



IPSWICH
HIGH
SCHOOL
WOOLVERSTONE HALL
ESTD 1878

The SNAPSHOT

The Ipswich High School Newsletter | Friday 26th May 2023

ANNUAL SPRING LUNCH

Old Girls Return

On Saturday 20th May the OGA held its annual Spring Lunch in the beautiful Orangery at Woolverstone Hall. Guests came from far and wide to meet and share memories of their times at Ipswich High School, many reuniting for the first time in years.

Dan Browning, as Head of Ipswich High School and President of the OGA, opened the proceedings with a welcoming speech which reminded all present that an education at Ipswich High School has countless long-lasting benefits but above all, it is the sense of being a family that makes our school community so special. The lunch menu featured quiche, potatoes and salad, lasagne and by popular demand, the classic school staple of jam roly poly.

A number of ex-staff were also in attendance: Miss MacCuish, Mrs Steer, Mrs Sim, Madame Kermath, Mrs Wilson, Mrs Williams, Mrs Macleod, Mrs Aldred, Mrs Andrews, Miss Dent and Mrs Eastwood. Miss Denny and Mrs Perks had the guests laughing as they shared a few of their fondest memories in the speeches after dinner. We were also privileged to have Joan Kersey, the oldest of old girls (at an incredible 108 years old), join us for the afternoon.



After coffee and tea, guests wandered the grounds, perused the archives on display and some even enjoyed a sneaky trip to the cellars. Thanks must go to Sarah Rogers, our Events Manager and all

the catering staff, as well as the committee members who provided some fantastic raffle prizes and table decorations. It truly was a splendid occasion, and we look forward to welcoming guests again next year.

By Miss Limer



Whole School News

Study Leave

Year 13 had a lovely send off to study leave with their BBQ, rounders, and personalised sweets bags from the Heads of Prep and Prep Ambassadors. Thanks to everyone for making it a special afternoon.



Royal Navy visit

On Tuesday 2nd May, The Royal Navy visited Years 6, 8, 9 and Sixth Form. It was a sunny and fun day with the Royal Navy visiting us for a day of leadership, team working and communication skills building via several age-appropriate activities. A small group of Sixth Form students assisted with running the Year 6 activity which has offered them a perfect experience to draw on in post 18 applications. The team communicated to each group of students reflectively at the end of each session so that they were able to identify the areas of success and those that areas of improvement.

It was great fun helping with the Royal Navy visit with our lovely Year 6's and to interact with the younger students. We were also discussing with the Navy staff about the opportunity the session gave us in developing our ability to lead others, whilst working in a team – a skill universities seek in applicants. It's lovely to be able to showcase and develop such skills, and I think this is at the heart of the Navy's ethos, as they pledge to help you "develop skills you never knew you had" and this really came through within our session.

Thea, Year 12

The Royal Navy activity day was interesting and fun. Their talk in the morning was very informative and taught me more about the Royal Navy's worldwide role. The session in the afternoon taught us teamwork skills.

Elizabeth, Year 9



Whole School News

Royal Navy visit continued

Everyone was buzzing with excitement to see the Royal Navy for the second time. We walked over to meet Karen who talked about two fun activities we would be doing that day. Then we were separated into teams of around 20. The first activity I had with the Royal Navy was with the chef (although we weren't cooking), the game involved having 10 fielders and 10 batters he would throw a dodgeball underarm to us, we would hit the ball to a place where the fielders could not get to it very fast, after we'd launched the ball into the air we had to Sprint about 15 metres away, while the fielders tried to hit us with the dodgeball to get you out of the game. It is fantastic!

We moved on to the next activity which was to make a square for four people to fit into, it had to be 4 inches above the ground. We had a whole set of plastic pieces and screws to combine together to make this square. We found our time was running out fast and everybody was quick to find the correct pieces - we used red long pieces to create the square itself and yellow pieces for the foundation. We were the last group to finish but we all managed to fit in the square! Karen told us how brilliantly we'd all worked together and thanked us for our good listening skills and teamwork. We stood in a line and marched back to Prep School; it was as if we were in the Royal Navy ourselves.

Felix, Year 6



Prep School News

New Tablets

Mr Aminian came to delivery some very exciting news this morning, we have 30 new tablets to support our learning at the Prep School!



Year 6 Residential

On the 9th of May I got on a bus with the rest of class 6 and went on a residential trip to Willersly castle in Derbyshire. It was a long bus journey to get there, probably the longest bus journey I have ever been on. When we arrived at the castle I settled into the room and unpacked my bag. The first activity I did was river tubing, which was probably my favourite activity of the trip. After river tubing, we had dinner then we went to do via ferrata climbing which was loads of fun. We then went back to our rooms and went to sleep. Over the next few days, we had fun activities like archery, canoeing and kayaking, zipwire, blind trail, grass sledging, aero ball and axe throwing. On the final night we had a massive campfire with the activity staff, and we roasted marshmallows and ate s'mores. On the final day in the morning, we packed all our dirty, smelly clothes and came home. I had a great time.

Naren, Year 6



Prep School News

Residential Testimonial

On Tuesday 9th May, Year 6 set off on our trip to Willersly Castle. We arrived after the 5-hour journey to the old castle set opposite a massive cliff above the river and it looked beautiful. I was in room No.12 with Amelie, Lizzie, Isobel, India and Isla. I had to carry all my bags up the stairs. We got to unpack for 30 minutes and then it was activities.

My first activity was river tubing! River tubing is where you have a blow-up doughnut and sit in it while you are going down a river. Then I had a delicious dinner of roast chicken. Next, it was time for activity number two, which was Via Ferrata, which is like rock climbing, bouldering and clip-and-climb mashed together. By the time everyone had had a shower it was 9:30pm and most of us didn't get to sleep until 11:30pm.

In the morning, everyone in my room was really tired but after the first activity (archery) I felt better. Then it was axe throwing where you had to throw metal angel axes to some targets. For lunch I had a burger, which was yummy. My next activity was aerobat, which is dodge ball and trampolining mixed together. Next were initiative exercises and puzzles which you had to figure out. Dinner was steak pie then we had a disco.

Thursday morning, the first activity was climbing. It was really fun but because it rained so much my hands were really cold and wet, so I only got halfway up. After lunch I went canoeing and kayaking. I did kayaking first and enjoyed it more because it was easier to steer and managed to go faster. After dinner we had a campfire, roasted marshmallows and sang songs.

Friday morning and it was time for the last two activities. Our first one after breakfast was zip wire. I was attached on to a metal car, which clipped on to the wire and you have to walk down a ramp and then you whoosh down the wire. On the other side you have to try to land on your feet. After that, I did grass sledging, which was really exhilarating. Next, we had lunch then it was time to go back home. I had a really great time, it was so fun.

Martha, Year 6

Bread Masterclass

Year 6 have been baking bread this week. Thank you to all parents that came in to help bake the bread. The children were so excited to see you all and to work with you. The dough that was created was perfect and the finished products are pretty impressive too. What a fabulous afternoon working together!





**IPSWICH HIGH PREP SCHOOL
PROUDLY PRESENTS**



ROALD DAHL'S
Matilda
THE MUSICAL
JR.

27TH JUNE 2023 6.30PM

28TH JUNE 2023 2.00PM

28TH JUNE 2023 6.30PM

**ADULTS £10
CHILDREN £5**

**The Hayworth Theatre
Woolverstone
IP9 1AZ**

[CLICK HERE TO BOOK YOUR TICKETS](#)

Book by
Dennis Kelly

Music and Lyrics by
Tim Minchin

This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI
www.mfishows.co.uk



Senior News

DofE Bronze Practice Expedition

29 Year 10 pupils embarked on their DofE Bronze Practice Expedition last Friday. They started their journey in Ramsholt and set up camp at Butley Village Hall.

Day 2 began by cooking breakfast on their stoves, packing away their slightly damp tents and walking to Snape. They had to navigate as a team going through checkpoints that were manned by members of staff. By the end of the trip there were some very tired legs and feet, however, they all completed it, which is remarkable, especially as this was first time camping for some.

Thanks go to Mr Smith who organised the trip and our team leaders Mr Thompson and Miss Pettit.



Suffolk County Championships

U17W Gold for Lucia in the Javelin and U20W Golds in 400m and 200m for Inés (and 2 pbs so she was pleased with her performances).



Medals all round

U20W 400m Gold medalist Inés. Congratulations.

SW 400m Gold medalist Miss Gobbold. Staff Alumni.



Cultural Craft Club

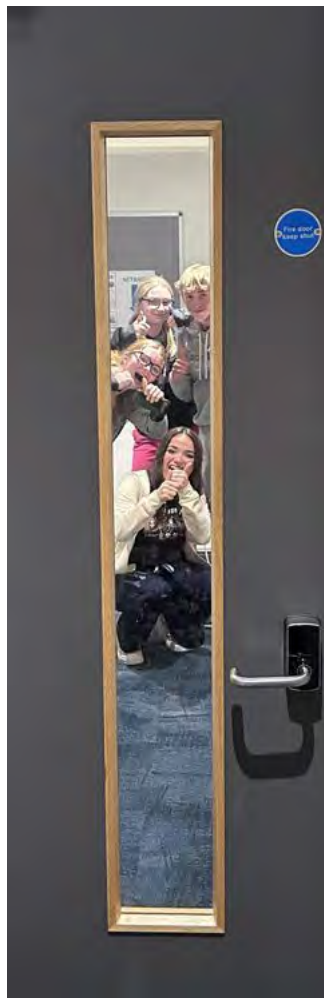
Congratulations to Year 7, who worked exceptionally well as a team to create over 30 metres of 'Papel Picado', a beautiful hand cut paper decoration typical of celebrations in Latin American countries. You can see their finished work decorating the Modern Foreign Languages department.



Boarding News

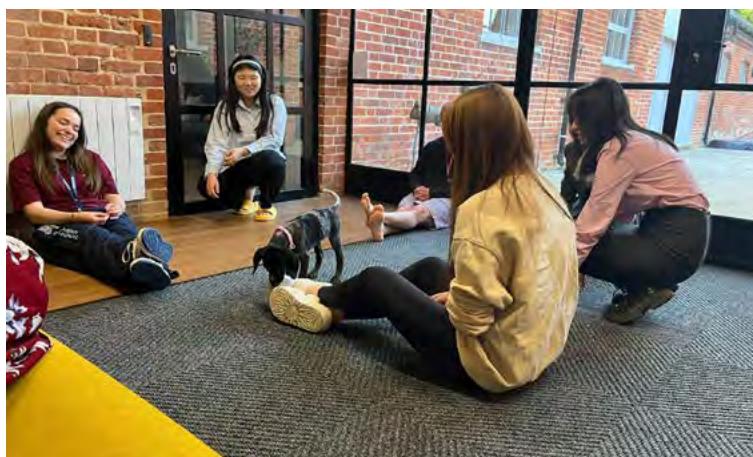
A New Arrival

What an exciting week it has been for us in the Dairy House. We have been eagerly awaiting 'surprise night' for some time and, what a surprise it was! A new arrival in the boarding House, Hibou, our new resident puppy arrived and is enjoying all our company. We can't wait to take her out on walks, in the meantime we get plenty of licks and a happy wagging tail. Between all that puppy loving we have been studying very hard for exams and school in general. Several members of the House have also been representing the School in Cricket and Athletic matches, so it has been busy all round! Now we are all off home to enjoy the half term holiday.



Cheeky Boarders

The image on the left shows the view for Mrs Taylor when those cheeky flexi-boarders are trying to get her attention. That's one way to do it we suppose.



School's Out



MAY HALF-TERM
School's OUT
Activities

We're back at Ipswich High School for May Half Term! We can't wait to welcome children from and around Ipswich to a jam-packed week, full of exciting activities at our holiday day camp.

For 4-16 year olds covering the full working day from 8am-6pm, with over 100 action-packed activities... there's something for everyone!

Accept all Childcare Vouchers

Ofsted
Early Years Provider

Early Explorers 4-6 yrs
Creative Crew 7-12 yrs
Adrenaline Adventure 7-12 yrs
Next Generation 13-16 yrs

IPSWICH HIGH SCHOOL
Woolverstone, Ipswich, Suffolk, IP9 1AZ
Ofsted Number: EY551272

May Half Term:
Tue 30th May - Fri 2nd June 2023

Summer Dates:
Week 1: Mon 24th Jul - Fri 28th Jul
Week 2: Mon 31st July - Fri 4th Aug
Week 3: Mon 7th Aug - Fri 11th Aug
Week 4: Mon 14th Aug - Fri 18th Aug
Week 5: Mon 21st Aug - Fri 25th Aug
Week 6: Tue 29th Aug - Fri 1st Sep

Swimming everyday all year round!

FOR MORE INFO AND TO BOOK

www.schoolsoutactivities.co.uk



NURSE'S NEWS



Suffolk and North East Essex

Walk-In COVID Vaccination Clinic

no bookings, just turn up

Please do not contact the centre

If you have queries please go to
www.sneevaccine.org.uk

or call the NHS patient helpline 0344 257 3961

Alternatively the vaccinator will be happy to answer your questions on the day



Top up your immunity this spring!

If you're in one of the following groups, you can attend any of our walk-in clinics to take up the Covid-19 Spring Booster and primary doses.

Spring Booster vaccinations for adults aged 75+.

Those aged 12+ who are immunosuppressed.

Those aged 12+ for primary doses (first and second vaccinations)

Wed 31 st May	Suffolk Show, Trinity Park, Felixstowe Road, Ipswich , Suffolk, IP3 8UH	10:00 - 17:00
	C360 Hub, Long Wyre Street, Colchester	10:00 - 14:00
Thu 1 st June	Suffolk Show, Trinity Park, Felixstowe Road, Ipswich , Suffolk, IP3 8UH	10:00 - 17:00
	Greenstead Resource Community Centre, Hawthorn Avenue, Colchester CO4 3QE	14:00 - 18:00
Sat 3 rd June	Outpatients, West Suffolk Hospital, Hardwick Lane, Bury St Edmunds IP33 2QZ	10:00 - 14:00

For children aged 5 to 7 for primary doses (first and second vaccinations).

Children aged 5 to 7 who are IMMUNOSUPPRESSED can receive a booster dose.

Wed 31 st May	Suffolk Show, Trinity Park, Felixstowe Road, Ipswich , Suffolk, IP3 8UH	10:00 - 17:00
	C360 Hub, Long Wyre Street, Colchester	10:00 - 14:00
Thu 1 st June	Suffolk Show, Trinity Park, Felixstowe Road, Ipswich , Suffolk, IP3 8UH	10:00 - 17:00
	Greenstead Resource Community Centre, Hawthorn Avenue, Colchester CO4 3QE	14:00 - 18:00
Sat 3 rd June	Outpatients, West Suffolk Hospital, Hardwick Lane, Bury St Edmunds IP33 2QZ	10:00 - 14:00

IMPORTANT: Please check the SNEE website for any clinic updates and eligibility criteria before you attend. You can access the website via the following link and QR code: sneevaccine.org.uk



LRC News

Careers Speaker Series

We will soon be booking in Careers Talks for the next academic year for our Autumn and Spring Term a our Careers Week series, if you would like to give one of these highly valued talks, please get in touch careers@ipwichhighschool.co.uk.

Year 11 to return all library books

Year 11 are reminded that all library books need to be returned by to the LRC by 26th May or the cost of missing books may be deducted from school deposits.

Y10 Work Experience

Year 10 are to take part in 5 days of Work Experience during the summer holiday, details [here](#). Deadline for [paperwork](#) from their employer/s was Friday 19th May 2023. If Year 10 are still struggling to find a placement, they can come and speak with Mrs Offord or Mrs Lees in the LRC who will help with a list of possible business to make contact with which will be in line with their Morrisby career results.

TeenTips Wellbeing Hub

Remember to sign up to access.

[Pupils sign up](#)

[Parents sign up](#)



Coming Up in The Wellbeing Hub this Week, May 29th ...

May's Theme: Managing Challenging Behaviour

Podcast: Emotional fitness with boys, with James Howes.
Find it on the Homepage or in Resources

Check out the Guide to 'Be Real' on the Homepage. Are your children using it? Do you know what it is? Read all about the in the moment Be Real social media app.

Bonus Webinar Tuesday 6th June : Strengths-based Parenting, 6.30pm with Helen Day, Teacher, Facilitator, Coach, and Researcher.
Register at The Wellbeing Hub on the Events Page
(all Webinars are free to attend, and you can catch up for 2 weeks).



COMING UP THIS WEEK

Bonus content
Podcast: Emotional fitness with boys' with James Howes, experienced psychotherapist and accredited member of BACP (British Association for Counsellors and Psychotherapists)

club.teenips.co.uk

In Need of Support?

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

With 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

