

# Principal's Newsletter

## Friday 5<sup>th</sup> September

Dear Families,

It has been a great pleasure to welcome all of our students back after a lovely summer break. I hope that you enjoyed the time and that students are excited about the new year.

In all schools, the start of the academic year is exactly like the start of the calendar year – we make resolutions and talk about fresh starts. In particular, my assemblies so far have focused on creating good habits from the word go that will help every student to excel over their time at Flegg.

*"We are what we repeatedly do. Excellence is not an act, but a habit." Aristotle*

Our Values are:

**Kindness** To treat everyone within our community and beyond with kindness first and foremost. To treat everyone as an individual and to value what that uniqueness brings

**Aspiration** To aspire to be the very best version of ourselves at all times and in everything that we do

**Respect** To show respect for everyone and everything. To value ourselves, other people and our environment

Our values of kindness, aspiration and respect are deliberately placed so that aspiration and ambition for all students is at the center of what we do. School is a place where learning must take centre stage because strong outcomes are the currency that allow our students freedom of choice as they go through life.

As a school, we are fully committed to supporting every child to achieve their potential and understand that this will be different for every one of them.

We look forward to working with all our families over the course of the year and encourage you to attend the information evenings next week. Please get in touch if you need any help, support or advice or if you have a question. Speaking directly to us is the quickest way to resolve any issues. If you're not sure who to speak to, you can call reception or call/email the Principal's office directly ([principalsoffice@fleggoa.co.uk](mailto:principalsoffice@fleggoa.co.uk)).

### Info evenings:

Year 8 Monday 9<sup>th</sup> September 5.30pm-6.15pm

Year 9 Monday 9<sup>th</sup> September 6.30pm-7.15pm

Year 10 Tuesday 10<sup>th</sup> September 5.30pm-6.15pm

Year 11 Tuesday 10<sup>th</sup> September 6.30pm-7.15pm

### New Staff

We welcomed our new staff on Monday and introduced them to you in the final newsletter of last year. We are fully staffed with subject specialists and bar the odd seasonal illness, are looking forward to a disruption-free year.

## Summer 2024 – Results Day

It was lovely to celebrate with the outgoing year 11 when they collected their exam results in August. We wish them the best of luck as they go on to the next stage of their education. A particular 'congratulations' to Grace Prescott who achieved the grades needed to take up her scholarship at the prestigious Oundle School to complete A levels. This opportunity exists for all year 11 students and details will be communicated for this year's cohort as they come in.



It was also wonderful to hear of some former students' successes as well. Jasmine Coleman achieved a complete set of A\* grades at A level and has won a place at Cambridge University to study architecture and structural engineering. Corey Montgomery also smashed his A levels and will be going to UEA to study medicine. We are extremely proud of all of our ex-students and love to hear of their continuing success.

## Notice regarding footwear on 3G pitch

If using the 3G pitch at lunchtime, students must change into football boots (molded studs, not metal) or astro trainers. This reduces the wear and tear on the surface. Currently, students in PE lessons can wear ordinary trainers.

## Extra-curricular activities

Our extra-curricular offer is covered in this newsletter. We hope that students from all year groups embrace the opportunities it brings. New for this year is 'lego club' run by and for students. More information about each club can be found below.

## Governance - IAB

To further support the improvements we are making at the academy, we have implemented a new Interim Advisory Board (IAB) which will provide intensive governance support to assist our positive trajectory.

Effective as of 1<sup>st</sup> September 2024 the IAB will be chaired by by Adrian Ball, CEO of The Diocese of Ely Multi-Academy Trust, along with members who bring a wealth of experience in leading and improving schools. This means that the activity of our Local Governing Body has now concluded. We have thanked all the members personally for the support and contributions they have made to date and know they will remain valued members of our school community.

We will continue to keep you updated with further developments and would like to take this opportunity to thank you all for your ongoing support for our academy and the positive journey we are all on.

### Absence procedure

Full details of our absence procedure are on our website under the 'contact us' tab (left hand side of the page). Please report any absences as soon as possible by calling the school on 01493 740349 pressing 1 for Absences and leaving a message.

### Our New Parent App – Go4schools

I hope you have managed to install our new parent app and are finding it useful. We think it is much more user friendly and gives you better information to enable conversations at home. Instructions on how to use the new app were contained in our end of year, paper copy of the newsletter that was posted to all families. Please let us know if you need further support with this.



**WANTED: LEGO**

**Our LEGO club is starting next week, and we desperately need more LEGO for students to use**

**If you have any LEGO or LEGO technic that you would be willing to donate (or sell very cheaply), please contact Mrs Spooner on 01493 749207 or via [dspooner@fleggoa.co.uk](mailto:dspooner@fleggoa.co.uk)**

## Year 7s first day







Our new year 7s have made a fabulous start to their time at Flegg and are a delight to have in the academy. Well done to all of them!



We are pleased to share that the defibrillator that was purchased by the Event Team has now been erected at the front of the school which can be used by anyone in the community 24hours a day.

A huge thank you to Martham Parish Council who will be helping to maintain it.



### What is a defibrillator?

A defibrillator is a device that can be used to shock the heart back into a normal rhythm during cardiac arrest. Those available to the public work automatically and provide instructions and will not deliver a shock unless one is necessary.

### Why is a defibrillator important?

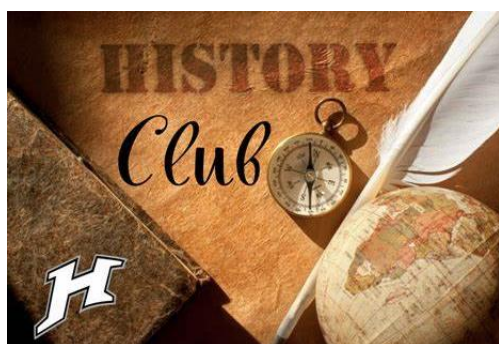
30,000 out-of-hospital cardiac arrests happen each year in the UK, and 9 out of 10 are fatal. Having a defibrillator could be the difference between life and death.

### Do I need training to use one?

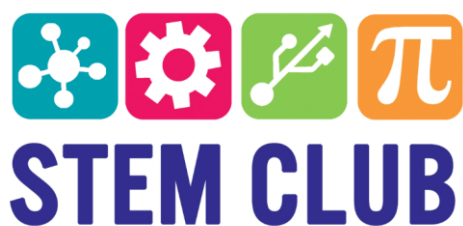
No, as defibrillators give clear, verbal instructions on how to use the device. There are images on the packets for the chest pads that show you where to place them, which doesn't have to be exact, and on the device itself. Being untrained in using a defibrillator shouldn't be a barrier to using one. Lives have been saved by untrained people giving defibrillator shocks to people in cardiac arrest.

## Clubs and Extra-Curricular Activities – Autumn Term

Day	Activity	Time	Year(s)	Venue	Staff
MON	3G Pitch	1.20pm-2pm	All Years	3G Pitch	Duty staff
	Netball (girls)	3pm-4.15pm	Year 7 & 8	Back playground	Mrs Cropley and Miss Davey
	Basketball (boys and girls)	3pm-4.15pm	All year groups	MUGA	Mr Lyons and Mr Bending
	Drama Club	3pm-4pm	Year 7-10	Drama Studio	Miss Trevor
TUE	LEGO Club	1.20pm-1.55pm	All year groups	Stage in Old Hall	Mrs Spooner, Miss Wildey and Mrs Hudson
	3G Pitch	1.20pm-2pm	All Years	3G Pitch	Duty staff
WED	3G Pitch	1.20pm-2pm	All Years	3G Pitch	Duty staff
	STEM Club	1.30pm-2pm	All year groups	Room 6	Mrs Hall
	Football (girls)	3pm-4.15pm	All year groups	3G Pitch	Mrs Utting and Mr Hallam
	Rugby (boys and girls)	3pm-4.15pm	All year groups	3G Pitch	Mr Lyons, Mr Bending, Miss Davey and Mr Cannell
THUR	3G Pitch	1.20pm-2pm	All Years	3G Pitch	Duty staff
	History Club	1.30pm-1.50pm	All year groups	Room 41	Mr Williams
	Football (boys)	3pm-4.15pm	All year groups	3G Pitch	Mr Lyons, Mr Hallam and Mr Cannell
	Netball (girls)	3pm-4.15pm	Year 9 & 10	Back playground	Mrs Cropley and Miss Davey
	Dance Club	3pm-4pm	Year 7-10	Dance Studio	Mrs Hipperson
FRI	3G Pitch	1.20pm-2pm	All Years	3G Pitch	Duty staff
	Event Team	1.20pm-2pm	All years	Stage in Old Hall	Mrs Spooner



All year groups are welcome to join the Flegg History Club! We meet every Thursday at 1.30pm in room 41 to do all things historical, including historical films, quizzes, arts and crafts and much more! We have students from all different year groups and always welcome new members to the relaxed, friendly group. So if you love history come along! Mr Williams



STEM club is an opportunity to have a go at different science experiments and develop your confidence with science equipment. However, we also look at developing technology, engineering and maths skills through different projects. Currently the group is building a rollercoaster, so if this interests you then pop along. Mrs Hall



Drama club meets every Monday after school from 3pm-4pm in the Drama Studio. This year, we will be working towards a performance of *A Midsummer Night's Dream*, scheduled for November/December.

Drama club is open to students in Years 7 to 10 who have a passion for performing. Whether you have prior experience or are new to drama, we welcome all who are enthusiastic about theatre and eager to participate. Miss Trevor



# DANCE CLUB

Dance club meets every Thursday afternoon from 3pm-4pm. Covering a range of dance styles and with an opportunity to create your own choreography. Performance and competition opportunities will be available throughout the year.

The club is open to students in Years 7 to 10 who have a passion for performing. Whether you have prior experience or are new to dance, we welcome all who love performing and wish to develop their skills. Mrs Hipperson

## FLEGG EVENT



The Event Team meet once a week to plan and organise fundraising and community events such as the Christmas Market, Easter Fayre, Summer Fayre, Martham Scarecrow Festival and Martham Carnival. Students will have the opportunity to help make posters and items to sell at events. When we are not planning for an event we play games including Uno. Mrs Spooner



## PE CLUBS

This terms PE clubs include Netball, Football and Rugby. We encourage all students to get involved in extra-curricular activities and look forward to welcoming students on Monday, Wednesday and Thursday. Mr Lyons



LEGO Club will be held every Tuesday lunchtime. LEGO isn't just about bricks, it's about problem-solving, teamwork and imagination! Mrs Spooner

## Student Achievements



A huge well done to Archie Harris-Joy in year 10 for his swimming success. Archie took part in the East Regional Championships in May where he competed in seven events, made six finals and gained two silvers and a bronze over the 50, 100 and 200m backstroke.

His 100m and 200m times meant that he was within the top 28 swimmers in Britain for those strokes for his age and was invited to compete in the British Championships held at Ponds Forge in Sheffield last week. He had two very good swims and achieved a PB in both the 100m back and 200m backstroke and finished ranked 14<sup>th</sup> on the 200m backstroke and 17<sup>th</sup> on 100m backstroke in Great Britain.



Maizie Boylan and Lilymae Coote attended the School Games National Finals at Loughborough University from 29th August to 1st September. Both students were picked to represent England against Wales, Scotland and Ireland. Maizie was team 'Rio' and ran the 100m and 4x100m relay. Lilymae was team 'Paris' and threw the hammer in the field event. Both girls placed fifth in their events which is an incredible achievement at this national level. The School Games National Finals is a biennial four-day multi-sport event for young athletes of school age and is funded by Sport England National Lottery Funding and backed by all the Home Country Sports Councils and UK Sport. The School Games has a rich history in athletics, having seen a number of world class athletes pass through its competitions, including Paralympic superstars Jonnie Peacock and Hannah Cockcroft, as well as Olympians Katarina Johnson-Thompson and Dina Asher-Smith. There is every chance you could be seeing the next rising star in athletics! The School Games National Finals provides a unique opportunity which brings the top young athletes from around the UK to compete as part of a series of All-Stars Team. Great work Maizie and Lilymae!

## Food at Flegg

### BREAKFAST

Pain au Chocolat 85p  
Croissant 85p Toast 20p

### BREAK

Toast 20p  
Hoops or Beans 50p  
Pain au Chocolat 85p  
Croissant 85p Chicken & Mushroom Slice £1.10  
Cheese & Bacon Turnover £1.40  
Pancakes 40p Sausage Roll £1.25  
Bacon Roll £1.00  
Belgium Waffle £1.15  
Cheesy Garlic Bread 30p  
Breakfast Muffin £1.10  
Hash brown 30p  
Ciabatta 80p  
Nachos £1.00  
Pizza £1.10

### DRINKS

Radnor Aqua splash £1.00  
Water 500ml 60p  
Water 330ml 50p  
Radnor Can 95p Oasis £1.60  
Susso Can 95p  
OMJ Can 95p  
Capri Sun 85p  
Heartsease Farm £1.10  
Flavoured Milk 70p  
Juice Carton 50p  
Juice burst 95p

### LUNCH

Mini Meal £1.20  
Main Meal £2.40  
(main meals include roast dinners, lasagne, chicken korma curry, beef chilli, hunters chicken, pulled pork flat bread, southern fried chicken pockets, beef burgers and fish & chips. There is also a daily vegan option)  
Baguette £1.60/ £1.85  
Sandwich £1.20/ £1.35 Rolls  
80p Wraps £1.50  
Hot Subs £1.80  
(a variety of different fillings each day)  
Popcorn £1.10  
Propper Crisps £1.10  
Chip Cone 1.10  
Cheesy Chips £1.40

### DESSERTS

Main Dessert 85p  
(desserts include chocolate brownie, fruit crumble, a variety of sponge cakes, cornflake tart and custard)  
Greek Yoghurt Pot 95p  
Cold Pasta Pot £1.10  
Fruit Pot 85p  
Salad Box £2.30  
Cake 80p  
Biscuit 70p  
Cookies 80p  
Jelly 60p



## Dates for your diary

Monday 9<sup>th</sup> September 5.30pm-6.15pm Year 8 Information Evening  
Monday 9<sup>th</sup> September 6.30pm-7.15pm Year 9 Information Evening  
Tuesday 10<sup>th</sup> September 5.30pm-6.15pm Year 10 Information Evening  
Tuesday 10<sup>th</sup> September 6.30pm-7.15pm Year 11 Information Evening  
Wednesday 18<sup>th</sup> September Year 7-11 photos  
Thursday 26<sup>th</sup> September 5pm-8pm Open Evening  
Tuesday 1<sup>st</sup> October Year 7, 8 & 9 Flu vaccination  
Tuesday 1<sup>st</sup> October 5pm-6pm Help your child succeed evening  
Tuesday 8<sup>th</sup> October Year 10 & 11 Flu vaccination  
Thursday 10<sup>th</sup> October 3.30pm-6.30pm Year 11 Progress Evening  
Tuesday 22<sup>nd</sup> October Year 11 group photo  
Thursday 24<sup>th</sup> October Last day of term  
Monday 4<sup>th</sup> November First day of term  
Saturday 23<sup>rd</sup> and Sunday 24<sup>th</sup> November Christmas Market  
Wednesday 4<sup>th</sup> December Year 8 HPV vaccination  
Friday 13<sup>th</sup> December Christmas Jumper Day  
Friday 20<sup>th</sup> December Last day of term



Mrs Bennett

## Attachments

Community Events

National Online Safety

## Community Events



# Online Safety advice for parents and carers

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).

## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

### 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

### 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

### 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

### 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extra-curricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

### 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

### 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

### 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

### 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

### 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

### 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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