantly and they were a credit to the school. Mrs Hipperson and Mrs Sexton would like to thank the students involved for doing such a professional job (Matilda Utting, Amelia Ludkin, Gracie Bowler Turner, Alisha Brown, Pearl Anderson, Oliwia Senk, Lorelei Southworth, Lily Fry, Rose Elia Childs, Florence Achenbach).



Futures Day

Year 10 have enjoyed two days of high quality Careers education and guidance this week. On Wednesday, every student in the year group took part in a 'real' job interview as 18 members of the local business community gave up their time to come into school. Each student received feedback on their performance and tailored support and advice. This was reinforced on Thursday with a whole year group trip to East Coast College to start considering post 16 options.

They represented the school positively and we were very proud of them. They are now on the verge of their 'senior year' and a very important part of their education.



History Trip Report – Mr Williams

It has been absolutely fantastic to see so many entries to this year's history photo competition. I have particularly enjoyed hearing about students who took the opportunity to visit different historical sites, both local and further away, and the stories behind the different photos taken. Mr Sandall and I both learnt something new! Many congratulations go to all students who entered. We really do have some talented historians and photographers at Flegg!

Last week, students from across Year 7,8 and 9 voted in form time to decide on the winner. There was much discussion, and the contest was incredibly tight, but Flegg did manage to decide. Congratulations to Noah for this incredible picture of a Spitfire which was voted the winner!



Enrichment Week

We are looking forward to Enrichment week next week where there are lots of activities taking place. Please find the schedule below. If you have any questions, contact Mr Guy at dguy@fleggoa.co.uk. Students on the Pleasurewood Hills are asked to come in non-uniform whilst following the normal non-uniform guidelines: [Flegg High Ormiston Academy - Uniform \(fleggormistonacademy.co.uk\)](http://fleggormistonacademy.co.uk)

	Monday	Tuesday	Wednesday	Thursday	Friday
Year 7	Culture Day (PE kit needed)	STEM Day	Murder Mystery	Pleasurewood Hills or Sports activities day (Students come in PE kit)	First Aid Day
Year 8	Enterprise Day	Culture Day	Creative Day	Sports Activities (all students come in PE Kit)	STEM Day
	Year 8 Camp				
Year 9	STEM Day	Sports Activities (all students come in PE Kit)	Culture Day	Monsters at the Movies	Pleasurewood Hills or Arts Day
Year 10	Work Experience				

Sporting Round Up

Cricket report – Mrs Utting

On Wednesday this week Flegg High students supported Martham Cricket club and NCB at another Primary school cluster event. Once again, the rain held off to enable the day to go ahead. Pupils from the local primary schools were developing their cricket skills with the support of the Flegg pupils and the day ended with 2 very competitive matches.

The sports leaders continue to represent Flegg brilliantly and we would like to thank Martham Cricket club and NCB for inviting us to the day.



Good luck to Austin who is competing in the British mini-bike championships.



Prom



Attendance Corner

Last week's 100% attendance winners are:

- Robyn Mathieson 7ADA
- Amelia McIntosh 8TH
- Jake Haylett 9LWO
- Jack Moore 10ARI



Dates for your diary

Monday 8th – Friday 12th July: Enrichment Week

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

Friday 19th July: Sports Day

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

Attachments

National Online Safety

Community Events

What Parents & Educators Need to Know about

ONLINE TROLLING

The term "Trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

WHAT ARE THE RISKS?

ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

24/7 CONTACT

The internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the crosshairs for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

Advice for Parents & Educators

USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

ENCOURAGE EMPATHY

While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalries between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

BLOCK AND REPORT

While anonymous accounts make it difficult to block trolls permanently – or even for very long – it's still good practice to help children learn to control who can engage with them online. It's not worth "feeding the trolls", and it's more helpful to block them, report them, and try to move on. Blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRcon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including IGN, TechRadar and many more.



The National College®

Source: See full reference list on guide page at: nationalcollege.com/guides/online-trolling

Community Events

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

Summer Fete Colour Run
Rollesby Primary School
FRIDAY 12TH JULY FROM 5.15 PM

Get ready to experience a one-of-a-kind adventure as you run or walk around our specially mapped-out obstacle route. During the course, you will be covered in an array of vibrant-coloured powders, creating a visually stunning and truly immersive experience from head to toe. Be on the lookout for our water station, where you can cool off and have fun while continuing your colourful journey.

General Admission to Colour Run
Children under 5: £5
Children 5 and over: £8
Family of 4: £25

Early Bird Offer (register by 1st July)
Includes: entry to the Colour Run, a complimentary 100g Bag of Colour Powder, and a Colour Run Medal.

Minors & Brady
Estate Agents

WOLLA, Jubilee Coaches (Hilary) Ltd, NORFOLK, Rollesby Primary School, Main Road, Rollesby, NR29 5EH

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
please phone
Belinda/Karen 01493 296778

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

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

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