

IHS RUN THE WHOLE HOG

On Sunday a team of pupils, staff and friends of Ipswich High School once again took on the challenge of the Whole Hog and Boss Hog races around Wantisden Hall and Barns.

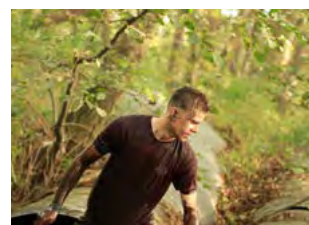
This annual mud run sees participants crawling through tubes, sliding into muddy water, climbing obstacles, and generally getting very dirty and wet over either a 5 or 7 mile course to raise funds for the EACH charity. It was a huge amount of fun for all involved, and there was a great sense of supportive comradery throughout. There were also some very fast times, with Amelie coming in as the sixth fastest female finisher! It was fantastic to see so many smiling muddy faces at the finish. Many had been facing the prospect of the race with trepidation, perhaps even dread, but all had a great time. Huge thanks to all the members of the IHS team:

Staff Members: Mr Browning, Ms Extance, Ms Massey, Mr Stone, Mrs Mayhew and Mrs Offord.

Friends of IHS: Hugh, Mark and Siân.

Sixth Formers: Stephanie, Amelie, Daisy, Harry, Elouise, Mimi and Maria

If you would like to be part of the team next year (16+) then please email p.stone@ipswichhighschool.co.uk to express your interest.



Prep School News

Science fun and sharp faces

Year 1 have been having lots of fun exploring taste in their Science lesson this week. The lemon certainly divided the class with some children loving the taste and others finding it too sour.



Forest School Fun

This week Forest School wish wands were created, lots of bugs were found, dens were built and lots of fun was had in the mud kitchen.



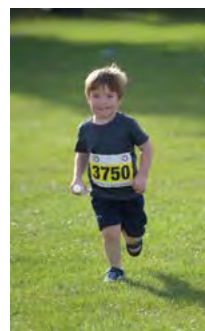
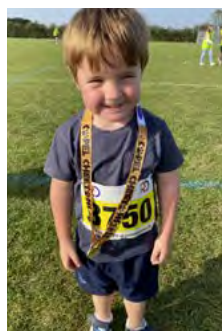
Year 5 and 6 Hockey

Well done to all pupils in year 5 and 6 who took part in the hockey fixture this week. Our next fixture is Wednesday 8th November, with U11 Boys Rugby and U11 Girls Hockey.



Capel Fun Run

George took part in the Capel Fun Run last weekend, he completed one mile in 13 minutes and 40 seconds. This is a brilliant achievement. George said that he learnt to run fast in PE, with Mrs Spaul.



Class Dojo Champions

Well done to Joshua and Audrey in Woodland Hall Nursery and reception. Congratulations also goes to Tabitha in Year 4.



School News

ISA Swimming

Willow, Rebecca, Lucia, Stanley, Albert, Connie, Emelia, Freya, Oshi and Rasmus represented the School at the ISA Swimming Event at Crown Pools.

Everyone swam well, finishing in the top seven for every event that they took part in.

Rasmus has also qualified for the National Finals which will be held at the Queen Elizabeth Pool Stratford on the 1st of December.

The girls team finished fourth overall, and the boys team of Stanley, Albert and Rasmus finished ninth which was an amazing result as there were only three of them.

Overall we finished in 6th place out of the 16 schools that took part.



U13 Netball Cup Game

Our U13s travelled to Bedford last week to play in the first round of the Schools Magazine Cup Competition. It is a tough competition, however, the girls brought lots of positivity to the court and played some excellent netball against a very tough and tall opposition. We could not have been more proud of the squad for their extreme work rate and focus during the game. Unfortunately, the team missed out on a win but the game these girls played did not reflect the score at all. Well done!

Y9 Classical Civilisations

This week Year 9 have been studying Greek Myths and how they are depicted on temples. They created their own pediment (the triangle at the top of a Greek Temple) depicting the myth of Hades and Persephone. In the middle are Hades and Persephone, to the left are Demeter and her handmaiden, two handmaidens of Persephone, Helios (God of the Sun) and his horse. To the right are Hecate, Zeus, Hermes and two more handmaidens of Persephone.



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



Ipswich High School Sport

Team of the Week

Week Beginning 3rd October 2023

1. S Smith (Gymnastics)
2. C Howard (England Hockey Talent Academy)
3. H Parker (U12 Football)
4. A Moreton (U12 Football)
5. I Akin-George (U13 Netball)
6. B Eddowes (U11 Hockey)
7. F Ward (U11 Hockey)
8. R Holmefjord Phillips (U9 Swimming)
9. I Brown (U13 Netball)
10. U13 Hockey team



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 apps which we believe trusted adults should be aware of. Please visit [nationalonline.org.uk](https://www.nationalonline.org.uk) for further guides, links and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- #### FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already, show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.
- #### RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- #### KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening, but again, do stay aware of their emotional state.
- #### EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- #### MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- #### CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- #### SET LIMITS

Managing screen-time and content can be difficult, even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example), it's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.
- #### TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- #### ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate - you want to be their ultimate source of information, not their device.
- #### FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- #### BUILD RESILIENCE

News has never been more accessible, while our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- #### IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Oxley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.





National Online Safety
#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023

[@nationalsafety](https://www.facebook.com/nationalsafety)
[@nationalsafety](https://www.instagram.com/nationalsafety)
[@national_online_safety](https://www.tiktok.com/@national_online_safety)

Nurse's News

What to do if your child is unwell. Follow link for advice.

[Is my child too ill for school? - NHS \(www.nhs.uk\)](https://www.nhs.uk)



Boarding News

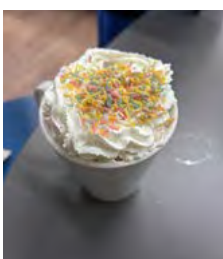
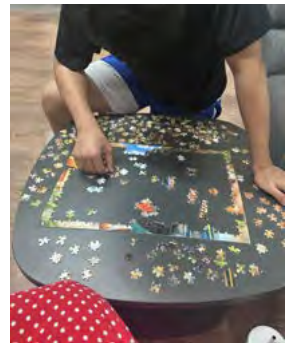
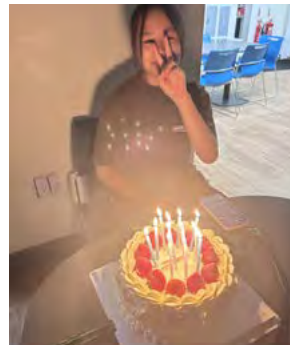
The hustle and bustle of boarding

Boarding continues to be a very busy part of school life. We celebrated Moon Festival by making the most incredible moon cakes, a traditional Chinese treat with lotus bean paste, salted duck egg yolks and poppy seeds. It was our first time making them ourselves and we were very impressed by the results, they looked, and tasted delicious. It was amazing to share them with our friends and celebrate the New Moon, which was huge, and bright in the sky above Dairy House.

Year 7 Boarding Taster Experiences continued with 7BA filling the house with sweet treats. Matron excelled herself this week with Pop Cakes enjoyed by all! 7WA enjoyed hot chocolate with all the trimmings and cookies whilst playing on the Wii. A highlight was meeting our tutor for breakfast to tell them all the tales from the night before.

Anna and Youssef celebrated their birthdays and it is lovely to share cake with your extended boarding family.

Board games, bingo, and jigsaw puzzles have dominated this week as we approach half term and look for quiet ways to wind down spending time together. Thank you especially to Matrons' Auntie Margie who has loaned us some great puzzles, we look forward to seeing you soon!



Careers News

BT Business Enterprise Day

Our two teams have commenced their preparation sessions in the LRC this week for the BT Business Enterprise Day. They successfully voted in their CEO who then worked hard to appoint all vital roles within their team. The teams will meet twice more before they head off to Adastral Park to compete against 25 other schools on Wednesday 18th October. Look out for an update on this event in next week's Snapshot!

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

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, Dr Amy Ivare

Last Thursday we were lucky enough to have Dr Amy Ivare talk to the students about her journey to become a Dr, where she has worked and how she has ended up specialising in Obstetrics, Gynaecology with a special interest Urogynaecology. Dr Ivare spoke to the students about the application process for medical school, all the various career options after completing a medical degree and about the sort of person who would make a good Doctor. A pupil in Year 10 said the talk had inspired her to think about a career in medicine and focusing on women's health.



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?



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](#).