



NETBALL SUCCESS FOR IHS

U12 and U15 Netball vs Finborough in the Magazine Schools Cup

On Monday 25th October the U12 and U15 Cup Squads travelled to Finborough to play in the first round of the Magazines School Cup.

The U15 team had a fiercely competitive match in which they battled hard with a positive spirit throughout. Despite the game ending 28 – 18, it was a highly skilled game, and a great team effort.

The U12 team, thoroughly enjoyed their debut game. They played some lovely netball and the play flowed down the court well, for a newly formed team the players gelled well together. The defence made it very hard for Finborough to score and our attack worked tirelessly to keep possession and scored some excellent goals. Congratulations to the U12s who won 9 – 1, and now progress onto round two.

U15 – Year 10 - Annie, Lilia, Matilda, Chloe, Olivia, Yasmin, Alva, Freya.
Year 9 - Amaiya, Year 8 - Isabella.

U12 – Year 7 - Isla, Cora, India, Amelia, Scarlett, Evelyn, Lara, Annabel, Isha.



Prep School News

Not all heroes wear capes

One of our Year 2 pupils had lost his toy banana 'Smiley Joe', he was last seen on the KS1 roof! Our trusty caretaker Jonathan, rescued Smiley Joe and he is now back with his very happy owner.



Mummifying Oranges

Year 3 had great fun mummifying oranges. They worked in teams and followed their set of instructions successfully.



Year 6 play Rugby

Year 6 boys enjoying their PE lesson yesterday with Mr Taylor. A great afternoon of rugby and football.



Making maths fun

Year 1 have been learning the symbols for greater than, less than, and equals to in their Maths lessons. They enjoyed using the sequins to show greater than or less than. They then had special permission to draw the symbols on the tables and use their maths equipment to show greater than and less than.



Woolverstone Hall Nursery exploring colours.

We started to explore colour mixing this afternoon and we will continue this activity tomorrow afternoon. The children really enjoyed mixing blue and yellow paint on their hands to make the colour green.



Senior School News

Rugby and Football Success

It has been a busy start to the school year for boys sport with both rugby and football matches in the last two weeks.

We entered the U15 National Schools Rugby competition for the first time, with a narrow loss to Farlingaye. We now wait to hear who we now play in the Bowl competition.

The U12/13 boys also started their competitive fixtures in a triangular tournament with Orwell Park and Framlingham. The U13s won one and lost one and the U12 fell short in both games by a single try! It was great to see these two promising year groups get their seasons underway.

Congratulations to the U15 rugby team who had a convincing win against Stoke College winning 65-5 with Max W as the player of the game.

In football the U16 team had a 1-0 loss in the National Cup to Gosfield. A disappointing result having been in control for so much of the match. The possession and position stats were definitely in our favour but the team could not finish the opportunities created.

It will be another busy two weeks for our U12 footballers who make their school debut on Monday vs Woodbridge in the Cup followed and their first ISA competition the week after.



Boarding News

Boarding Taster Experience

The Boarding Taster Experiences continue for Year 7 again this week with 7H having a fabulous time making sweet treats with Matron. We also had a very exciting, yet tense Wii competition. It is just so lovely to have the House bursting at the seams and full of laughter and fun with all the excitement of a sleep over in The Dairy House. The following morning was fuelled by a Full English Breakfast, what better way to start Friday to be getting out of bed before many of our school mates have even got to the bus stop! Watch out for your 7BA Tutor Group invite next Thursday 5th October.



Busy Boarders

Sixth Form have enjoyed learning how to play Texas Hold'em, led by Tom, and got even more excited when Matron gave them chips to use rather than pencils. Our Flexi-Boarders have loved being in The Snug, lapping up some well earned rest by watching Shrek or Harry Potter. We have also ventured to the Co-op and the ever popular Tesco. Mrs Taylor and Matron have never known students to enjoy spending so much time in a supermarket. It's the little things in life that make us smile!



Nurse Updates

Flu immunisation for pupils in school years Reception - Year 11

DEAR PARENT/CARER,

The flu vaccine is being offered at your child's school again this autumn/winter.

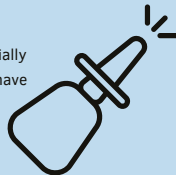
To give consent for your child to have the flu vaccine, please click here:

<https://eastanglia.schoolvaccination.uk/flu/2023/suffolk>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

THE NASAL FLU VACCINE

- ✓ Protects your child from the flu.
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions).
- ✓ Is painless, quick and effective.
- ✓ Is free



THE IM FLU VACCINE



We also offer the flu vaccine as an injection, which is **gelatine-free**. This *may* also be the vaccine of choice for vegans. Please go to our website where you can find out more about the manufacturing of the flu injection, and then decide if the injection is more suited to your child.

You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you **MUST** inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQ's, as well as details of our community catch up clinics. We also have some FAQ's enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.


Yours Faithfully,
Your Local Immunisation Team
Vaccination UK

PAGE 1



SUFFOLK
Immunisation Team
Contact Details


suffolk@v-uk.co.uk


01603 394 103

WORKING ON BEHALF OF



USEFUL INFO



We endeavour to come to your child's school twice. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.





PLEASE NOTE the flu vaccine will **NOT** be available to otherwise healthy children after **December 15th** at all, and so we urge you to return the consent form as soon as possible in case we are not able to visit your child's schools for a second visit this year.



Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

USEFUL LINKS

 www.schoolvaccination.uk/nasal-flu
 www.youtube.com/@vaccinationuk



PRIVACY POLICY

Our 2023/24 policy can be viewed here:
www.schoolvaccination.uk/privacy-policy
For data protection queries, please contact:
dpo@vaccinationuk.co.uk

The Immunisation Team will be in school delivering the Nasal Flu Vaccine to pupils in Reception up to Year 11 on **TUESDAY 28TH NOVEMBER**. Please see the attached information, frequently asked questions, and CONSENT form to be completed both either to consent for or decline the vaccine. It is important that the consent link is completed to support smooth running on the day. [Click here for consent form.](#)



Sport News



Ipswich High School Sport

Team of the Week

Week Beginning 18 September 2023

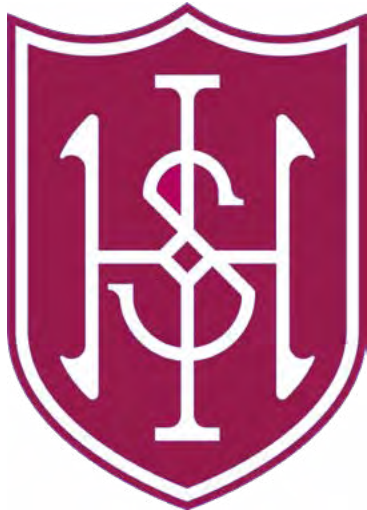
1. Charlie C (U15 Rugby)
2. Toby L (U15 Rugby)
3. Elise C (U13 Hockey)
4. Annabel B (U13 Hockey)
5. Ava L (U13 Hockey)
6. Charlotte H (1st XI Hockey)
7. Tilly S (1st XI Hockey)
8. Alfie F (U16 Rugby)
9. William B (U11 Rugby)
10. Verity D (U9 Netball)
11. Freya W (U11 Hockey)
12. Eliza H (U9 Netball)
13. Olivia A (U11 Hockey)



IHSA News

IHSA Committee

Would you like to help the IHSA committee as Secretary? If interested in helping, please contact Suzanne to find out more on 07711595016.



Christmas Fayre Helpers

Would you like to join our team of helpful elves at the Christmas fayre? Every year kind parents volunteer to help on the stalls and set up. Come and join us for a great party atmosphere on 8th December. Kids arrive from 12.30pm.

Christmas Raffle Donation

Could you or your company donate a prize for the school fayre Christmas raffle? If you think you might have an idea, please contact ihsa@ipswichhighschool.co.uk. All thoughts are very gratefully received.



Wellbeing 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 (2nd October) on The Wellbeing Hub
This month's theme is: Self-harm, suicide and bereavement

This week's content:
Webinar on Self-harm awareness for parents and carers
Wednesday 4th October 6:30 pm
with Satveer Nijjar, Independent Self-Harm Awareness Trainer
at Attention Seekers

Watch now:
Webinar recording on Autism and Anxiety
with Dr Luke Beardon, Senior Lecturer in Autism at
Sheffield Hallam University

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



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

- 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

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



Careers Talk Surgeon: Y7-13

Thursday 5th October 2023
Enrichment 2 - in Leggett Room - at 3.30-4.20pm

Amy Ivare

This informative talk is for all senior pupils (Y7-13) interested in -
Biology : Chemistry : Maths : Babies : Psychology : RS : Medicine :
Communication : English : Technology : Caring for Others : MEDSOC

Amy is a medical consultant working at Ipswich Hospital as an Obstetrician and Gynaecologist, with special interest in urogynaecology.

Hospitals worked at include: University Hospitals Leicester, Kettering General Hospital, Diana Princess of Wales Hospital Grimsby, Hull University Teaching Hospitals, York & Scarborough Teaching Hospitals.

Amy loves spending time with her family and friends, gardening, travelling and learning new things.

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



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

Doctors in obstetrics and gynaecology (O&G) care for pregnant women and unborn children, and look after women's sexual and reproductive health.



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.

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



Whole School News

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.thenationalcollege.co.uk for further information and resources.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and a trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.co.uk/news/health-65809924>

www.thenationalcollege.co.uk @thenatcollege /thenationalcollege

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School's Out



OCTOBER HALF-TERM
School's Out
Activities

Suffolk's number one Activity Camp is coming to Ipswich High School this October Half-Term! We can't wait to welcome children from all schools in the Ipswich area for Halloween themed activities!

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 & Gov.UK Tax Free Childcare

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

October Half-Term
Mon 23rd Oct - Fri 27th Oct

Choose individual days or come for the week for 20% OFF

Scan for Info



TO BOOK VISIT www.schoolsoutactivities.co.uk

