

# Principal's Newsletter

## Friday 29<sup>th</sup> November

Dear Families,

This week has ended on a high with a lovely Principal's breakfast with 7SBE. Thank you to them and their families for the kind donations made to our Christmas market – we were overwhelmed by your generosity!

### Principals Breakfast for 7SBE



### GCSE Presentation Evening

On Thursday evening we welcomed back the class of 2024 to receive their GCSE certificates and to hand out special awards for excellence in each subject area along with several special awards. It was lovely to see them again and find out how they are getting on and what they are doing. The final award of the evening is always the Principal's award which goes to a student who has excelled in many areas of school life and beyond. This year it was awarded to Grace Prescott who is nearly at the end of her first term at Oundle school after having won a prestigious scholarship. Well done to all of them and we wish them the best of luck as they move forwards.





## Christmas Market

This year's Christmas market was the biggest yet with so many independent stalls alongside some amazing performances and fun games and activities run by the students and staff in the event team.







## Student Voice – House System

This week we have been very busy voting for a new House system and House names. The student council and staff suggested the themes of Rivers, Broad and Birds; these were deemed relevant because they are all reflected in our school badge. The vote is very close and the theme, along with the 4 House names will be revealed next week. Students will receive their house colours and find out which house they are in next week. We will then be organising new House competitions for students across the academy.

## STEM Roadshow

Year 8 students had a 'hair raising' time on Tuesday as they took part in a STEM roadshow. With input from science, technology, engineering and Maths, they learnt all about energy. The company that came in to lead this experience were really impressed with the students' hard work, enthusiasm and behaviour. Well done year 8!





# French Spelling Bee Competition



Charlie, Isabella, Henry, Alex and Felix took part in the French Spelling Bee competition on Wednesday 27<sup>th</sup> November. Madame Bennett and Mrs Robson held the competition in room 36.

We had two rounds: a 2 min round and a knockout round.

After the 2 min round, 2 students were eliminated. In the knockout round,

one student qualified and the other two students battled it out.

In the end Felix and Alex are the two students who will represent the school at regional level, next Wednesday. We wish them 'bonne chance' (good luck) as they have another set of 50 words to learn!



# Students' Work

Ben, Harry and Summer enjoyed steaming their bao buns and marinating chicken and making sticky reduction sauce.

They certainly enjoyed eating the buns stuffed with delicious sticky chicken



# Sporting Round Up

## Outdoor and Adventurous Activities – Mrs Cropley

This week we have started doing OAA (outdoor and adventurous activities) in PE, This has started with several problem solving activities. Here you can see the year 7 girls using their communication and team work skills trying to solve the blindfold activities. We will be putting our map skills to the test next week when we start orienteering.



## Netball report – Mrs Cropley

On Monday 26th November, the year 8s played a netball match against Lynn Grove and won 8-7 in a very closely contested match. Lizzie Bates was awarded player of the match. Elise Ball scored 3 goals and Molly Sebastian scored 5.

Good luck to the U16 netball team who are playing at the National School's Norfolk Netball finals at the UEA on Saturday afternoon.

## Netball report by Summer Page

The year 7 netball team played against Lynn Grove A and B teams. These were shorter games than the year 8 game. The 7s played well against the A team, the score was 1-1 at half time, with the final score being 4-1 to Lynn Grove. The second game against Lynn Grove B team was end to end, but without any goals. Well done to the girls, Evie Harrison-Joy was player of the match.

## Year 8 Rugby Day at North Walsham – Mr Lyons

The year 8s had their rugby coaching and fixture day at North Walsham Rugby club on Tuesday. We were amongst 5 other school teams; Acle, Dereham Neatherd, Broadland, Hellesdon and Stalham. In the morning, the boys learnt valuable skills and principles of the game. This consisted of tackling, rucking, passing, and kicking. Then in the afternoon they played all 5 teams in a mini tournament, where they managed to win 3 games, draw one and lose one. The boys throughout the day were fantastic showing a great attitude on and off the pitch. I was extremely proud of their kindness to other pupils when one was injured from another school, their resilience to come back from two tries down to win a game, and effective communication to support each other. Well done all.

### Year 8 JNR NBA Basketball vrs Broadland & Sprowston

The year 8s had their first taste of JNR NBA basketball action as they had their first games of the season at home at Flegg. The first game saw Flegg play Broadland in a close contest that finished 14 - 10 to Flegg. In all four quarters of the game Flegg managed to overcome challenges given to them by Broadland to win the game. In the final game against Sprowston, they came up and good and experienced side that played in last year's competition. Their experience showed as they won the game 18-10. However, Flegg did exceptionally well winning the second half of the game. Once again, all boys showed great improvement throughout the games and played with smiles on their face. Another proud moment watching them enjoy a sport that most have not played before. Great effort by all, well done.

### Year7 JNR NBA Basketball vrs Broadland

The year 7s has their first taste of JNR NBA basketball action as they had their first game of the season at home at Flegg. The first game saw Flegg play Broadland in a close contest that finished 14 - 6 to Broadland. Until the fourth quarter Flegg had a 2 point lead. Unfortunately, the boys could not get over the line, however, they showed a fantastic attitude and developed immensely throughout the game. Since this was for most of them their first ever experience of competitive basketball, the boys did themselves and the school proud.



### **Attendance Corner**

Last week's 100% attendance winners are

Freya Cartwright 7CUT  
Eva Punched 8ABR  
Amelia McIntosh 9THA/ACR  
Sienna Sursion 10NKE  
Jack Dyball 11ARO





## Dates for your diary

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  
Tuesday 7<sup>th</sup> January First day of term  
Thursday 23<sup>rd</sup> January Year 11 Progress Evening 3.30pm-6.30pm  
Thursday 30<sup>th</sup> January Year 9 Progress Evening 3.30pm-6.30pm  
Thursday 6<sup>th</sup> February Careers Fair  
Friday 14<sup>th</sup> February Last day of term  
Monday 24<sup>th</sup> February Inset Day  
Tuesday 25<sup>th</sup> February First day of term  
Wednesday 19<sup>th</sup> March Year 9 Vaccinations  
Saturday 22<sup>nd</sup> March Easter Fayre 10am-4pm  
Thursday 27<sup>th</sup> March Year 10 Progress Evening 3.30pm-6.30pm  
Friday 4<sup>th</sup> April Last day of term  
Tuesday 22<sup>nd</sup> April First day of term  
Monday 5<sup>th</sup> May Bank Holiday  
Thursday 8<sup>th</sup> May year 8 Progress Evening 3.30pm-6.30pm  
Thursday 22<sup>nd</sup> May Year 7 Progress Evening 3.30pm-6.30pm  
Friday 23<sup>rd</sup> May Last day of term  
Monday 2<sup>nd</sup> June First day of term  
Thursday 19<sup>th</sup> June Year 11 leavers day  
Thursday 26<sup>th</sup> June Rewards evening 5pm-6.30pm  
Monday 30<sup>th</sup> June & Tuesday 1<sup>st</sup> July Year 6 transition days  
Tuesday 1<sup>st</sup> July Year 6 transition evening 5pm-6.30pm  
Monday 7<sup>th</sup> – Friday 11<sup>th</sup> July Enrichment week  
Saturday 12<sup>th</sup> July Summer Fayre and 60<sup>th</sup> Celebration Open Day 10am-4pm  
Friday 18<sup>th</sup> July Sports Day  
Tuesday 22<sup>nd</sup> July last day of term



Mrs Bennett

## Attachments

Flegg and Community Events

Curriculum Bulletins

National Online Safety

Young carers at Flegg letter

# Young Carers

Dear Parent(s)/guardian(s),

## Identifying and supporting young carers at Flegg High Ormiston Academy

We are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their full potential.

We know that for some students, factors outside of school can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. We think in every class there could be as many as 2 pupils who are helping to support someone because of one of these factors – we call these students **young carers**.

Students can be young carers for lots of different reasons:

- They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, such as cooking, fetching things or helping with things like putting shoes on or doing the shopping
- They might be helping a parent with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home for example by worrying about the person with the health condition or needing to do more things for themselves compared to other students.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school.

If you think that any of the above applies to your child, and that they might possibly be a young carer then please contact Mrs Brooke on [pbrooke@fleggoa.co.uk](mailto:pbrooke@fleggoa.co.uk) or complete the reply slip below. Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes, and they (or you) do need support. It just means that you and your child don't have to start from scratch with letting us know what is going on if things have become difficult.

Yours sincerely

Young Carers' School Operational Lead: Pearl Brooke



## Reply slip

Pupil's name: [insert name here]

Class: [insert class here]

Does the pupil have parents or other family members who are ill, disabled, or have a mental health problem or an addiction?     **Yes**   **No**

If you wish, you can give further details here: (not required)

Would you like more information about the types of support the school provides to young carers?

**Yes**   **No**

Please provide a name and telephone number or email address so that we can contact you.

Name: [insert name here]

Telephone/email address: [insert telephone/email address here]

### Young Carers Questionnaire.

Please answer these questions by thinking about you, your family and home life. There are no right or wrong answers and the information you share with us will help school to understand what pupils might do by way of supporting others. It will also help school to know what other support we could offer you.

Name:

Date:

1. Do you look after someone who needs you to help them? For example, they could need you to help them get in or out of bed, to get washed or dressed, to give them their medicine or to help them when they feel down.

Yes

No

2. If you put yes to the 1<sup>st</sup> question, do you look after a brother, sister, mum or dad?

3. Do you spend a lot of your time cleaning, washing clothes and other stuff that your friends don't do as much?

Yes

No

4. Do you have to cook the dinner and make food for the family, some or all of the time?

Yes

No

5. Is someone in your family in a wheelchair and they need your help around the house or with the shopping and other things that need doing?

If yes, who is this?

6. Do you help someone to feel better when they are feeling anxious or down?

Yes

No

7. Do you often feel stressed, upset or worried about someone you look after?

Yes

No

Not sure

8. Do you miss some school or come in late because of looking after someone?

Yes

No

Sometimes

9. Do you find it hard to do your homework because you are tired or too busy with other things around the house?

Yes

No

Sometimes

10. Do you wish you could spend more time with your friends?

Yes

No

**Flegg and Community Events**



**Christmas Balloon Race  
£3 a balloon!**



Design your balloon  
and join the fun...

Win prizes, raise  
money and get in the  
festive spirit!

Track your balloon,  
launches 12pm  
25th December



St. Margaret's Church  
*Community Christmas*  
**TREE FESTIVAL**  
Yarmouth Road, Ormesby St. Margaret, NR29 3QB  
**Thursday 12th - Sunday 15th December**  
12pm to 4pm  
Free Admission  
SEASONAL  
REFRESHMENTS  
AVAILABLE  
TOMBOLA &  
RAFFLE  
WINNING TREE  
ENTRY ANNOUNCED  
AT THE CAROL  
SERVICE  
In aid of church funds

Martham Methodist Church  
ALL WELCOME  
A Display of over 100  
Cribs/Nativity Scenes  
Every Monday in December  
from 10am - 11am  
also Saturday 30th Nov 10-3pm  
REFRESHMENTS • HAMPERS • TOMBOLA

**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](mailto:rhall@marthamacademy.co.uk)  
if you are a vendor and would like to book a stall.  
(£10 per pitch)



*Ormesby, Scratby & California  
Community Events Group  
Proudly*

**CHRISTMAS CRAFT  
FAIR**

**Saturday 7th December 2024**  
All Saints Parish Hall, NR29 3AJ  
10am - 5pm

Stalls, Christmas Gifts, Decorations,  
Not on the High Street Gifts,  
Homewares, Christmas food,  
& much more.

[scrummymisspenny@gmail.com](mailto:scrummymisspenny@gmail.com)



**SUNDAY 8TH DECEMBER 2024  
2PM - 6PM**

**HEMSBY CHRISTMAS STREET FAIR IN  
" THE STREET "**

**WE ARE LOOKING FOR LOCAL OUTDOOR STALL  
HOLDERS. STREET ACTS . ALL THINGS CHRISTMASY.**

HEMSBY VILLAGE EVENTS GROUP ARE LOOKING FORWARD TO HEMSBYS  
FIRST EVER CHRISTMAS STREET FAIR ON SUNDAY 8TH DECEMBER 2PM  
TO 6PM.  
IF YOU WOULD LIKE TO JOIN US PLEASE CONTACT US  
[hemsbyevents@gmail.com](mailto:hemsbyevents@gmail.com) WITH A PICTURE OF YOUR CHRISTMAS  
WARES.

[hemsbyevents@gmail.com](mailto:hemsbyevents@gmail.com)





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).

SNAP STREAK

97  
DAYS

## What Parents & Educators Need to Know about

# SNAPCHAT

AGE RESTRICTION  
13+

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?

#### 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.

#### PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

#### MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

#### SCREEN TIME ADDICTION

Snapchat prioritises 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', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

#### 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.

#### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger 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.

## Advice for Parents & Educators

#### UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide the location', and ensure they know not to share their location with anyone.

#### 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 tap 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.

#### FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

#### ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

#### 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.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2023>

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.11.2024