

Principal's Newsletter

Friday 11th October 2024

Dear Families,

It's been another busy week here at the academy with more vaccinations, a successful fire drill practice, world mental health day activities and lots of sporting achievements. We've also opened our doors to year 6 families to see the school in action during the school day.

As we head into the colder and wetter months, we would like to remind students to wear a waterproof coat to keep them dry on their journey to and from the academy. We have a wide selection of coats in our pre-loved uniform shop so please contact us if you would like to access the shop via office@fleggoa.co.uk or 01493 740349.

Dropping off items and passing on messages to students

We know that parents regularly drop off items to be passed onto students during the school day but please be aware that from Monday items dropped off will only be taken to student reception for them to collect at break or lunch time. Students who have a medical appointment need to bring themselves to reception as they will no longer be collected. We suggest that families write a note in their child's planner to remind them. We are also aware that families are increasingly asking for messages to be passed onto students during the school day. This will no longer be possible unless it is an emergency.

World Mental Health Day

This week students attended assemblies led by Mr Pull about mental health and wellbeing as part of World Mental Health Day. Staff also attended a wellbeing event hosted by Mrs Brown after school yesterday. To find out more about support available go to [World Mental Health Day 2024 | Mental Health Foundation](#)



Year 11 Prom is on Thursday 3rd July and being held at Sprowston Manor. More details will be sent out to year 11 families in the coming weeks along with a letter and order information for leavers hoodies.

Student Leadership



Our sports leaders took part in a workshop to complete their leadership training and received their Sports Prefects badge this week.

Activities the Sports Prefects will be running include bench ball and sports quizzes.



STUDENT VOICE

The Flegg Student Voice Reps held their first meeting this week and linked up with other students in the East Region to nominate themselves to be part of the regional committee. The regional committee will go on to represent the region at the OAT national meeting.

The East Region committee are:

- Chair Lexie Mitchell – Flegg High
- Vice Chair Harry Frost – Denes
- Assistant Chair Fredrick Heseltine – Flegg
- Secretary Ella Minton-Dunnett – Denes

A huge well done to Lexie and Frederick who will be attending their first National meeting on Monday.

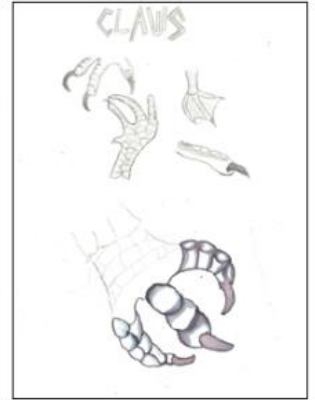
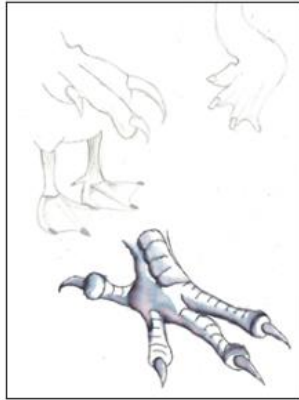
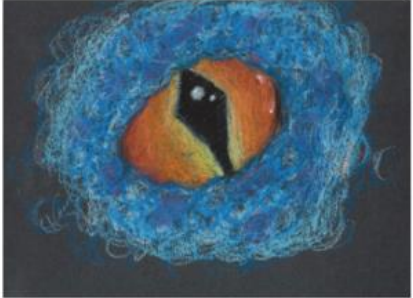


Student's Work

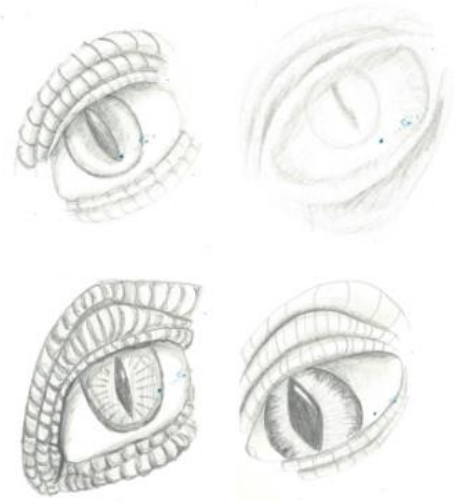


Year 7
Aboriginal
X-Ray Art

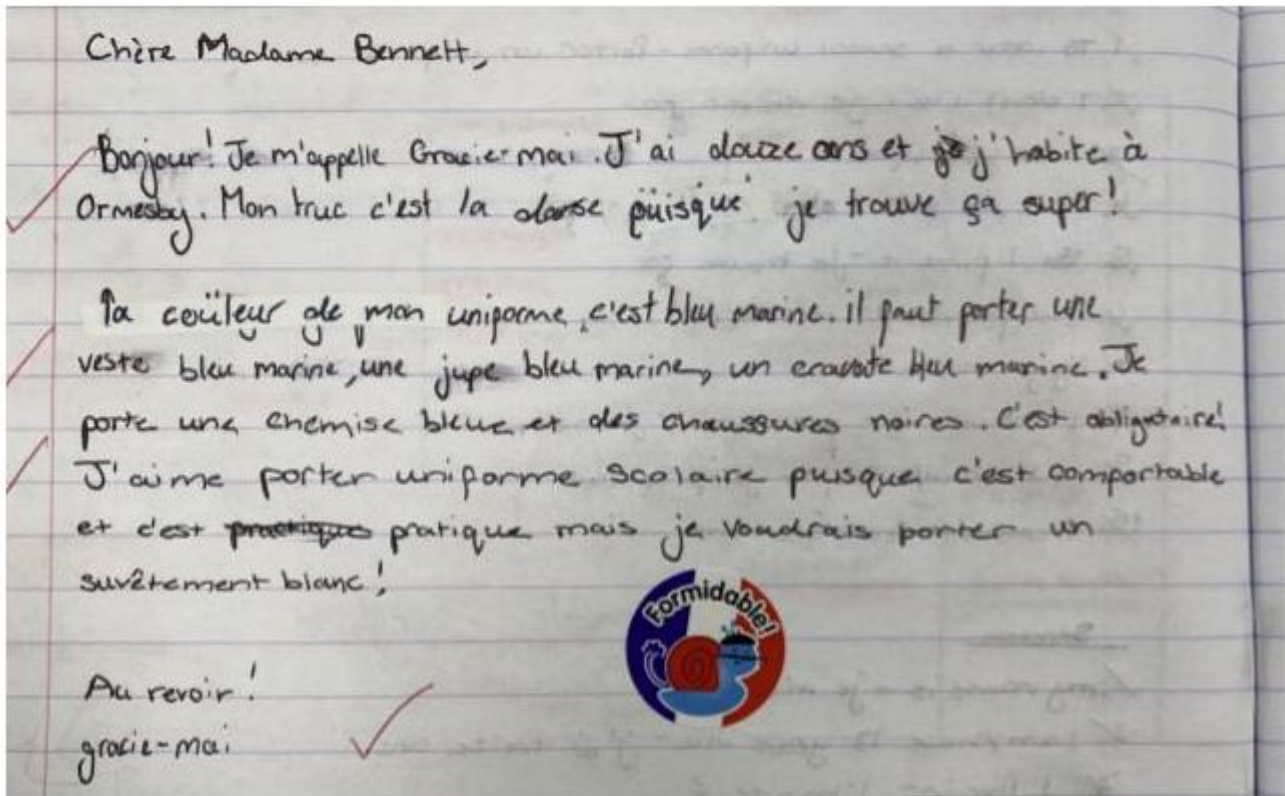




Year 9 Dragons Work



Year 8 students have been writing letters to Madame Bennett about their school uniform in French. Here is some excellent work from Jack, Lily, Luke, Yvonne and Grace-May. Bravo from Madame Bennett.



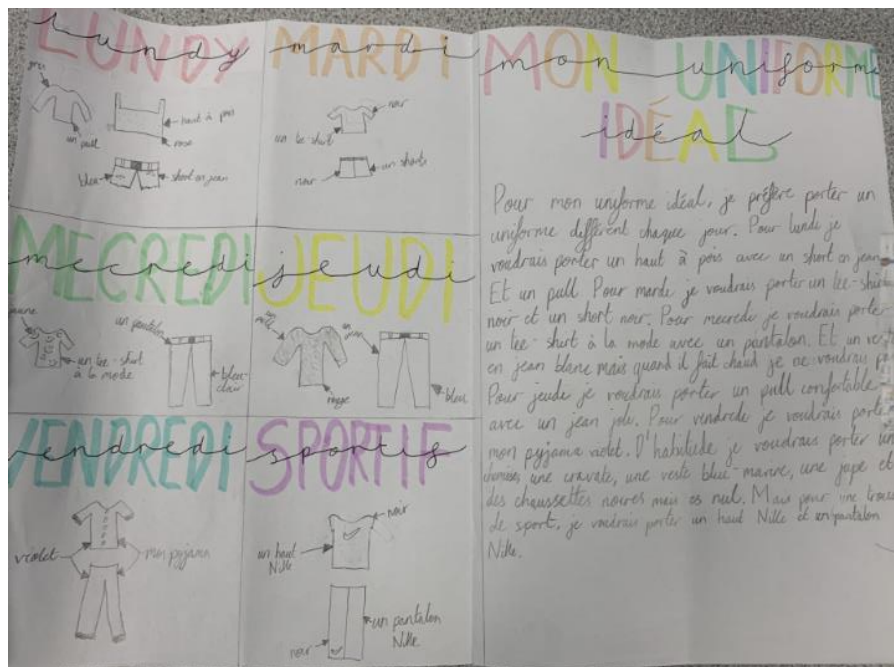
Chère Madame Bennett,

Bonjour! Je m'appelle Grace-May. J'ai douze ans et je j'habite à Ormesby. Mon truc c'est la danse puisque je trouve ça super!

La couleur de mon uniforme, c'est bleu marine. il faut porter une veste bleu marine, une jupe bleu marine, un cravate bleu marine. Je porte une chemise bleue et des chaussures noires. C'est obligatoire! J'aime porter uniforme scolaire puisque c'est confortable et c'est pratique pratique mais je voudrais porter un survêtement blanc!

Au revoir!
gracie-mai





Sporting Round Up

Netball Report by Mrs Cropley

On Monday 7th October the year 7's played in their first fixture of the season. We attended the start of the season netball tournament. This was the first time the team had played together, and this gave them the opportunity to learn to work together as a team. Well done to Ella-Louise, Alyssa, Imogen, Sophie, Lily-Jane, Elena, Charlotte, Reeva, Ellee, Emberli and Lola.

After every match the opposition name one player of the match, Elena, Lily-Jane, Ellee and Imogen were all named players of their matches. Overall we finished 5th in the tournament. Well done to Lynn Grove who hosted and finished first. The team are looking forward to their next match on Monday against Charter.



Year 11 netball v Venture. On a soggy Wednesday afternoon, the year 11's travelled to Venture for their first league fixture. In what was a close start 4-3 after the first quarter, The girls maintained their lead throughout. They extended their lead to 5-3 at half time. Venture were able to come back and close the gap 8-5 after the third quarter, However, they were not able to maintain this momentum and Flegg were able to finish with a 9-6 victory. Amy R was named player of the match. It must be said that all the girls played with gusto and determination, they were not hindered by the weather conditions and took advantage of loose balls. Well done to Amy F, Neve M (captain), Lili S, Izzie C, Livvie S-P, Elyssia S, Tia G, Amy R.



As always a big thank you to Miss Davey for some great tactical advice and umpiring.

Student Achievements



Aaliya Bloom who regularly competes in competitions recently took part in a showcase with a difficult routine including a salco jump and was awarded a trophy for her skill and commitment to roller skating.

Well done Aaliya and good luck in your upcoming competition!

Attendance Corner

Last week's 100% attendance winners are

Isabelle Bancroft 7CUT
Brandon Brown 8LFU
Charlie Rimmer 9RTR
Jasmine Cooper 10LCU
Satori Young 11JDI



Support for Flegg Families



Flegg's Second-hand Uniform Shop

If you would like to access our shop
call 01493 740349 or email
office@fleggoa.co.uk

All items of uniform and PE kit can be purchased as well as shoes, trainers and coats. Prices range from 50p-£4 (Cash Only)

Uniform donations needed and can be dropped off in the main reception Mon-Fri 8am-4pm, thank you in advance for your support



Flegg Area Foodbank
Feeding people in
The Flegg Villages



Are you having to make decisions
about whether to eat or heat?
We are here to help.

Contact: foodbank@flegg.org.uk or 07908 024363

Dates for your diary

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

Event Team Sponsors

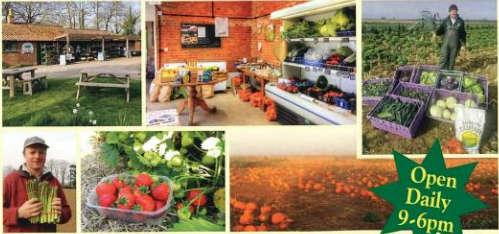


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Growers of high quality Fruit & Vegetables
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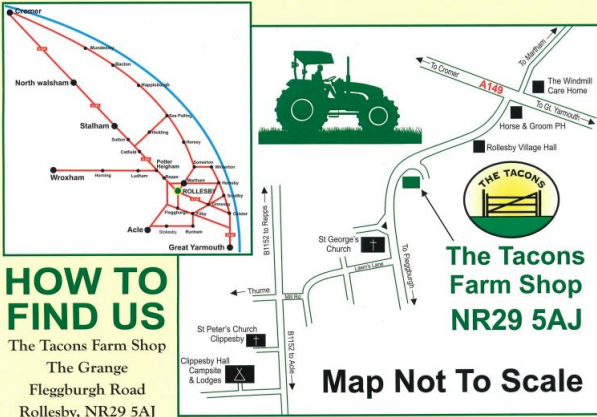
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HOW TO FIND US

The Tacons Farm Shop
The Grange
Fleggburgh Road
Rollesby, NR29 5AJ

Map Not To Scale

Community Events

Hosted by
Rollesby Community Woodland

ALL HALLOWSFEST

Saturday 11-3
26TH OCTOBER

@TACONS FARM ROLLESBY

COME ENJOY SOME HALLOWEEN FUN FOR THE
KIDS AND ADULTS ALIKE.....

**STALLS - BBQ - DRINKS -
SWEETS - UNICORN PONIES
- POKÉMON CORNER**

Bring cash.
Fancy dress encouraged

The Grange, Rollesby, NR29 5AJ


**Martham Academy
Christmas Fayre**

**SATURDAY 30TH
NOVEMBER**

10AM-1PM

- 'Elfridges' department store
- Refreshments
- Tombola
- Craft stalls
- Raffle
- live pianist
and much more!

Please contact
Rachel Hall via email rhall@marthamacademy.co.uk
if you are a vendor and would like to book a stall.
(£10 per pitch)



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What Parents & Educators Need to Know about

SNAPCHAT



Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

SCAMS AND BLACKMAIL

Predators can exploit Snapchat's disappearing messages feature by, for example, telling a user they have naked photos of them (regardless of whether it is true or not) and will share them online unless they send them money. Teens then (understandably) panic and worry about the long-term consequences. Snapchat's own research found that 65% of teenagers had experienced this – either on this app or others.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight'. It claims the content shown here is relevant to each user, but it could also be seen as an easy way to hook users into watching videos endlessly. Furthermore,

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautifully' affects on photos can set unrealistic body image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

A feature called 'SnapMaps' highlights your device's exact position on a virtual map, which is visible to other users. There are options to restrict who can see this information: all friends, selected friends or just you. Snapchat also has real-time location sharing, which is intended as a buddy system to help friends keep track of each other – but it could also be used to track a young person for more sinister reasons.

Advice for Parents & Educators

SET CONTROLS VIA FAMILY CENTRE

Snapchat has parental controls called 'Family Centre'. You must invite a child to the Family Centre for them to join. This allows you to view their friends list, see who they have chatted with in the last 7 days (but not to view the specific messages) and report any concerns.

TALK ABOUT REAL LIFE SCAMS

If a young person is mature enough to have Snapchat, then they are mature enough to have a conversation about scams, nudes and blackmail. Have this discussion before you let them join. Share some real-life examples. Discuss the importance of never adding strangers and discourage them from sharing nudes. If they are lured into a scam, encourage them to tell you immediately, then block and delete the predator and screenshot any evidence.

DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage children to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind children that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some 'challenges' which become popular on the platform may have harmful consequences.

KEEP ACCOUNTS PRIVATE


Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone a user adds unless they change their settings. On SnapMaps, their location is visible unless Ghost Mode is enabled. It's safest for a child to avoid adding people they don't know in real life – especially since the addition of My Places, which allows people to see where users regularly visit.



BE READY TO BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.





Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

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To find out more go follow National Online Safety on Facebook www.facebook.com/NationalOnlineSafety