

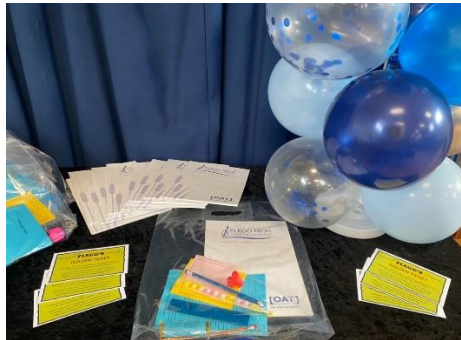
Principal's Newsletter

Friday 27th September

Dear Families,

Last night, we threw open our doors to welcome prospective students to the academy. Our Open Evening is one of my favourite events of the year and the school was buzzing with activity. As usual, staff in different subject areas put on a variety of fun activities, with exciting experiments in science, a murder mystery in drama and the F1 in schools team displaying their winning designs to name but a few.

The students who volunteered to help were superb; the best advert for our school, and I was proud of how confident and eloquent they were. I was joined on stage for the Principal's talk by Isla Gowing, Head Prefect and Harrison Allen, Senior Prefect who talked about their experiences at Flegg so far. In addition to this, four year 7 students, Una Prosser-Snelling, Bailey Wintle, Hugo Allen and Ava Sanderson spoke so confidently about their first few weeks at Flegg. They all received a well-deserved round of applause!



Wet Weather

As the weather turns cold and wet, students may benefit from an outside coat and/or umbrella. When we have a wet break or lunch, alternative indoor spaces are made available for students with the 3G pitch closed.

Echoes of the East

This week, some of our talented singers took part in a performance with the Echoes from the East Choir. They were Reuben and Florence Achenbach, Lizzie Spencer-Powell, Grace Wood, Arden Wood, Sophie Bancroft, Emily Ramsden and Molly Robinson. Despite a later than planned finish, the feedback from the organisers was wonderful to read;

‘Please pass on my congratulations to your students, they were outstanding last night and so professional.’

Army Event

On Monday, representatives from the Army came into school to deliver an assembly to year 8 students as part of their careers programme and also carry out workshops with students from different year groups. Using metal detectors to simulate mine detection, they worked as a team, developing problem solving and self-confidence. Great fun was had by all!



Year 11 progress evening

Year 11 progress evening has been moved to **January 23rd** as the original date of 10th October clashes with a popular post 16 provider's open evening. Year 11 parents have received a letter explaining this and giving parents the opportunity to book additional appointments with members of the senior leadership team to discuss progress in advance of the mock exams.

Student Achievements



Oliver Hudson-Jones in year 9 played for Winterton Cricket Club adults 2nd team this season. He has been awarded the '2nd team Bowler of the season' for coming top of the leaderboard picking up 19 league wickets.

Sporting Round Up

Rugby Report from Mr Lyons

This week it was the year 9s turn to take part in the emerging schools rugby festival held at North Walsham rugby club. The year 9s were put in a tricky pool alongside Springwood, Sprowston and Hammonds. Unfortunately, the boys lost all 3 games, but the scoring was exceptionally competitive. We then played Notre Dame who finished in a similar position in their group. We were fantastic and started with a bang, scoring two quick tries from some fantastic passing, releasing our wingers to score. We conceded a try in the second half but backed up our fantastic first half performance with some strong play, scoring two quick tries from some powerful scrumming. We ended up winning the game 4 tries to 1. The boys throughout the day were exceptional in their attitude, resilience and determination to improve. I was proud of them and their quick development in learning the game of rugby. Keep it up and bring on some more rugby days soon!

Netball Report from Mrs Cropley



| team | FLEGG | CHARTER | CLIFF PARK | LYNN GROVE | VENTURE | Points | Position |
|------------|-------|----------|------------|------------|----------|------------------|-----------------|
| FLEGG | | 2-1 won | 2-0 won | 7-3 won | 4-0 won | 20 | 1st |
| CHARTER | 1-2 | | 4-2 won | 2-2 draw | 4-5 | 8 goal diff even | 3 rd |
| CLIFF PARK | 0-2 | 2-4 | | x | 3-3 draw | 3 | 5 th |
| LYNN GROVE | 3-7 | 2-2 draw | 5-0 win | | 5-6 | 8 goal diff -5 | 4 th |
| VENTURE | 0-4 | 5-4 won | 3-3 draw | 6-5 won | | 13 | 2 nd |

Congratulations to the year 9 netball team who won the first netball tournament of the season! Flegg hosted the event seeing schools from the across the area attend. Above is the table of results. As you can see the Flegg team were undefeated. Some excellent play by Flegg who were able to take control of their matches and played well as a squad. Some excellent defence to make sure the games were won, especially when the score was close against Charter. Some good play down the court and feeds into the circle by the centre court. Well done to all the players.

Next week we have 2 fixtures – year 11 fixture on Monday and year 8 tournament on Thursday, both of which are away. This therefore will mean no netball club next week.

Tuesday 24th September – Rugby Futures Day for Year 7 Girls



After a beautiful day last week for the year 8 & 9, the year 7 girls arrived at the rugby taster day in the rain. This did not dampen their spirits. During the morning, they were taken through several skills sessions and were taught the fundamentals of rugby. In the afternoon the sun came out and they put their newly found skills to the test in mini rugby matches. Cliff Park and North Walsham schools were also present.

The matches were touch rugby games and the girls did themselves proud by scoring a few tries in both matches. Well done to all who took part. A big thank you to the coaches at North Walsham rugby club for being so welcoming and supportive.

We have more futures days coming up – if you are interested in rugby come along on a Wednesday after school 3 to 4.15pm – all welcome

Attendance Corner

Last week's 100% attendance winners are

Jaiden Smith 7BCA
Gracie-Mai Boulder-Turner 8FLU
Erin Holden 9MHI/NHA
Seth Ward 10MLY
James Doyle 11JDI



Dates for your diary

Tuesday 1st October Year 7, 8 & 9 Flu vaccination
Tuesday 1st October 5pm-6pm Help your child succeed evening
Tuesday 8th October Year 10 & 11 Flu vaccination
Tuesday 22nd October Year 11 group photo
Thursday 24th October Last day of term
Monday 4th November First day of term
Saturday 23rd and Sunday 24th November Christmas Market
Wednesday 4th December Year 8 HPV vaccination
Friday 13th December Christmas Jumper Day
Friday 20th December Last day of term

Mrs Bennett

Attachments

Community Events

National Online Safety

Community Events

ROLLESBY VILLAGE HALL
SATURDAY 28th Sept
10am - 12pm



SALE OF NEW CRAFT SUPPLIES

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SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



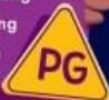
2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.cbcc.co.uk/news/unc/2023/05/11/https://www.nationalonline.com/blog/supporting-your-16-17-with-upsetting-content/>
<https://www.ukof.org/parenting/how-to-keep-your-children-safe-online-and-off-line/> | [https://www.nationalonline.com/blog/supporting-your-16-17-with-upsetting-content/](https://www.cbcc.co.uk/news/unc/2023/05/11/https://www.nationalonline.com/blog/supporting-your-16-17-with-upsetting-content/)

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