

## IHS & E&S PONY CLUB TRI

### Winter Tri Series

Ipswich High School's Super Sunday of Sport incorporated the start of the Winter Tri Series in the Pony Club. Fifty-six children from pony clubs throughout East Anglia and Ipswich High competed against each other in pistol shooting, swimming, and running.

Results are as follows:

### Beanie Girls U8

1st Georgina F	Easton Harriers PC
2nd Tallulah N-D	E&S PC
3rd Mathea L	IHS
4th Tabitha P	IHS
5th Autumn F-H	IHS
6th Henrietta S	Thetford Chase PC

### Beanie Boys U8

1st Fynn G	IHS
2nd Sebastian R	IHS
3rd Ellis B	Thetford Chase PC
4th Benjamin M	Littleport & District PC



### Tadpole Girls U9

1st Charlotte B	Easton Harriers PC
2nd Annabel Q	E&S PC
3rd Darcy D	IHS
4th Ruby T	IHS
5th Freya W	IHS
6th Connie C	IHS

### Tadpole Boys U9

1st Sonny N-D	E&S PC
2nd Albert O'C	IHS
3rd Benjamin B	Thetford Chase PC
4th Stanley S	Thetford Chase PC
5th Jack C	Thetford Chase PC
6th William S	Newmarket & Thurlow PC

Continued on next page.



# Whole School News



## Minimus Girls U11

1st Grace H	E&S PC
2nd Jemma C	E&S PC
3rd Emilia W	IHS / E&S PC
4th Lexi J	Fletchers Farm
5th Martha H	IHS / E&S PC
6th Molly S	IHS



## Minimus Boys U11

1st Harry Sheldon	Essex Union PC
2nd Stanley Johnson	IHS
3rd Joseph Xavier	IHS



## Junior Girls U14

1st Rebecca R	Newmarket and Thurlow PC
2nd Annie F	IHS / E&S PC
3rd Eleanor C	Easton Harriers PC
4th Amy S	Essex Union PC
5th Georgina S	IHS / E&S PC
6th Matilda W	IHS / E&S PC

## Intermediate Girls

1st Hannah G	Cambridgeshire Hunt
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## Junior Boys U14

1st Matthew C	E&S PC
2nd Alfie L	E&S PC

## Intermediate Boys

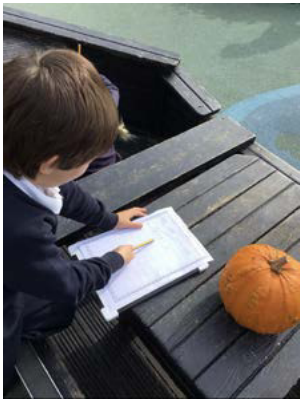
1st Fergus Q	E&S PC
2nd Oscar T	E&S PC
3rd Oliver S	Essex Union PC



# Prep School News

## Pumpkin Scavenger Hunt

This week Year 1 have been on a pumpkin scavenger hunt. They had to find the different pumpkins and compare them. They were able to practise their subtractions and consolidate their understanding of greater than and less than. Thank you very much to Henry, his parents and uncle for providing us with these lovely pumpkins to use in our learning!



## Class Dojo Champion

Well done to Othillie who was last week's Class Dojo Champion.



## Harvest Festival Practice

Year 3 have enjoyed practising their Harvest song together ready for the Harvest Festival.



## Super Skills from Year 3

The children have demonstrated some superb Design Technology skills this week when starting to construct their shadufs.



# Senior School News

## National County Swimming Championships

Lily, Ethan and Clementine have been selected to represent Suffolk at the National County Swimming Championships in Sheffield this coming weekend. It is a huge honour to be part of the team and will involve huge amounts of body paint, funny headgear and swimming rivalry!

They will certainly be kept on their toes, as some of the best age group swimmers in the UK will be there this weekend. It is going to be fabulous!



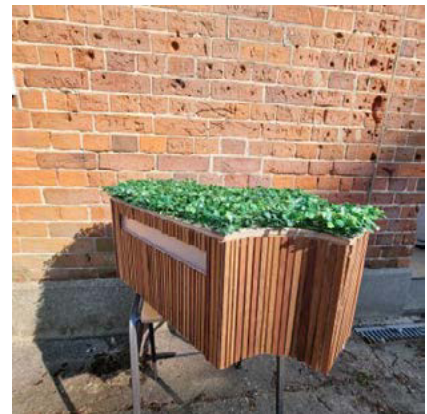
## GCSE and A-Level Exam Pieces

Now the exam period is over we can share with you the fantastic work from last years GCSE and A Level Design students. Here are some examples of the GCSE furniture design work:



## Impressive Design

This A Level student completed two projects. Their first was an architectural project designing for small spaces. The second was a table design inspired by childhood for their exam piece which they completed in 15 hours.



## England Hockey Talent Academy

Congratulations to Charlotte, Year 11, who has been selected for the England Hockey Talent Academy for the 23/24 season. This involves weekly training sessions, where she will be coached by GB players. Charlie will also receive talks on nutrition, fitness, game management and leadership. There will be several games during the course of the year to check how she and the team are progressing. It is a fantastic achievement, well done!



# Senior School News

## Walton-on-the-Naze Geography Trip, written by Olivia and Amelia

On Thursday 21st and Tuesday 26th September our Geography class travelled to Walton-on-the-Naze in Essex as part of our A Level coursework. The first day was more of a pilot test where we were taught all the data collection techniques for a study on the coast for us to then make an informed decision about which techniques are best to use in our independent projects, which we carried out on the second day. We compared the beach profile of the managed part of the coast with the unmanaged section by taking measurements of the gradient of the beach at systematic intervals using a clinometer, ranging poles, and a tape measure. It was a popular place to study the coast as a few other schools were also there and we worked quickly because the tide was coming in. At lunch time we enjoyed the lovely sea view and then conducted a survey to find out what members of the public thought about the management of the Walton-on-the-Naze coastline. Everyone was very friendly and happy to answer our questionnaire and offered knowledgeable insights into perceptions of the management. Amelia, Mimi, Amelia, Thea and I had a wonderful time working together as a group and learnt many new skills which we can use in our coursework projects.



On the 22nd and 29th September our Year 13 Geography A Level class went to Dedham. The aim of this trip was to gather data for our NEA (non-examined assessment) which is worth 20% of our A-Level grade. Three out of the five of us chose to study the human aspect of geography for our NEA, meaning we needed to collect data from Dedham. We had pre-made questionnaires, environmental quality surveys, and other data collection method sheets to ensure we could gather and record the data we needed to answer our question titles. Our titles focus on endogenous features, clone towns, insider/outsider perceptions, and character of place. We all thoroughly enjoyed seeing the sites of Dedham including the river, parks, and buildings. We also enjoyed speaking to the locals and visitors that were in Dedham on those two days and finding out about what they like about the area. Some of us even enjoyed some cake in a teashop!



# Senior School News



## Ipswich High School Sport

### Team of the Week

Week Beginning 25th September 2023

1. Emma L (1st XI Hockey)
2. Ines G (1st XI Hockey)
3. Aila M (1st XI Hockey)
4. Scarlett D (U12 Netball)
5. Freya C (U15 Netball)
6. Max W (U15 Rugby)
7. Rishi S (U13 Rugby)
8. Stefan A (U12 Rugby)
9. Lucas D (U12 Rugby)
10. Amelia A (U12 Hockey)
11. Jemima U (U12 Hockey)
12. Lara H (U12 Hockey)
13. Adam El -M (U16 Football)
14. Louie S (U15 Football)



# British Shooting News

## **EAST of ENGLAND Schools Pistol Championships**

Qualification event for the British Shooting Schools Pistol Championships National Final 2022/23

### **Date and Time**

Friday 24th November 2023

Registration 8:45am

Competition starts at 9:15am

Estimated finishing time 14.30



### **Location**

Ipswich High School, Woolverstone, Ipswich, Suffolk, IP9 1AZ

**Closing Date: Wednesday 8th November 2023**

### **Individual and Team Categories:**

Junior Event: Year 6, 7, and 8

Inter Event: Year 9 and 10

Senior Event: Year 11, 12, and 13

### **Important information**

All categories compete on a 10m Range, using a .177 Air Pistol only.

Juniors – Double or single handed is allowed.

Intermediates and Seniors – Single handed shooting only.

Athletes may compete in an unlimited number of Qualifying Events.

The finals for the Rifle and Pistol Championships will take place at Chase Leisure Centre, Cannock, on:

5th February 2024 - Pre-event training for Pistol

6th February 2024 - Pistol competition

The Championships are open to novices right through to experienced shooters, representing their school as an individual and part of a team, allowing them to compete in the mixed-gender and physical ability competition.



In order to enter this year's competition please click [here](#).

A full list of rules can be found here on the [British Shooting website](#).



# Whole School News

# NO IDLING

# TURN YOUR ENGINES OFF AND PROTECT THE AIR WE BREATHE

**IDLING  
FOR 2 MINUTES  
A DAY  
USES THE SAME  
AMOUNT OF GAS  
AS ONE MILE  
OF DRIVING**





# Whole School News

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many games which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

**AGE RESTRICTION**  
7  
PEGI

**WHAT ARE THE RISKS?**

**SENSITIVE PREMISE**

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as The Traitors, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

**VIRTUAL VIOLENCE**

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

**CHAT BETWEEN PLAYERS**

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

**GOING OFF PLATFORM**

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

**IN-GAME PURCHASES**

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

### Advice for Parents & Carers

**CONSIDER SOFTER ALTERNATIVES**

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

**CHAT ABOUT CHATTING**

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

**DISCUSS DISCORD**

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

**AMONG US, AMONG FRIENDS**

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

**STOP SURPRISE SPENDING**

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

**Meet Our Expert**

Lloyd Coombes is Editor in Chief of gaming and esports site [G4Gamer.com](http://G4Gamer.com) and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

**NOS National Online Safety**  
#WakeUpWednesday

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# Careers News

## Careers Speaker Series

Careers Speaker Series is open to all Senior pupils and students from Year 7 to Year 13. These sessions will be led by industry specialists and they offer an opportunity to learn how the speaker got into their career and what skills and attributes are required to excel in the sector they are in. These are very valuable sessions for all young enquiring minds to build on their career knowledge over time to enable a clearer vision for their own future career plans. All sessions have a Q&A within them, so individual questions can be answered directly to meet the student's needs.

Where possible I record and share the talks on Firefly (to parents and pupils), however attendance is highly recommended; pupils and students can make notes about these talks in their Morrisby account so that they can draw on this information to aid their future CV and applications as required.

There will be refreshments to enjoy, and a register is taken so pupils can attend without having to inform their current Enrichment 2 teacher.

## Autumn Term Careers Speaker Series

**Where:** Leggett Room

**When:** Thursday's, Enrichment 2 at 3:40pm

12th Oct 2023    Careers Fair - No Talk

09th Nov 2023    Charlotte Flynn - NHS - Occupational Therapist

16th Nov 2023    Kevin Pickard – Adam Peaty Team, Olympic Swim Coach (Virtual session)

30th Nov 2023    Jemima Jacob (Alumni)- Chartered Accountant - EY

## Last week's talk, Mike O'Connor

Last week we had a fascinating talk from Mike O'Connor who is a Formula 1 artist and also a director of "H2Go" a water purification company helping to deliver safe drinking water globally. Mr O'Connor also brought in a piece of his art which is made from the exhaust system of a "Williams FW25 BMW" Formula 1 racing car from the 2003 World Championship and some other pieces from a Formula 1 car for the students to pass around. It was very informative and insightful for students to hear about the different sides to Mr O'Connor career and his entrepreneurship.



# Careers News

Ipswich High School & Holbrook Academy  
invite you to an aspirational

## CAREERS FAIR

Thursday 12<sup>th</sup> October 2023 ~ 4.45pm to 7.00pm  
at Ipswich High School, Woolverstone, IP9 1AZ



We have a fantastic range of businesses and higher education providers joining us for the evening, so come along to be inspired by expert careers advice. This event is aimed at students from Years 9, 10, 11 and Sixth Form, along with their parents.



For further details please contact:

Wendy Offord - Safeguarding Manager & Head of Careers  
careers@ipswichhighschool.co.uk • 01473 780201  
or Simon Rogers - Careers Lead  
simon.rogers@holbrookacademy.org • 01473 328317



IPSWICH HIGH SCHOOL, WOOLVERSTONE, IPSWICH IP9 1AZ

### Save the date

Our Careers Fair will be held in school on Thursday 12th October 2023 for all Year 9 to Year 13 students and their parents, we look forward to seeing you all at this inspiring event with a fantastic range of businesses and Higher Education establishments to boost aspirations.

To help with our planning, please fill in this [form](#) to confirm your attendance (yes/no/maybe).



## LRC News

### Parenting Support You Can Trust

Parenting is one of the toughest jobs we ever do but it should also be one of the most fun and rewarding.

The Wellbeing Hub staff speak to parents and schools day in and day out, and know the challenges parents face, not least because, as parents themselves, they've been there and got most of the t-shirts.

Of course, the ride won't always be smooth, and with adolescence starting from eight and going on until 25 it's a long haul. However, with knowledge and support we can all enjoy the journey as we help our children become happy, healthy, world-ready adults.

All [parents](#) and pupils have FREE unlimited access to The Wellbeing Hub. Pupils are signed up automatically and have been sent an email to complete their registration.

Watch this short introductory film to find out more <https://vimeo.com/740743218/602c406ef5> and, why not complete their parenting course this autumn?



The Wellbeing Hub  
—from Teen Tips—

This week (9th October) on The Wellbeing Hub  
This month's theme is: Self-harm, suicide and bereavement

This week's content:  
Blog: How do I know if someone is suicidal?  
donated by Papyrus UK

Watch now:  
Webinar recording on Self-harm awareness for  
parents and carers  
with Satveer Nijjar, Independent Self-Harm Awareness Trainer  
at Attention Seekers

### In Need Of Support?

During school hours, please contact our Designated Safeguarding Lead: Ms Extance or, Deputy Designated Safeguarding Leads: Mrs Finch (Prep School), Mrs Offord (Senior School), Mrs Vickers (Sixth Form) - on 01473 780201.

### Out of School hours support below:

YoungMinds: 24/7 - Text YM to 85258

Samaritans: 24/7 - 116123

Kooth: kooth.com

Sexual assault: NSPCC - 0800 136 663 / help@nspcc.org.uk

Sexual assault local contact: The Ferns - 0300 123 5058

Childline: Call 0800 1111 or 1-2-1 chat online

NHS Mental Health Support: 111, option 2

Online bullying: thinkUknow.co.uk

