



ARGONAUT QUEST

On Wednesday 6th September, the whole of the Senior School joined together for the first House Event of the academic year. The Argonaut Quest is a range of small challenges which endure physical, logical and creative responses which require students to work in teams to complete. The idea being that every person can make a valuable contribution to their team's performance over the afternoon. With the teams being formed from across the age groups, it also provides a valuable opportunity to get to know other students within their House.

On one of the hottest days of the year, it was wonderful to see the school come together and students supporting each other to complete their challenges whilst enjoying the grounds. With teams being led by our Sixth Form students, it was evident that our younger students were given the confidence to push themselves out of their comfort zone and try new things.

Activities ranged from a memory challenge, obstacle courses, a water race, logic puzzles, and scavenger hunt. In a very close run contest the result were as follows:

1st Ventus, 2nd Aqua, 3rd Ignis, 4th Terra. We look forward to giving you further details of the other activities planned over the academic year and hope to see the same level of participation moving forward.

House activities are designed and run throughout the year to allow for the following:

Belonging – To create a sense of belonging to a House community and its identity.

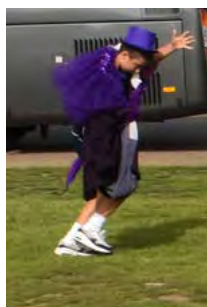
Healthy Competition – Through participation in and challenge of competitive House events.

Pupil Leadership – Opportunities to develop leadership and inspiring others, in specified leadership roles and also within activities.

Working Across Year Groups – Activities that allow students to mix and work collaboratively across different years/age groups.

Developing the individual – Trying out new challenges and activities; building on and developing new skills and talents.

Celebrating Success – Recognition and celebration of students achievement.



Prep School News

Nursery News

A picture from the Woolverstone Hall Nursery scavenger hunt this week. The pupils were looking for two items that were the same and made a pair.



Robot Game

This week the Reception children were playing the Robot Game with Cheryl the Crow. This game is helping the children to develop their segmenting and blending skills.

Spaghetti Fun

This week Nursery have been completing their phonic activities this morning outside. The Nursery children were making the letter 'S' using spaghetti.

Shaduf Models

Year 3 have been thinking carefully about their Shaduf models and have worked in teams to investigate possible designs.

A Shaduf is a hand-operated device for lifting water.



Forest School

Forest School for Year 5 kicked off with a reminder of the Forest School agreements and games of '1,2,3 Where are You?' and 'The Floor is Lava'!



Senior School News

Year 7 Chemistry goes off with a bang

Pupils in Year 7 have enjoyed learning about lab safety and getting to know the equipment they will be using this year. They were all very excited to get the Bunsen Burners out for the first time and retrieve the skills they had all learnt on their induction day when they received their 'Bunsen Burner Licences'.



GCSE & A-Level Design Trip to Duxford

The Design Department have just returned from our annual topic trip for Key Stage 4 and 5 students. The aim of the trip is to allow students to gain primary research resources to help them with their controlled assessment and upcoming exams. This years Year 10 and 12 are using the topic of Flight; and the Year 11s and Year 13s are using this as an opportunity to gather information for their exam and practice techniques like photography, image manipulation and observational sketching. Their focus is not on just pictures of planes, but to identify and capture shapes, forms, textures and patterns that might lead to design ideas with furniture, lighting, jewellery, architectural or product design-based outcomes.



We were very lucky to time our trip around the preparation for an air display and students and staff were treated to some early practice flights of Spitfires and other aircraft completing acrobatics. The trip has been a great success and the students really enjoyed the day.

Year 7 Physics

Year 7 are already proving a FORCE to be reckoned with. Embracing the invisible side of physics by looking at forces in their first topic. Using practical measurements, recording data and graph drawing to help them start to learn about the idea of Hooke's Law.



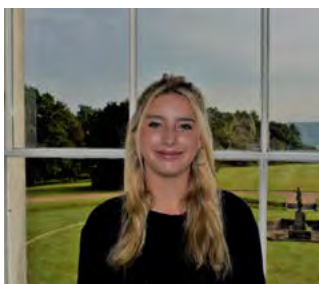
Senior School News

Skiing Success

Last weekend Madeleine competed at the Eastern Region Snowsports Association two-day event. She also competed in the Dry Slope Championships at Welwyn, where Madeleine won the U16 category and recorded the fastest female run time of the day. On Sunday the Snow Slope Championships were held at the indoor snow dome in Milton Keynes. Here they have two races - the Slalom and Extended Slalom. Madeleine won the U16 categories in both races and was second fastest overall female in the Extended Slalom!

Shooting Superstar

Over the summer Issy applied for the British Shooting development pathway and was successful. Issy has shot with air pistols since in Year 7. She learnt at her Pony Club and took part in Triathlons, which consists of riding, shooting, running and swimming and also Pony Club Triathlons which consists of shooting, running and swimming. Issy has made the National finals in all the School Pistol Shooting Competitions she has taken part in moving from 7m targets to 10m targets, from shooting with two hands to progressing to one hand.

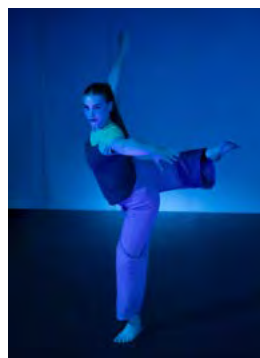


Issy expressed a few words, "I was so happy to have been chosen and was also a little bit surprised as my gun broke, and I had to compete with a replacement. I have been pistol shooting since Year 7 and really enjoy it!"

Rambert School

Kitty in Year 13 has been selected and enrolled on to Rambert School's Pre-Vocational dance course. Rambert is Britain's oldest dance company and it's founder Marie Rambert opened her own school to train the future company members. Today Rambert school is internationally renowned for its world-class training in Ballet and Contemporary dance styles as well as teaching dancers to develop their own choreographic voice. Dancers from the school often join Rambert company itself, or go on to train and work with other conservatoire's or dance companies either here in the UK or abroad.

As this is the route that Kitty is set to pursue after her A Levels, this insight in to what full time vocational training is like will prove invaluable!



Nurse News

Please can we remind you that if pupils require medication in school – the school nurse team should be made aware, and a medication form completed. Medication needs to be in the original labelled box. Medication will be locked in the medical room throughout the school day.

Last reminder for Asthma care plans to be returned. If you child has an Asthma diagnosis, a care plan needs completing to ensure their safety in school.

Pupil health update forms can be found on Firefly if there are changes to your child's care that you wish to update us about.

Nurse contact : nurse@ipswichhighschool.co.uk

Senior School News

Equestrian Team on flying form

The new school year brought new team members to the IHS equestrian team and a whole raft of new competitions. This Sunday it was the turn of the Arena Eventing team who headed to Brook Farm Training Centre in Stapleford Abbots for a day of competition.



We had competitors in every class and amazingly we had two teams in the 70/75, one in the 80/85 and one in the 90/95 class. We also had two individuals competing on the 100/1.05 class too. With qualifications for the NSEA championships at stake we had it all to play for. Arena eventing is a course of Show jumps followed by mobile cross country jumps. In addition to this the riders are judged on their style to give an overall score. Georgina and Charlie were first into the arena in the 60cm warm up class. Georgina and her pony Zippy completed a fabulous round to take the win, with Charlie coming a very respectable 3rd.

Next up was the 70/75 class and we had two teams entered. The blue team was Amelia, Jemma and, Charlie. Green team was Georgina, Alanna, and Bella. The course was twisty and some of the poles in the xc fences looked like small sticks which only took a slight knock to fall down incurring penalties but the teams took to the arena with team orders to go out, give it their best shot and have fun. Not an easy day at the office for some of our riders who had unplanned dismounts, forgotten courses and ponies not playing the game - but Georgina managed a fabulous third place individually to qualify for the champs in October.

The 80/85cm class was up next and we had a team of Annie, Jemma, and Amelia. They finished in 4th position qualifying for the NSEA plate championships. Amelia came 4th individually qualifying her and her pony Humbug for the championships. 90/95 team was Annie, Tilly, and Isabella. They all did brilliantly and managed to complete the course for a team third place and qualifying for the plate champs. With only 3 in the team there is no drop score so all three rounds needed to complete - team orders of "just dont get eliminated" resonated and we had poles down a plenty (especially Annie who was pathfinder for the team and her horse Louis decided to stop picking his feet up!) but still registered the required three completed rounds!

The last class of the day was the 1m/1.05 class where Tilly and Isabella tackled the now quite chunky fences on their lovely horses. Both completed lovely rounds to bring home our final qualifications for the champs. Tilly placed 3rd and Isabella 4th.

As a team manager I could not be prouder of them all - they conquered nerves, rode in teams with people they did not know very well, and rode with their teams in mind. Not a bad set of results for our first competition of the year. Next up is Dressage on 30th Sept and then Show Jumping on 1st October to try and gain more championship qualifications!

If you would like to be part of the equestrian team please get in touch.

Fiona_ford@btconnect.com



Whole School News



TRIATHLON 2023

ESSEX & SUFFOLK PC TRIATHLON IN CONJUNCTION WITH IPSWICH HIGH SCHOOL

The Pony Club's Winter Triathlon (shoot, run and swim) is a non-riding competitive event that has developed out of the Tetrathlon (Shooting, Swimming, Running and Riding). The event on Sunday 1st October and is a great introduction to this event.

Address: Ipswich High School, Woolverstone, IP9 1AZ

Date of event: Sunday 1st October 2023

Entries Close: Wednesday 27th September 2023

Times will be published on: 29th September 2023 on www.ponyclubresults.co.uk

Competition levels progress with age. For the youngest age group, a target throw replaces the pistol shooting element of the competition. For everyone else, the Shoot involves shooting with air pistols at targets between 7 and 10 metres. Competitors will also compete in a timed swim and a distance run that is timed. There are awards for each individual element as well as a combined event.

Pupils from both the Prep School and the Senior School at Ipswich High School are invited to enter. It is recommended that pupils have attended at least 1 shoot training session prior this competition. The training sessions scheduled for this event are on Friday 22nd September and Friday 29th September 15:30 – 6 pm. For pupils 8 and under, all three elements will be covered at school in their PE lessons prior to the event. Please contact Mrs Spaul for further information or to book a training place. a.spaul@ipswichhighschool.co.uk

ENTRIES:

All entries should be made online through Webcollect. This is a single booking form process and entries will not be confirmed without payment. Entry fee is £15.

[All rules are available here.](#)



School News

Ekiden Running Event written by Ipswich JAFFA

On Sunday 23rd July Ipswich JAFFA hosted the Ekiden running event at the beautiful grounds of our new home at Ipswich High School, Woolverstone. With months of planning completed by Alec Wright and his team, the previous day spent setting up the course, the venue was set for a great day of running.

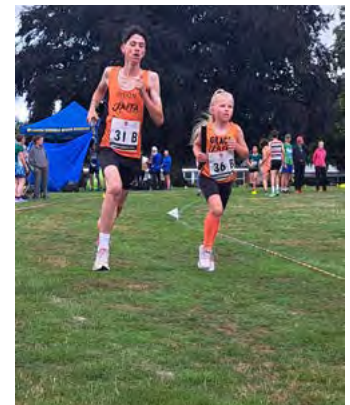
Thanks to the school, we were able to locate various catering stalls close to the school building, that made the event more enjoyable for runners and spectators.

On a mostly dry and sunny day, the run route saw runners wind around a mainly flat course on two of the school's large sports fields, including the rear of the school that offered runners glorious views out to the River Orwell.

Over 1300 competitors took part in the Team Relay Event, comprising 185 Senior Teams and 54 Junior Teams. Senior Teams of 6 runners legs to complete the marathon distance: 26.2 miles across 17 laps of the course! The Junior Teams of 4 runners each ran 1 mile across two small laps on the main field.

The winning team time for the Senior Event were from Colchester Harriers who completed the 26.2 miles in an impressive 2hrs 27 minutes. In the Junior Event, both quickest runners were from Bury Pacers, with Ella Stewart recording the quickest 1-mile girl time in a brilliant 6:01 minutes, with Seb Melero recording an amazing time of 5:13 minutes for the boys.

Ipswich JAFFA look forward to returning to the Ipswich High School in 2024 to stage what we all hope will be another successful event.



IHSA News



Thank you all for supporting last week's Welcome Back BBQ event. Here's to the wonderful school year ahead, and more fun to come!



Save the date for the family Christmas Fayre on the 8th December from 12.30pm. Please drop us a line if you can join Santa's Elves helping set up and/or man the stalls. ihsa@ipwichhighschool.co.uk



Please contact us with any thoughts and offers for our raffle prizes. These are so very gratefully received, and have included things such as 'reflexology voucher', 'interior design session', 'a new board game'. Anything you or your business might be able to offer. ihsa@ipwichhighschool.co.uk



Would you like to be a part of the IHSA team? We'd love to have you! ihsa@ipwichhighschool.co.uk



Boarding News

Woolverstone Marina Exploring

At the weekend we enjoyed a fabulous family walk to Woolverstone Marina for a little bit of fresh air and to see the river close up. Skimming stones and taking photos is a world wide activity enjoyed by all. The boarders enjoyed going down the slide, playing on the swings and taking in the scenery. What a great little walk, we look forward to more adventures together.



The Year 7 Boarding Taster Experience has started off with 7PA having an amazing evening. Their Ping Pong Popcorn Tournament was a great success and we look forward to welcoming 7HA next Thursday!

Boarders supper was full of vibes and we chatted and chatted before the little walk back over the House. Welcomed by Matron and Luna the cat, we were sorted into our rooms and had a great evening of fun with friends. After a successful night's sleep, we enjoyed an amazing breakfast of pancakes, croissants, bacon, sausages and eggs with Mrs Palmer. What fun!



Careers News

Careers Speaker Series

Careers Speaker Series is open to all Senior pupils and students from Year 7 through 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, open to all Senior pupils and Sixth Form students.

Where: Leggett Room

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

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|---------------|---|
| 21st Sep 2023 | Stuart Dempsey - British Army (Y10-13) |
| 28th Sep 2023 | Mike O'Connor - F1 artist |
| 05th Oct 2023 | Amy Ivare - NHS - Medical Surgeon |
| 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

We had an inspiring talk from Amin Doulai on Corporate Law last week which was well attended with lots of interesting questions.



September Careers Newsletter is now available [here](#).



Careers News



Careers Talk F1 Artist: Y7-13

Thursday 28th September 2023
Enrichment 2 - in Leggett Room - at 3.30-4.20pm

Mike O'Connor

This informative talk is for all senior pupils (Y7-13) interested in - Art : Drawing : Painting : Engineering : Maths : Computer Science : Racing Cars : Science : English : Technology : Design

Mike O'Connor Ex-Design-Engineer in the Water Industry turned Formula 1 Demonstration Driver and now... Artist.

Graduating from Southampton University with a 2.2 in Landscape Photography (yes thats a real degree!) in 1999. Went through a number of low paid jobs locally in Ipswich, and ended up designing Water purification technology for The British Army. Founded H2Go in 2014 which is a Water Purification Engineering Firm working exclusively in Malaysia and Ghana.

Bought The Benetton F1 Team in 2016.

Worked as Demonstration Driver for F1 Live and F.O.R.C.E driving my 1994 Arrows F1 and later my 2011 Sauber Ferrari at Events around the World. Covid Struck in 2019 and all events were cancelled so I returned full time to my artist routes and started to sculpt using race used F1 Parts, now working almost exclusively for F1 (Along with occasionally Chopard and McMurtry) making pieces for their venues around the World.

Join this talk to find out more – there will be opportunities to ask questions!



Class register will be taken during the talk. Refreshments available.



Careers News

Ipswich High School & Holbrook Academy
invite you to an aspirational

CAREERS FAIR

Thursday 12th 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.



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.

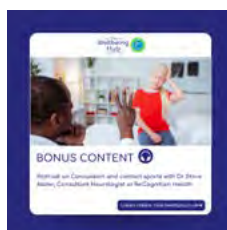
Watch this short introductory film to find out more <https://vimeo.com/740743218/602c406ef5> and, why not complete their parenting course this autumn?



This Week (25th September) on The Wellbeing Hub
This month's theme is: **Anxiety**

Why not check out this month's bonus podcast?
Concussion and contact sports with Dr Steve Alder, Consultant Neurologist at Re:Cognition Health

Don't forget to sign up for this week's webinar:
Autism and Anxiety
Wednesday 27th September 6:30 pm
With Dr. Luke Beardon, Senior Lecturer in Autism at Sheffield Hallam University



BONUS CONTENT

Watch an Concussion and contact sports with Dr Steve Alder, Consultant Neurologist at Re:Cognition Health



COMING UP THIS WEEK

Week commencing 25th September
Webinar Wednesday 27th September 6:30pm
Autism and Anxiety with Dr. Luke Beardon, Senior Lecturer in Autism at Sheffield Hallam University



What Parents & Carers Need to Know about WHATSAPP

16+

Advice for Parents & Carers

HEY OSCAR... National Online Safety

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

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

