

Principal's Newsletter

Friday 24th October 2024

Dear Families,

As we reach the end of the first half term of the year, this bumper edition is a wonderful celebration of the past 8 weeks and the culmination of a fantastic term. I am very proud of our students and their individual achievements and have greatly enjoyed leading tours for year 6 students around the academy, showing them what a typical Flegg day looks like.

We have given out more HEART points and golden tickets than ever before and today, the prize draw for golden ticket winners has taken place. Well done to everyone who has worked hard over the last half term and showed determination and commitment to their learning.

Site Development

We have some very exciting site developments happening over half term. Our reception area is being completely refurbished with new carpets and decoration, creating a professional and welcoming space for visitors to the academy. The re-decoration continues inside of the academy main building, extending up the main corridor and taking in the open plan toilets as well. We look forward to showing this off to you the next time you visit the academy.

You said, we did

Thank you to all year 7 parents who completed our survey earlier this term, There was some excellent and very helpful feedback which we will use to plan for next year. Hopefully your pupils have all received their new homework wallet (an idea submitted by a parent) to help them keep their work safe and smart.

We have also been listening to students, parents and staff about some of the changes we made to our rewards and sanctions systems this term and as a result, will be communicating with you after half term about some further minor tweaks we will be implementing.

Parent voice is very important to us and we would like to invite all parents to complete the short survey (link below) to give us some feedback on how the first half term has gone. Parent forum will take place next half term – details and dates to follow.

Parental survey <https://forms.office.com/e/jmRb3xigZh>

Mock Exams

Year 11 will be completing their first set of mock examinations directly after half term. We wish them the best of luck. Please let us know if your pupil needs any additional support or guidance.

Year 6

As mentioned above, year 6 tours have taken place over the past few weeks. The closing date for applications for 2025-2026 is 31st October and applications should be made online at [Transfer to secondary school - Norfolk County Council](#)

Reminders

Half term is a great opportunity to take stock of uniform and stationary needs. As the colder weather hits, a warmer outdoor coat will also be useful and we recommend students bring a refillable water bottle with them every day. All students are expected to have the academy tie on every day and the correct stationery in their bags. Ties can be ordered through Scopay along with a selection of other items in the 'shop' area of the app. PE kit should also be compliant with the school uniform expectations after half term following communication from our PE subject leader Mr Lyons. Our second-hand uniform shop is available for any additional items you might need – please let us know if you'd like to access this (details at the end of this newsletter).

Year 7 Ninja Warrior Trip

Last week saw the first whole year group trip for year 7 who went to Ninja Warrior in Essex. They cemented friendships, solved problems and worked as a team. Despite some tired children, they had a great time!



We are excited to share that the Duke of Edinburgh Award was launched last week with our year 9 and 10 students. Letters were given to students and sent home to families but if you would like to find out more contact our DofE manager Mr Pitcher at gpitcher@fleggoa.co.uk. So far, 40 students across years 9 and 10 have indicated interest with sessions starting in December.



A plea from the Technology Department

In food tech over the next few weeks, we are going to be making dishes which contain lots of fruit.

If you have surplus apples or pears we would be most grateful of any donations which can be dropped off at main reception.

Many thanks for your support from Mrs Williams-Barry

Year 11 reminders and notices



Whole year group photo is happening on Tuesday 22nd October during P5



Leaver hoodie letter has been sent out and the deadline for orders is 11th April 2025



Prom and final year committee meetings will take place every Thursday break time in the KS4 office

End of half term form activities

Over the last 2 week we have held inter form activities. The sport-based competition involved the students competing in a round robin benchball competition where points have been awarded for their overall position. There has also been a Halloween Quiz and brain teaser quiz created by Mrs Cropley and the Prefects. The combined scores gave each form a score and based on the points they were awarded a position for the quiz. Points combined for both the benchball and the quiz provide an overall position. Here are the results as they stand along with some action shots from the week.

Year 7 (based on week 1 quiz only)



COMP	BENCHBALL	POINTS	QUIZ	POINTS	OVERALL	POSITION
CUT	2 ND	4	4 TH	1.5	4.5	4 TH
SBE	5 TH	1	4 TH	1.5	2.5	5 TH
SSA	3 RD	3	1 ST	5	8	1 ST
BCA	4 TH	2	2 ND	4	6	3 RD
LCN	1 ST	5	3 RD	3	8	1 ST

YEAR 8 (no quiz scores)

COMP	BENCHBALL	POINTS	QUIZ	POINTS	OVERALL	POSITION
LFU	5 TH	1				
ABR	4 TH	2				
ADA	2 ND	4				
KWN	1 ST	5				
GHA	3 RD	3				

YEAR 9

COMP	BENCHBALL	POINTS	QUIZ	POINTS	OVERALL	POSITION
THA	4 TH	3	31	5	8	2 ND
LDA	3 RD	4	19	1	5	4 TH
NHA	6 TH	1	30	4	5	4 TH
RTR	1 ST	6	33	6	12	1 ST
TWI	5 TH	2	27	3	5	4 TH
JHA	2 ND	5	24.5	2	7	3 RD

Year 10

COMP	BENCHBALL	POINTS	QUIZ	POINTS	OVERALL	POSITION
MLY	1 ST	2	24	1	3	6 TH
DWI	3 RD	4	30	2	6	4 TH
JGR	2 ND	5	31	4	9	1 ST
NKE	1 ST	2	31	4	6	4 TH
RPO	4 TH	3	31	4	7	3 RD
LCU	1 ST	2	35	6	8	2 ND

Calling all footballers

Lunchtime competitions – after half term Mrs Cropley and the sports leaders will be launching a 5-a-side football competition. Team sheets are out and students are being encouraged to come together to create a team. The order of play will be out and ready. In addition to this the sports leaders will be starting their lunchtime activities on the back playground.

Netball match

Last week the year 7 & 8 girls played a league match against Charter. Both teams played well and gained in confidence throughout. Unfortunately, we couldn't win on this occasion. Well done to all players and a reminder that club is on Monday after school, 3 to 4pm due to the darker nights rather than 4.15pm.



Student leadership

Our Student Voice reps for the East Region Fredrick Heseltine and Lexie Mitchell attended their first meeting last week and went through a selection process to be elected to the OAT national student voice committee. Lexie is Chair of the East Region and Fredrick is Assistant Chair. They are looking forward to this additional responsibility and helping promote matters which are important to the students.

Notices and Events



**SINGERS, MUSICIANS
AND DANCERS WANTED
TO PERFORM AT OUR
CHRISTMAS MARKET**

**Sat 23rd &
Sun 24th Nov**

Speak to Mrs Spooner in
the Principals office for
more details

**FLEGG HIGH
ORMISTON ACADEMY**
KINDNESS • ASPIRATION • RESPECT

Remembrance Sunday 10 November 2024



St Mary the Virgin Church
Martham at 10.15 am
All Welcome



Joint Service Cadet Corps & Band

Tel 07519 019892



Interested in military music? Want to be at the forefront of parades? Take part in concerts? Then join 1 Section JSCC band! Bring your own instrument or use one of ours. Learn from scratch. Music can help youngsters attain better academic scores, improved mental health and the ability to think outside of the box!

Interested in being outside? Then join 2 Section JSCC. Learn aspects of the main services from drill to shooting and outdoor movements and signals. Get fit and feel the pride of being part of a uniformed but fun club!

Open to all, age 9 (we can be flexible with this) to 18.

We meet on Friday evenings at Potter Heigham Village Hall
19:00hrs until 21:00hrs, and we'd love to meet you!

Students' Work



Our year 10 students have been making fondant potatoes and chicken Kievs this week. Well done to Starr, Jasmin and Edith.

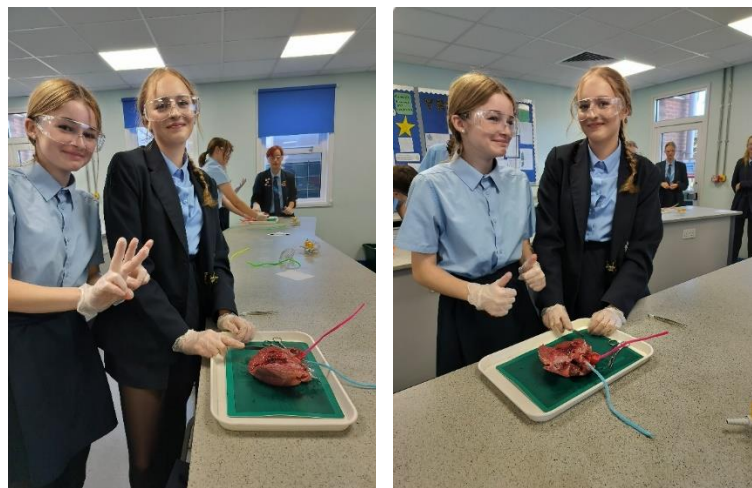


Year 8 cupcakes



Heart Dissection

Students in Key Stage 4 have been dissecting hearts in their science lessons! Despite it being a somewhat gruesome experience, the students were fascinated and learnt a great deal from this unusual practical experiment.



Sporting Round Up

Report by Mr Lyons – Last week it was the last rugby emerging schools event of the year for the boys. This time it was the year 7s turn playing at Wymondham Rugby Club. With the large majority extremely new to rugby and only playing in lessons over the last 5 weeks the boys were outstanding. My gosh they improved! From game to game each person grew in ability and confidence. I was so proud of the way they conducted themselves throughout the day. In total they played 5 games, winning two against North Walsham and Notre Dame. Against KES they drew and unfortunately got beaten against Downham Market and Wymondham High. Big thank you from me and well done. I look forward to more games and tournaments in the future.



Report by Mrs Utting – Last Tuesday the U15 Girls travelled to Taverham High school to play in the re-arranged National cup match. The girls battled hard against a very good Taverham side. At half time Flegg were losing 3-0 but with a change of positions the second half saw a much better game for the girls but unfortunately ended up losing 4-2. This ends the girls ESFA National cup games, but we now look forward to competing in the Norfolk school's county cups.



On Thursday the year 8 boys attended North Walsham rugby club to take part in a schools' rugby festival. The day started with warm up session and working with other schools and coaches from the club. In the afternoon the boys got to try out their new skills they had been working on in a mini tournament. All the pupils showed respect and great resilience on a cold and wet day.



Report by Mrs Utting - The U13 Girls travelled to the Nest in Norwich to compete in the EFL Schools football cup. The girls were drawn in a very difficult league but held their own and defended well throughout every match.

Flegg ended the day with two 0-0 draws , 2-0 win with both goals from Matilda Utting and a 1-0 lost. Once the competitive games were complete they were able to go on to play some friendlies against other schools. Special mention must go to Summer Page in goal who kept a clean sheet all day.

Mr Lyons Report - Year 7 Rugby Clinic - Tue 15/10/24

On Tuesday the year 7 boys were at North Walsham Rugby Club taking part in their rugby development clinic run by coaches from the first team. They learnt many principles of the game i.e. tackling, passing, rucking and kicking in small coaching sessions. Throughout the day, all involved developed their skills and grew in confidence. This was demonstrated with them being undefeated in the tournament held after lunch. The boys were excellent, taking all the skills learnt and putting them into practice with accuracy. Well done all.



Mr Lyons Report - Year 9 County cup Football - Wed 16/10/24

On Wednesday the year 9 boys had their second football game of the season against Litcham High school in the county cup. After a long journey to Litcham the boys struggled to get in the game first half, conceding many chances. The half however, finished 0-0 after some excellent defensive work from the team. Unfortunately, we never got going in the second half either and finished the game losing 2-0. The boys never gave up and kept going until the end, however I know were disappointed. Heads up all, on to the next game.

Mr Lyons Report - Year 9 County cup Rugby - Thurs 17/10/24

On Thursday the year 9s had their first round of the Rugby County Cup against Hellesdon High, Norwich. Being their first full 15 a side game of the season, and for a while I had mixed opinions on how I thought this would go. And to my delight I was notably shocked. All involved were absolutely fantastic right from the first whistle. The team's discipline in and out of possession was refreshing to see. The backing each person gave for each other was great and showed a real togetherness. The organisation both in the forwards and the backs was great, a special mention to Archie (year 8) and Freddie for this. The team ended winning the game 47-0. There were lots of new faces to the game, and the confidence they gained from the performance was immense. Well done to all involved. On to the next round.



Attendance Corner

Last week's 100% attendance winners are

Lexi Staddon 7BCA
 Freya Alderton 8SRE/KWN
 Reece Barrass 9MHI/NHA
 Lexi McGough 10MLY
 Isla Gowing 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

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



CHRISTMAS MARKET
Sat 23rd & Sun 24th
November 10am-4pm

- Over 60 stalls spread across 3 halls
- Fundraising games and huge raffle
- Free festive craft area for all the family
- Secret Santa shop for kids to buy gifts for adults
- Live entertainment all weekend including dance groups, drama groups, singers, bands and karaoke
- Refreshments & Flegg's famous chocolate oaties!


★ FREE ENTRY ★
The perfect community event for all the family

FLEGG HIGH ORMISTON ACADEMY
SOMERTON ROAD, MARTHAM, NR29 4QD

FLEGG HIGH ORMISTON ACADEMY

Parent helpers wanted for our Christmas Market on Saturday 23rd and Sunday 24th November. Contact the Principals Office on 01493 749207 or principalsoffice@fleggoa.co.uk

Event Team Sponsors

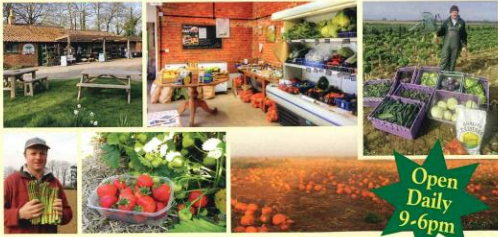


**The Tacons
Farm Shop
& Seasonal PYO**

The Grange, Fleggburgh Road, Rollesby, Great Yarmouth, NR29 5AJ



Growers of high quality Fruit & Vegetables
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Onions, Potatoes, Homemade Jam & lots more

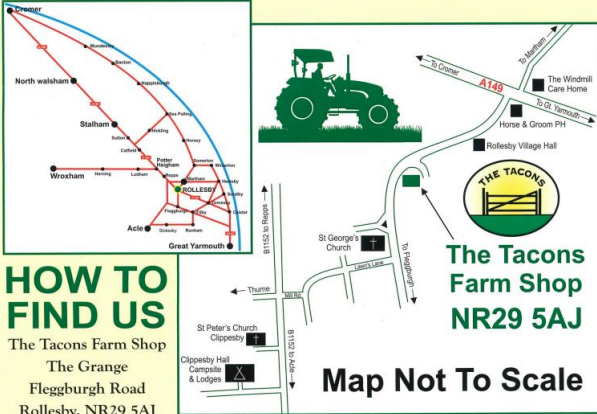
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Open Daily 9-6pm

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01493 740236



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 **HORROR FILMS & AGE RATINGS**

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER - IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them: this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Inley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>