



YEAR 5 RESIDENTIAL TRIP

Bradwell Essex Outdoors

On 22nd May, Year 5 spent three days away on a residential trip to Bradwell, enjoying every day of their stay. With fun packed activities such as, crabbing, problem solving, high ropes, cycling and exploring the local area and the lovely beaches, the pupils thoroughly enjoyed their experience.

Here are some testimonials from the Year 5 children.

Faith

It was very adventurous, and I enjoyed every activity we did. My personal favourite was the twilight walk by the beach, as I collected plenty of shells and sea glass.

Olivia

I am really grateful for the residential trip as it was a very good experience to be away from home. My favourite activity was the archery because I really enjoyed shooting targets.

Blake

I really enjoyed the residential trip at Bradwell. My favourite activity was the high ropes as it tested my balance and movement of my body.



Prep School News

Year 5 residential continued

Molly

I really enjoyed the food, and the instructors were kind and caring.

Flo

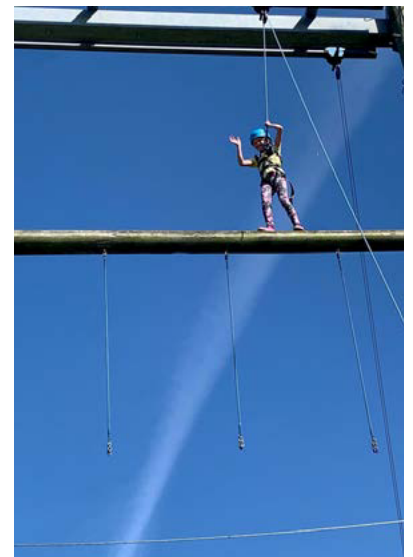
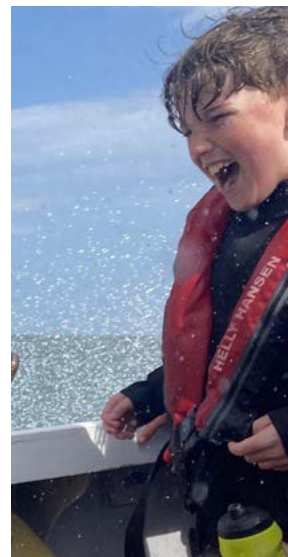
I loved crabbing as we went in a boat to West Mersea Island and by the pier we collected 136 crabs. I was terrified of the crabs at first, as they were very tricky to put in the bucket.

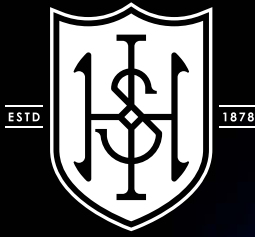
Emilia

The coastline was very pretty. I enjoyed the walks and the beach was filled with thousands of shells.

Cecilia

Bradwell residential trip was very exciting. We went on a lot of excursions, my favourite was definitely crabbing.





**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 School News

Swimming Superstar

Lily won a silver medal for the East Region 50m backstroke, she fought very hard against some very talented girls in her age group. Lily has also qualified for The English Summer Nationals in 50m and 100m backstroke and is off to Sheffield at the beginning of August.

Good luck Lily.



Ski Success for Madeleine

Over Half-Term, Madeleine competed in the Norfolk and the Suffolk Club Nationals.

She came 1st in the Under 16 category for both events and was the 2nd overall fastest female competitor at Norwich. She also won joint 1st as overall fastest female competitor across all age categories at Ipswich.

Fantastic effort Madeleine. Keep up the stylish skiing!

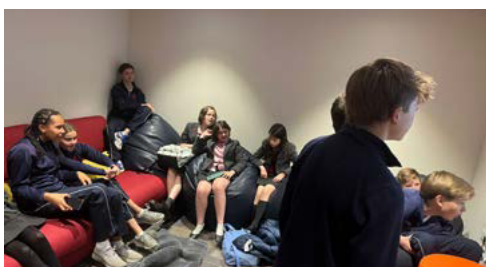


Riding to Victory

During half term Ella continued her success from winning at Aston Le Walls CCIP2*-L to coming 3rd at the CCIP2*-L National Championships at Belsay Castle Northumberland. Well done.

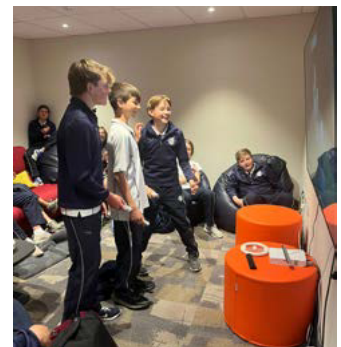
Athletics

Inés achieved a new PB of 58.9 at Great Yarmouth EAL in the Half-Term which has qualified her to run at the U23 and U20 UK Championships on the 17th & 18th June. Good luck.



Fun Lesson

Mrs Taylors Art class had an exciting lesson doing some promotional filming down at the Boarding House and having some down time by playing on the Wii.



Whole School News

Singing Angels

The choir of St Mary Le Tower in Ipswich have returned to their usual pews after the trip of a lifetime to lead the music at York Minister over the Bank Holiday weekend. Eleanor and Emilia (pictured) along with other IHS pupils are part of the choir and should be very proud. Well done.



Ipswich High School host Essex & Suffolk Pony Club Triathlon 2023.

All entries should be made online using [Essex & Suffolk Pony Club: JUNIOR TRIATHLON](#).

This is a single booking form process and entries will not be confirmed without payment.

[All rules are available here](#)

Staff Shoutout

A massive well done to Mrs Wheelhouse, who, whilst playing for England Hockey secured a win against Wales in the Half-Term break.

Ipswich High School Swimming Championships

This swimming event allows the pupils from Year 4 to Year 6 to choose what strokes they would like to compete in. This year, all but two pupils chose to take part in at least one event. The atmosphere on poolside was lovely as the pupils all cheered on each other, and it was the first year since covid that parents were able to watch, this added to the excitement!

There were several close finishes, especially in Year 5. All the pupils swam well and enjoyed the event.

Thank you to all the Sixth Formers, teachers and Mrs Craske who volunteered to help on poolside.

Address: Ipswich High School,
Woolverstone, IP9 1AZ

Date of event: Saturday 17th June
2023

Entries Open: 1st May 2023

Entries Close: 11th June 2023

Times will be published on: 14th June
2023



Whole School News

Pride Awareness Week: 12th to 16th June 2023

To focus on the importance of tolerance and inclusivity and key British values, we will be holding a Pride Awareness week in school during w/c 12th June, pupils and students will be involved in activities throughout the week as outlined below.

Our 'Pride Flag' will be flown from the flagpole on Woolverstone Hall.

'Read with Pride' book displays in the LRCs.

Teaching staff will include Pride/LGBTQ age-appropriate information and activities within lessons and enrichment and assemblies will be appropriately themed.

Some of the food in Orwell Kitchen will have a rainbow theme.

Assemblies will be themed.

All pupils and staff can purchase a Pride pin-badge. These will be available after senior school assembly, at reception in break or lunchtime for the week (please ensure that they have 50p in school on that day).

In Senior School on Thursday 15th June: there will be a competition around the school to seek out 'Pride flags', write name and form on the back and, pop it into the box in the Senior LRC. Winners will be selected.

Friday 16th June: All pupils and staff in Prep and Senior Schools can accessorise their uniform with rainbow themed or brightly coloured socks or tights.

Friday 16th June: we welcome pupils to bring in appropriate rainbow themed and colourful cakes for a cake sale at break-time. These should be dropped off at Orwell Kitchen before registration. Please ensure that your child has money in school on this day.



IHSA News



Raffle Donations

Can you or your company help the IHSA raise funds by donating a prize or gift for our raffle and tombola?

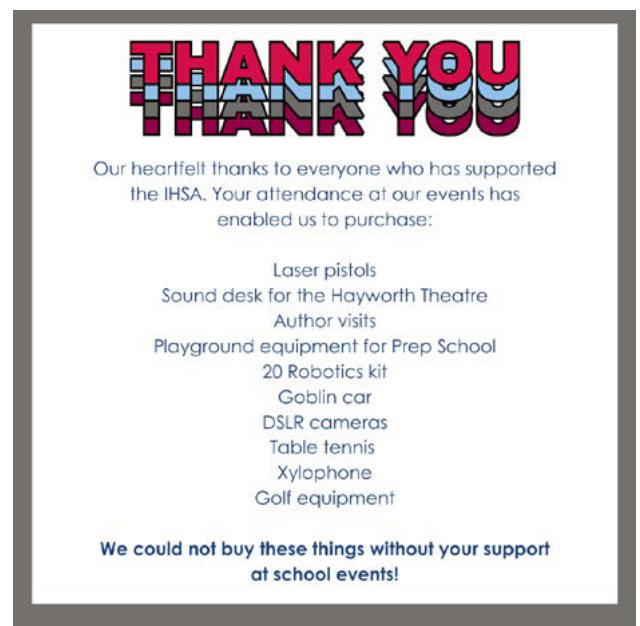
Example Corporate Donations:

- 1 hour Reflexology Voucher
- Case of wine
- Gift hamper

Example Private Donations:

- Bottle of wine
- Box of Fudge
- Regifted unused kids art sets

We really appreciate your support with raffle donations.



Nurse's News

Top Tips from the Nurse

Hay fever

Please can we advise that pupils with hay fever have their antihistamine medication prior to coming into school to minimise disruption to their school day.

Water

All pupils are strongly encouraged to bring a water bottle into school, to help them keep hydrated throughout the school day.

Snacks

We would like to remind pupils the importance of having breakfast and/or bring/purchase a snack at breaktime.

Suncream

There are 8-hour suncreams which can be purchased, factor 30 and above which can be applied in the morning prior to school to minimise risk of sun burn.

Allergies

We are a nut free school; therefore, we are reminding parent/carers not to send any foods with nuts in or nut-related products, this includes for school trips.

The nurse team are contactable on nurse@ipswichhighschool.co.uk

TeenTips Wellbeing Hub

Remember to sign up to access.

[Pupils sign up](#)

[Parents sign up](#)



Coming Up in The Wellbeing Hub this Week, June 12th ...

June's Theme: Hormones

Podcast: Balancing teenage hormones: a natural health perspective by Caroline Gaskin MCPH, Homeopath & Holistic Health Coach.

Head to the Q&A Section of The Wellbeing Hub for Answers to questions like:-

Why does body odour (BO) become a problem during adolescence?

What are the stages of development in children and adolescents?

My child (age 12) has started to stay in his bedroom a lot and is not spending time with us. What do I do?

My teen is really struggling with mood swings. Is there anything I can do to help?

The Wellbeing Hub
- from Teen Tips -

COMING UP THIS WEEK 

Week commencing 12th June 2023
Podcast: Balancing teenage hormones: a natural health perspective by Caroline Gaskin MCPH, Homeopath & Holistic Health Coach.

[Listen online: club.teentips.co.uk](https://club.teentips.co.uk) →



LRC & Careers News

LRC News

Year 11 and Year 13 are reminded that all library books need to be returned to the LRC ASAP as the deadline has now passed. A report will be generated at the start of next week to go to the Finance Team to charge for any missing books.

Careers News

Year 10 Work Experience

Year 10 please continue to remind employers to complete the Health & Safety paperwork, if they have not already filled it in, the link to the form is here: "Health & Safety forms".

All details on Year 10 work experience can be accessed from here.

There is also a range of online work experience opportunities to engage in which counts towards our Year 10 work experience programme, please explore the various page off this title Firefly page.

Year 12 Suffolk University Trip

Tuesday 13th June – Y12 will visit the UCAS Fair at University of Suffolk with those studying for their EPQ will also take part in another research gathering session with the university's Library staff.

Year 10, Year 11 & Year 12 University and Apprenticeship evening

Tuesday 13th June, 4:45pm – 6:15pm

Pupils and parents are warmly invited to this useful information evening where expert speakers will talk about University Life, a variety of courses, UCAS application process, as well as the myriad of degree and master's apprenticeships available, we will also hear some Alumni

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



We have resources to aid parents to support their child's wellbeing, on [our Firefly page](#).

Careers News

YEAR 10, 11 & 12 UNIVERSITY & APPRENTICESHIP INFORMATION EVENING

Tuesday 13th June at Ipswich High School

4.45pm - 6.15pm

Refreshments will be provided before the event

- Expert Speakers
- Topics to include university life on campus, course options and the UCAS degree application processes
- Information of the varied Degree (and MA) apprenticeships available
- Meet alumni and hear their stories
- Q&A sessions



IPSWICH
HIGH
SCHOOL

WOOLVERSTONE HALL
ESTD 1878

