

PREP SCHOOL ARGONAUT QUEST

Prep School Assemble for the Argonaut Quest

On Monday this week, the Prep School took on their first major House Event of the year: The Argonaut Quest. Following the successful running of the event in the Senior School over the last couple of years, we knew this would be an event the pupils in the Prep School would absolutely love taking part in to earn valuable house points. Split into teams that varied from Nursery up to Year 6, they took on challenges that involved them navigating obstacles, working together to solve clues and puzzles, dressing up and much more. It was wonderful to see the kindness of all of the children taking part and helping not only their team mates, but others from different houses too. The older students demonstrated fantastic leadership and strategizing to find the best way to complete each challenge. The House System is continuing to evolve and we hope to integrate everyone in to a mixture of Whole School Events as well as Prep School specific events, so please continue to watch this space for more exciting ways to represent your houses as the year progresses. The next event will be a Cross Country run, so expect to find out more details for that after Half Term. Congratulations to Terra for winning the event.



Prep School News

PC Katie Jarrett meets the Prep School

The new Police Liaison Officer for our school, PC Katie Jarrett met with the Prep School Council last week, with Mrs Forouhar.

Year 2 Moon Creations

In History, the children learnt about space travel and the Moon Landings. They created their own moons using a printing technique to create the bumpy surface of the Moon.



Buddhist's 8 Fold Path

4H have been creating a mandala which offers to visualise and speak out loud, some of the ways that we could follow the Buddhist's 8 fold path. Buddhists believe that when we speak these mindful thoughts they make their way out into the world to do good.



Bad Hair Day

We enjoyed a live, online author webinar with the author and illustrator of 'Bad Hair Day'. We saw a beautiful Haka delivered by children at the author's school in New Zealand, listened to the story, learnt the dance moves and had a live draw along with the illustrator to learn how to draw the chicken from the story. The children were so engaged in the session and loved learning the dance moves!



Year 5s Tall Towers

In PSHE, the children were given a task of building the tallest standing tower in five minutes. They noted that with any group work, it is important to listen to each other's ideas and cooperate, in order to achieve the best results.



Senior School News

Suffolk Schools Cross Country Races

On a very wet Thursday we took several students to the first round of the Cross Country Races this year which was held at RHS. The course was a lot tougher and harder for all age groups. There was some great running all round and it was a pleasure to see new pupils representing Ipswich High School for the first time in sport.

There were lots of positive results throughout the afternoon some of the highlights were:

Amelie, 2nd Senior Girl. Anna, 11th Junior Girl

Ines, 15th Senior Girl. Annabel, 20th Minor Girl

All together Ipswich High School had 17 students who qualified and made it through to the next stage of the competition in Woodbridge. A huge well done to all involved!

A special mention must go to Mrs Springham and Ms Redding for assisting with the cross country this year.

South East Swimming Gala

On October the 11th we hosted the Over 14 semi-final of the South East Swimming Event.

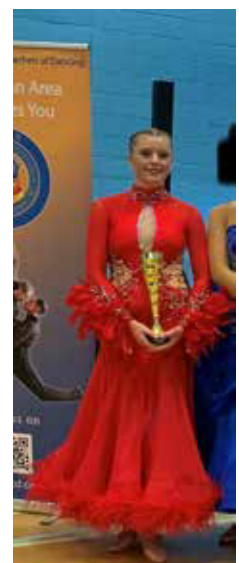
Eight different schools took part in this, with some very strong competition.

The Ipswich High School team of Amelie, Ethan, Chloe, Emily and JJ all had very consistent swims and we have now qualified in equal third place to compete in the final which will be held here on the 8th of November.

Dancing Delight

Congratulations to Annabelle and her younger sister Eliza for their recent success in the Ballroom. Annabelle danced in the NATD area medal qualifier for Blackpool Grand Finals next year. After her success in July she has moved up a category to the pre bronze section. With this being a much harder category, she was aiming to get call backs to semi finals. She achieved a semi final in Latin but to her surprise and delight, won her ballroom section with her and her partner also winning the couple ballroom. Eliza got through two heats to make semi finals in the 8-9s SDT so has done really well for her first competition in a year.

Annabelle and her classmate Amy have also been skill sharing in the Year 9 lessons by teaching some Jive to the group. It's been brilliant to see student leadership happening within lesson time too!



Senior School News

International MUN Conference 2023

At the Royal Russell School, Croydon.

Sixteen Ipswich High School students from Years 10-13 recently competed in the prestigious MUN competition, accompanied by Mr Wheatley and Miss Limer.

MUN, What is it?

Model United Nations (MUN) is a simulation of the procedures of the intergovernmental organisation, the United Nations. MUN students of a range of ages from around the globe form a myriad of individual committees to discuss four questions then debate and formulate resolutions for these issues. Delegates have to lobby other delegates and collect fifteen signatures for their resolution for it to be

debated in their respective committee, during this process delegates can amend resolutions and vote for or against. If it is passed then it gets debated in the General Assembly. You can also be a part of the International Court of Justice (ICJ) or the Security Council. MUN aims to educate our generation regarding current events, international relations and the fundamentals of the United Nations.



Quotes from other delegates

Fay: "I really enjoyed it. It was a really great experience, and I would definitely do it again. It was fascinating hearing about all the other countries and their views on different topics."

Honey: "I really enjoyed the debates that were had as well as getting to meet new people from other international schools. I would definitely attend another MUN conference in the future."

If you would like to involve yourself in MUN, you can speak to Mr Wheatley for information.



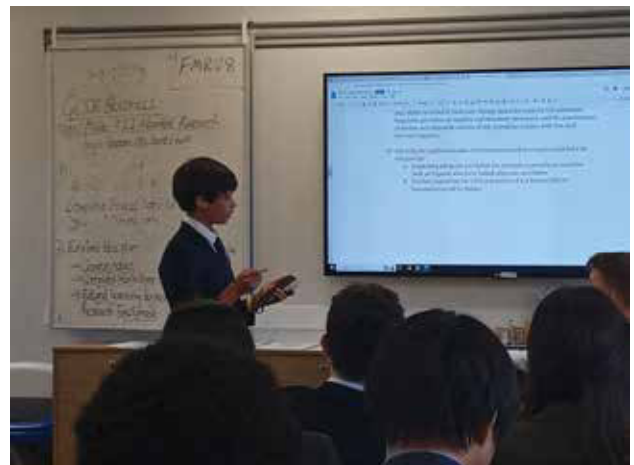
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Senior School News

Personal Experiences at MUN Conference

My name is Jude, I am in Year 10 and this was my first MUN conference, where I represented the country of Mali in the environment and crisis committee. I enjoyed every moment of it. I signed up for the enrichment but was initially sceptical as the basic outline of the topic was imposing and I thought of reconsidering my choice. However, I decided to research in more detail, and uncovered the inner workings of MUN which fascinated me. It was complex, but I persevered and committed to attending the conference as I believed it would be thought-provoking. My final opinion: brilliant. I would recommend this to anyone who is interested in history and/or politics. A certain amount of preparation is required but frankly, I believe that it is worth it. Public speaking skills are definitely required, and as someone who hasn't practised these often, I found it difficult at first to contribute to the conversations. As the conference progressed, my confidence increased, up to the point where I was speaking in front of over 400 other delegates. MUN really improved my public speaking skills and also provided me with introductory knowledge regarding modern politics. It has been an invaluable experience and has given me a real thirst for more.

My name is Charlie, and I am in Year 10. MUN is not an easy job, it requires a deep understanding of politics and an enjoyment of public speaking. The days are long, but I enjoyed every second! The most enjoyable part was debating from the point of view of Mali (the country I was representing). I was part of the DISEC 1 committee which looked at the question of peace in Ukraine; state sponsored cyber- crime; the question of Sudan, and the status of Taiwan. I didn't write a resolution, so it meant my main focus was signing resolutions and trying to get my amendments embedded into a resolution. I did manage to get an amendment into a resolution which was passed in our committee and taken to the General Assembly! Unfortunately, it didn't pass the GA vote (26 voted for, 38 against and 9 abstained). MUN is an amazing experience that I recommend to anyone who enjoys politics or public speaking!



School News

Restart a Heart Day

Restart a Heart Day raises awareness about cardiac arrest and helps people to learn CPR, giving them lifesaving skills and the confidence to use them.

A cardiac arrest is the ultimate medical emergency. The heart suddenly stops beating. Early defibrillation within 3–5 min of collapse can increase survival rates by up to 50-70%.

Restart A Heart (RSAH), a Resuscitation Council UK initiative, starts on 16 October and continues throughout the month.

“With 80% of cardiac arrests happening in the home, it is vital that as many people as possible learn this lifesaving skill – It may be a loved one who suffers a cardiac arrest - and it's crucial to begin CPR and defibrillation as soon as possible to help their chances of survival.”

Click on the link to learn CPR in 15 minutes: [Learn CPR in 15 minutes](#) | [RevivR](#) | [BHF - BHF](#)



Hot Chocolate Friday

We are proud to introduce a new IHS initiative, Hot Chocolate Friday! Tutors will nominate one student for a positive attitude. This could mean a love of learning, commitment, ambition, or displaying a caring attitude towards others.

Congratulations to all pupils nominated and enjoy your hot chocolate.



U12 Football Superstars

Congratulation to the U12 football team who came 3rd in the ISA National Football competition this week. A fantastic effort from each member of the squad with goals scored from all across the pitch.

The Chalfonts School 0 – 6 Ipswich High School

Ipswich High School 3 – 1 Sherfield School

Ipswich High School 3 – 1 Trevor Roberts

Semi Final

Ipswich High School 1 – 2 Radnor House

3rd place final

Ipswich High School 3 – 1 Lycée International School

East Optimist Regional Training Group

Lucas's selection for this RYA activity recognises his potential to progress within British Youth Sailing, with the aim of progressing to UK Youth Squads. Lucas has been selected based on performance and commitment to a programme of training and competition over a period of time.

Huge congratulations to Lucas!



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 9th October 2023

1. C Clifton (U11 Hockey)
2. A Anley (U12 Hockey)
3. A Aghili (U16 Football)
4. S Ost (U13 Hockey)
5. A Evans (U13 Hockey)
6. I Mason (U12 Netball)
7. H Pooley (U16 Netball)
8. J Payne (1st VII Netball)
9. M Doherty (U14 Netball)
10. M Darton (U16 Netball)
11. A Crabb (Cross Country)
12. I Green (Cross Country)
13. L Pampanini (1st XI Hockey)
14. L Day (U12 Football)
15. L Palmer (U12 Football)
16. F Spaul (1st XI Hockey)



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 nationalcollege.com for further guides, hints 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.

1 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.



2 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.



3 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.



4 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.



5 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.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also 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.



7 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.



8 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.



9 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.



10 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 asking becoming overwhelmed by bad news.



11 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.



12 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

Cayley 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.



Source: <https://www.bbc.com/news/health-61111005> | <https://www.nos.org.uk/supporting-your-child-with-upsetting-content/> | <https://www.nos.org.uk/parents-how-to-talk-your-child-about-conflict-and-war>

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#WakeUpWednesday

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 games which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about EA SPORTS FC 24

After two decades of holding the official FIFA licence, EA Sports' phenomenally successful football video game series has embarked on a solo run at goal. This season's iteration marks the debut appearance of a new name and branding, but don't let those fool you – EA Sports FC 24 is still a very similar proposition to last year's FIFA 23. Popular features such as Ultimate Team remain a big focus, meaning that potentially costly in-game spending is still among the line-up of risks that parents and carers should be aware of.

AGE RESTRICTION
PEGI 3

WHAT ARE THE RISKS?

RECURRING RELEASES

EA Sports FC 24 effectively picks up the FIFA template – meaning that after a year, we can expect EA Sports FC 25 to hit the shelves. Updates between versions of the FIFA franchise tended to be minor, but young fans of the game are almost certain to want the new edition in around 12 months' time, so they can keep playing with updated team kits, players and squad lists.

OFFENSIVE VOICE CHAT

FIFA 23 introduced cross-platform play, and EA Sports FC 24 goes a step further with Clubs, Seasons and Ultimate Team cooperative modes across PlayStation 5, Xbox Series X and S, and PC. That's exciting news for youngsters who love to play with friends online – but connecting a much wider audience does potentially open lines of communication between children and far older online gamers.

IN-GAME PURCHASES

In FIFA, Ultimate Team proved to be a profitable innovation for developers Electronic Arts (EA), and is now found in many of their other titles. Players spend in-game currency to recruit better footballers for their team, but this process can take a frustratingly long time – so young fans may be tempted to skip the grind by paying real-world cash to unlock that coveted star midfielder.

ULTIMATE TEAM SCAMMERS

Since the mode was introduced, Ultimate Team has been a target of scammers who attempt to coax players into buying or selling outside the terms of service from EA and console manufacturers. This shady practice can lead to accounts being banned and in-game items being lost. In some cases, young gamers have also been hoodwinked into handing over their payment details to the fraudsters.

POTENTIAL FOR ADDICTION

Just like real-life football, EA Sports FC 24 offers a thrilling, dynamic blend of tactical awareness and skill that fans find absolutely engrossing. Among younger players in particular, this could lead to identifiers of a gaming disorder as they plead for "just one more game" before bedtime or spend practically all weekend playing more matches to earn additional Ultimate Team packs.

Advice for Parents & Carers

CONTROL SPENDING

If your child enjoys Ultimate Team mode, check that your payment details aren't linked to their account. Bundles of FC Points (the game's currency) start at just £1, so multiple payments can easily slip under the radar. You could consider setting your child an in-game allowance, perhaps through a prepaid card, which will help them to realise that online spending has a real-world effect.

DEFEND AGAINST SCAMMERS

EA does contact players via email (although not to ask for usernames or passwords, so watch out for that scam tactic), but never through the game itself – so be wary of incoming messages and consider blocking and reporting suspected spam. Your child should avoid buying coins (the in-game currency) from external sites; it could end with them losing their money and being banned from the game.

AVOID EXTRA TIME

Many parents of young football-oriented gamers worry about their child playing too much EA Sports FC. There's now also a companion mobile app, which can also often provide another indicator that a child is struggling to disengage from the game. You could initiate discussions around set hours of play – or take stronger action by utilising the parental controls on their console or phone.

SHOW TOXIC CHAT THE RED CARD

Playing EA Sports FC 24 with friends is highly enjoyable, but if competitive types start to turn toxic online, it can ruin everyone's fun. You could occasionally listen in on the voice chat of your child's game for any warning signs that things may be about to boil over. This goes double when playing online with strangers: voice contact with unknown players can be turned off in the game's settings.

CELEBRATE THE VARIETY

Ultimate Team may be the game's 'star player', but there's plenty more to do in EA Sports FC 24 – including modes which allow access to all of football's big names without needing to spend money on packs to unlock them. This new version of the game includes even more women's teams, marking another step forward in representation; an important subject to discuss and celebrate with children.

Meet Our Expert

Uday Cooper is Editor in Chief of gaming and reports the addition and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.

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Source: <https://www.windowscentral.com/youngster-spends-over-6000-fifa-xbox-highlighting-predatory-game-design-ess/>, <https://www.who.int/news-room/questions-and-answers/item-detail/3-behaviours-gaming-disorder>, <https://www.eurogamer.net/18-european-council-recommends-better-regulation-of-loot-boxes-following-new-report>

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Whole School News

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.

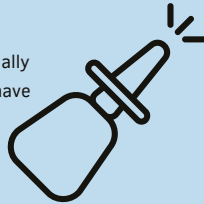
To give consent for your child to have the flu vaccine, please click here:

<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



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



Boarding News

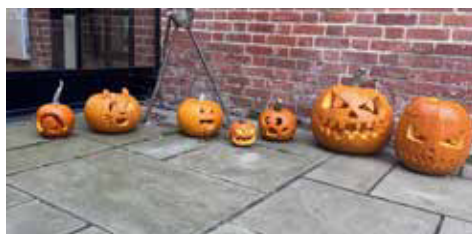
Pumpkins, Pets and Games

This week, Boarders have embraced the turn of the season and Autumnal weather with a visit to the Mayhew's Pumpkin Patch. Mrs Mayhew was delighted to offer the Boarders a special private view of the pumpkin patch before it opens to the public next week and see some students from school again. We had a ride on the tractor, made delicious S'mores over the campfire and picked our own pumpkins to bring back home. The Halloween theme continued with an evening of pumpkin carving and we all got stuck in designing some gruesome characters.

With the weather changing and the rainy, cold evenings drawing in, we have turned to indoor games and snuggly movie nights for entertainment after prep and supper. The jigsaw table is seeing lots of visitors.

Packing for half term is always an exciting time as we all prepare to go home or on holiday and we must take the opportunity to thank the Estates Team who ferry our luggage back and forth to main school every week after all kinds of trips, tasters, activities, and flexi-boarding nights.

The Dairy pets have had lots of love too this week, with Foxy the cat coming for her Half Term holiday early. Matrons' dogs, Woody and Jessie have also enjoyed much love and attention from all the boarders. What a great Half Term it has been, full of energy and happy memories, as we all look forward to a well earned rest!



Careers News

Careers Fair

Mrs Offord and Mrs Lees were excited to host the Careers Fair again this year on Thursday 12th October. A wide selection of sectors exhibited and offered expert careers advice to Year 9 to 13 students from Ipswich High School and Holbrook Academy. The event was superbly attended, and the atmosphere was buzzing as students and parents gleaned information to help form their future choices and build foundations to flourish.

Quotes from parents:

"Thank you for organising the Careers Fair, my daughter had no idea what she wanted to do. However, since attending the Careers Fair she has been inspired to explore a career in law; she has spent the last two evenings looking at companies, courses, and universities to work/study in. I wanted to thank you, and everyone involved for being so welcoming and inspiring to the young people. It's great to see my daughter excited about what possibilities the future could hold."

"Big thank you for the Careers Fair, you had a broad selection of exhibitors, I found the conversations with them informative. My daughter found it very helpful and her friend from Holbrook was also highly engaged, it was superb to see a high attendance from both schools."

Quotes from exhibitors:

"Thank you for a highly professional and well organised event, we were made to feel very welcome and enjoyed talking to many engaged students and parents. I had a wonderful evening. Looking forward to working with you again in the future."

"Thank you for your inviting me, I am more than happy to continue to support your school with careers talks and work experience placements, I have had a great evening talking to the students to share my passion about my career with them and the varied jobs available within this sector."



Careers News

BT Business Enterprise Day

The Careers Trip to BT Business Enterprise Day our two teams headed to Adastral Park this week to compete against 25 other schools on Wednesday 18th October. Look out for an update on how they got on in the next edition of 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.



Charlotte Flynn

The next talk after half term on Thursday 9th November will be with Charlotte Flynn who is an Occupational Therapist. Charlotte has worked in many fields of practice such as paediatrics/ mental health/neurology/older people but quickly moved to her specialism of hand therapy, where she treats a wide range of hand conditions and injuries in a whole range of patients from babies to adults including elite musicians and sports people.

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 |



Careers News



Careers Talk Occupational Therapist: Y7-13



Thursday 9th November 2023
Enrichment 2 - in Leggett Room - at 3.30-4.20pm

Charlie Flynn

This informative talk is for all senior pupils (Y7-13) interested in - Health : Biology : Chemistry : Maths : Psychology : RS : Problem Solving : Communication : English : Technology : Care

Charlie has practiced in many fields within OT but quickly moved to a specialism of hand therapy, where she would treat a wide range of hand conditions and injuries in a whole range of patients from babies to adults including elite musicians and sports people.

She reached the top of her field becoming a Clinical Specialist then a few years ago made the move to teaching occupational therapy full-time at the University of Essex helping to train the next generation of occupational therapists.

In her talk Charlie will explain more fully what occupational therapy means and will inform us about how her passion to help people regain their independence, and often their dignity, in the face of serious impairment, injury, or disease offers her great job satisfaction.



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

An Occupational Therapist (OT) teaches and helps clients to live independently, helps clients with mental illnesses do activities they enjoy, supports clients to manage permanent physical disabilities, suggests ways to adapt an office or home.



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?

The Big Read

This sponsored event is open to both our Prep School pupils and Senior School pupils and commences at October Half Term and finishes on Saturday 11th November 2023. This is one of our first house events to raise money for this year's house charities which have just been revealed. We encourage all pupils to take part to help nurture a love for reading while also raising money for their house charity. This sponsored event is all about enjoying literature for pleasure, so it is totally flexible what they read, they might read a comic, some magazines, read fiction stories, graphic novels, listen to an e-book. It's all about enjoyment. Please support your child by encouraging them and sponsoring them if you are able to and please remember if you are tax payer to tick the 'gift aid' box as "every little helps".



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

