



IPSWICH
HIGH
SCHOOL
WOOLVERSTONE HALL
ESTD 1878

The SNAPSHOT

The Ipswich High School Newsletter | Friday 10th November 2023

WE WILL REMEMBER THEM

Lest We Forget

Today, the whole IHS community marked Remembrance Day with a collective act of remembrance, gathering outside Woolverstone Hall and reflecting on the sacrifice made by those in times of war and conflict. In the moving ceremony Mr Browning read The Exhortation followed by a two minute silence marked by the Last Post, played by Georgia. The Senior School preceded the two minutes silence with a special assembly led by students from the History Society, and a performance by Archie playing a Piano Solo of Behind the Lines by Cecil Coles. The members of the History Society led the assembly on the impact of War. Finally, just before 11am, Staff, Senior, and Prep students assembled by Woolverstone Hall to listen to readings and to pay our respects.



Prep School News

Odd Socks Day

We will once again be celebrating 'Odd Socks Day' on Monday 13th November to mark the beginning of 'Anti Bullying Week'. As part of the schools commitment to Anti-Bullying we would like to invite all our pupils to wear odd socks with their uniform.

During the week, we will be having special Anti-Bullying assemblies and activities across the school.



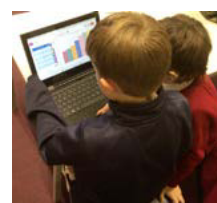
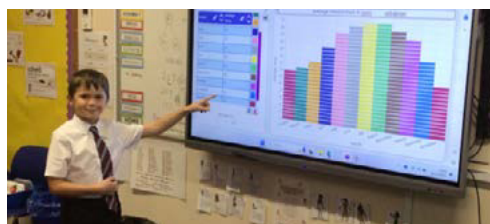
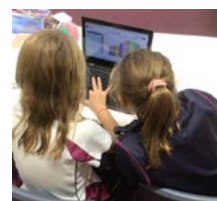
Year 1 Split Pin Poppies

In Fine Motor Skills club today, we made some split pin poppies for Remembrance Day. We had to carefully cut out the different parts and then piece them together. A split pin was then put in for us to create our poppy.



Cairo Temperatures

Year 3 have been investigating how the temperature changes in Cairo throughout the year. We plotted data on the laptops and produced some graphs.

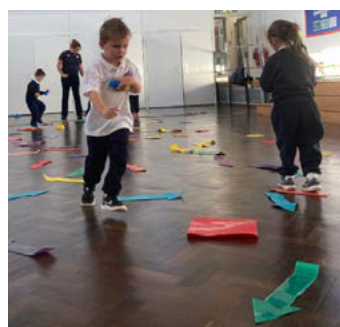
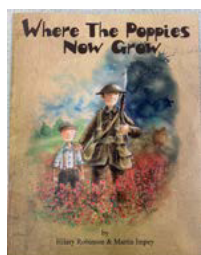


Busy Bees

Woolverstone Hall and Nursery have been busy this week in their PE lessons, learning how to move in and out of space and finding different ways to move across the hall. They have also been creating beautiful firework artwork.

Where The Poppies Grow

Year 2 read the story, 'Where the Poppies Grow,' which is about two best friends who have to fight in World War 1 together. The children then created some beautiful poppy art to mark the importance of Remembrance Day.



Solar Systems

Well done to Year 5 for all your hard work, creating your brilliant models of the Solar System.



Senior School News

Hockey Report

As hockey season begins, we normally have to prepare ourselves for the cold winter weather and chilly conditions. However, we have been blessed with sunshine and warmth which I truly believe has allowed our hockey teams to perform at their best. It has been an incredibly successful start to the season with many of our players featuring in the Ipswich High Schools "Team of the Week".

The U11 Team have shown that they have attacking flair, hungry to score goals, and confidence to take on their opponents. They continue to focus on their defensive work which has significantly improved in recent weeks. They have shown strong performances against Littlegarth and Becca captained the team excellently at the County Hockey Tournament.

The U12 team are a passionate and determined group of players who have secured an excellent win against Finborough and came fourth at the County Hockey Tournament.

The U13 Team captained by Ava and Idunn have secured two impressive wins against Finborough and South Lee, saving some of their best hockey for the County Hockey Tournament. They came third overall and are waiting to hear if they have secured their place at Regionals. Lara and Annabel, two of our U12s stepped up to play in the age group above and were crucial to the teams success.



In Year 9, pupils developed their game from 7-a-side to 11-a-side. Captain Molly has worked relentlessly in midfield, distributing the ball, and supporting the attacking play.



continued on next page

Senior School News

Hockey Report Continued

The U15s had a successful win against RHS. Alva has led the attacking plays with strong ball carrying and distribution, Chloe's work rate in midfield has supported all aspects of the game, and Mr Wright has been impressed with the whole team on how they have desire and a positive attitude to develop their skills. It was great to see Annie, Alva, Charlotte, and Chloe stepping up to support the U16s who had an outstanding 9-1 win against RHS this week. Charlotte has demonstrated why she has been selected for the England Hockey Talent Academy and we wish her the best of luck with these sessions.



Finally, our U18 squad are beginning to come together showing they are passionate and determined to be successful. They work together on and off the pitch to make improvements with Captain Amelia and Vice-Captain, Emma, leading from the front.

We would also like to congratulate the following pupils on their selection for County Hockey Squad or additional trial assessments.

Tilly, Alva, Freya, Louie, Emily, Iduun, Ava, Georgia, Georgina, Elias, Freddie, Harry and, Annabel. Good luck to those pupils who have trials this month.

We look forward to seeing your continued progress as we enter the second half of the hockey season.

Netball Report

On the 10th and 11th October, the U14, U16, and U19 Netball Squads took part in the County Tournament. All teams played some fantastic Netball and won some fiercely contested games. Congratulations to all the players who represented the School, especially to those who were asked to play up and rose to the occasion.



U19

Matilda, Jas, Amelia, Freya, Izzie, Emma, Emily, Lucia, Annie.

U16

Erin, Charlotte, Christina, Isabella, Amelia, Hattie, Matilda, Freya, Chloe.

U14

Amaiya, Agatha, Molly, Ava, Amelia, Lily, Isabella, Isla.



Senior School News

Suffolk Netball

Any questions please email

h.harrison@ipswichhighschool.co.uk

Sports Tour to Malaysia October 2024

Open to current Year 8-12

Deadline to sign up is 16th
November.

Cost £2930

Here is the link to the firefly page
with all the information:

[Malaysia 2024 — Ipswich High
\(fireflycloud.net\)](https://fireflycloud.net/Malaysia-2024-Ipswich-High)

Hot Chocolate Friday

Well done to all pupils who were
nominated to receive a hot
chocolate.



National Language Competition

The National Language Competition is an
annual virtual competition where teams
of Year 9 students from schools around
the UK compete against each other to
solve language-based puzzles and score
points.



Greek Temples

Year 9 Classics have been learning about
Greek Temple orders. They have made
models of the three types of Greek
Temple style to help them to remember.



**Suffolk Netball
Under 11's
Training Sessions**

Suffolk Netball

Sessions are Saturday mornings
at the following locations:-

- Finborough School**
(11th Nov 10:00 am - 12:00pm)
- Leiston Waterloo Centre**
(18th Nov 10:00 am - 12:00pm)
- Sudbury Ormiston Academy**
(25th Nov 09:30am - 11:30am)
- Orwell Park School**
(16th Dec 11:00am - 13:00pm)

£10 per
2 hour
session

To book, simply scan the code
or email
suffolknetball11@gmail.com
You can book as many
sessions as you like!

SCAN ME

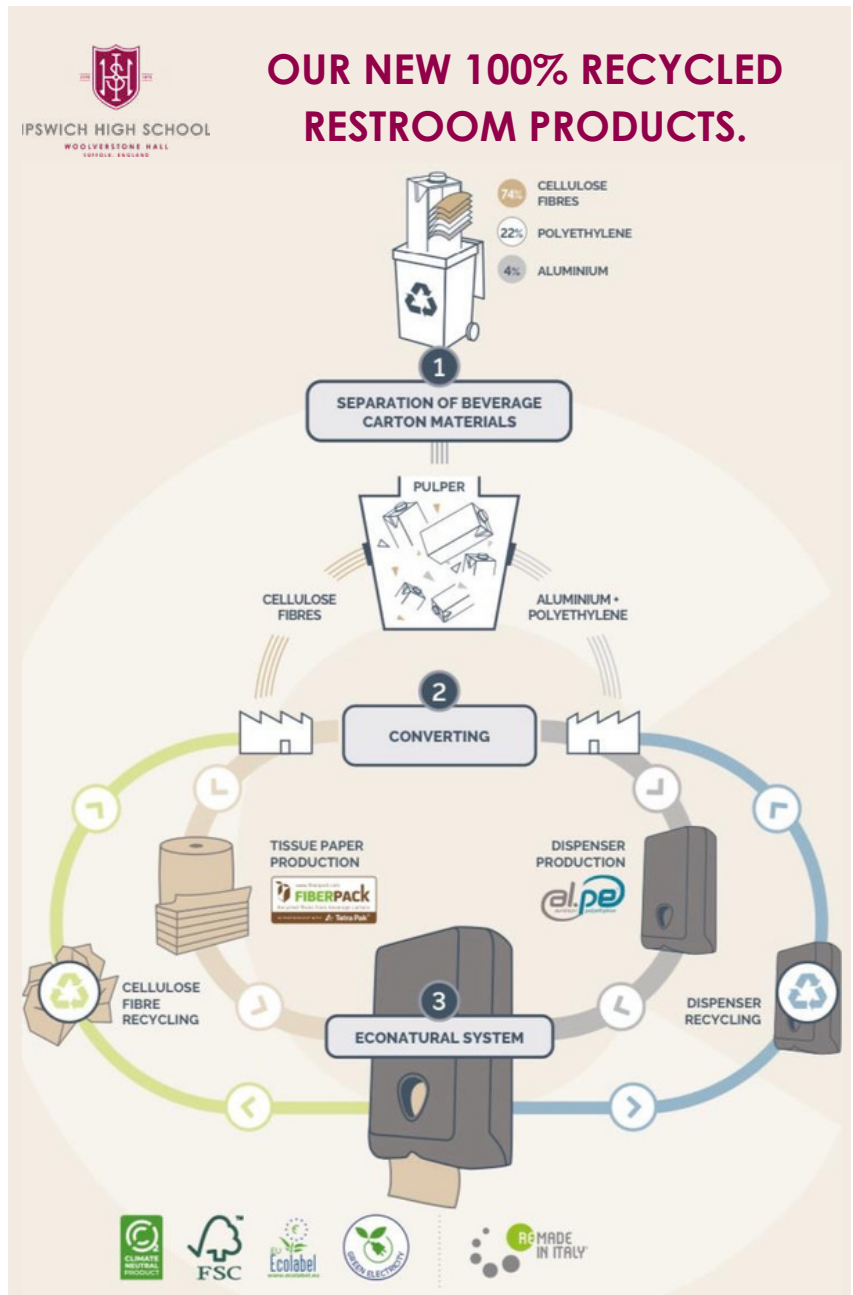
Open to any
girls in
years 4-6
(Age 8-11)

Estates News

Estates News

Over the past couple of weeks, the Estates Team have been busy battling the bad weather while carrying out various tasks and improvements across the school grounds. One notable change that has been implemented as part of the schools commitment to recycling is the switch to 100% recycled toilet rolls, paper towel, and hand wash dispensers. These new dispensers are made from recycled beverage cartons, moving away from white chlorine treated paper that is both harmful to the environment and to health.

Several areas within the school have also received a fresh coat of paint as part of the ongoing program of work. Woolverstone Hall, Woodside, and the main teaching block have all been given a fresh new look. Additionally, new LED lighting has been installed in various areas of Woolverstone Hall, helping to improve energy efficiency and reduce electricity consumption.



Congratulations Estates Team

The Caretakers and Glen have achieved their City and Guilds Level 2 Certification in Chainsaw Maintenance and cross-cutting. This qualification will enable them to safely and effectively work on items that have been felled during recent storms and in the future. Their dedication to professional development is commendable.



Estates News

During the Half-Term break, both the Estates Team and various specialist contractors took the opportunity to carry out compliance tasks. PE equipment and playgrounds were inspected and maintained, ensuring the safety, and functionality of these areas. The entire site underwent PAT testing, ensuring that all electrical equipment is safe and compliant. Fire detection and alarm systems were serviced, and all boilers received their annual maintenance checks. Remedial tree inspection work was carried out, ensuring the safety of trees on the premises. The moveable wall in the Theatre underwent its annual inspection, and air conditioning systems were serviced. Water checks, including Legionella testing, were also completed to ensure the safety and quality of the water supply within the school.

As always, the Estates Team has been hard at work over the past couple of weeks, not only addressing immediate concerns but also implementing sustainable and environmentally friendly practices. Their dedication to maintaining and improving the school's facilities is evident, and their efforts contribute to creating a safe and pleasant environment for students and staff alike.

School Repairs

There have also been some necessary repairs and improvements carried out. The Orangery now has heating after a leak was discovered under the kitchen. The issue was resolved by re-routing the heating system, avoiding the need to dig up the kitchen area. This timely fix ensures that the Orangery remains a comfortable space for students and staff.

Glen has been hard at work verti draining (spiking) every field within the school. This process helps to improve the drainage and aeration of the soil, promoting healthy grass growth. It's worth noting that this task is physically demanding, as Glen's body was still shaking two days later. His dedication to maintaining the school's grounds is admirable.

Progress has also been made in the restoration of the pavilion. Two windows have been restored to their former glory, adding to the aesthetic appeal of the building. Additionally, a new floor has been laid inside, further enhancing the functionality and appearance of the pavilion.



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

What Parents & Carers Need to Know about MICROTRANSACTIONS

Microtransactions (often abbreviated as "MTX") are digital purchases made within an app or game to unlock extra features or additional content such as new levels. A popular sub-set of these are loot boxes, which contain a selection (usually random) of virtual items: from character skins to game-changing equipment like better weapons. Microtransactions (and loot boxes in particular) are now widespread in apps and games, but concerns persist that they normalise gambling and can foster addictive behaviours – especially among younger players.

WHAT ARE THE RISKS?

GATEWAY TO GAMBLING?

Microtransactions have been criticised for promoting gambling-adjacent behaviour in children. Research has also suggested that exposure to the loot box system could affect the likelihood of a young person suffering gambling harms later in life: children who purchased or used loot boxes in the last 12 months were found to be more likely to have gambled during the same period, as well.

ADDICTIVE NATURE

Microtransactions (and loot boxes especially) could lead to young people displaying compulsive behaviours. Loot boxes are designed to be addictive, and the sought-after prizes they contain are dispensed at random. This means that young gamers might not get what they want straight away, causing them to spend more money as well as additional time gaming.

PAYING TO WIN

In many popular games (the FIFA series being a notable example), microtransactions make it far easier to succeed – which is a concern because children can often find it difficult to keep track of their spending. Once a child starts making in-game purchases, they may continue buying to keep up with their friends and other players – sometimes without recognising the mounting real-world cost.

EXCLUSIVE CONTENT

DATA COLLECTION

To allow a young person to complete microtransactions, many app and game developers collect personal data such as their name, address, email, geolocation information, photos, payment details and so on. Even if this data remains secure (which is by no means guaranteed), there's always the chance that it will be used – and possibly sold on to third parties – for marketing purposes.

AFFECTING DAILY ROUTINE

Online games tend to revolve around repeated loops of activity that can affect purchasing decisions and potentially influence children's spending patterns. This could lead to your child not only handing over more money but also adjusting their daily routine to match the game's schedule – potentially impacting more important elements of their day, such as homework and family time.

SATELLITE SPENDING

If you've linked a payment method like a debit card or a PayPal account to your child's game or app, it's wise to keep a close eye on their microtransactions to ensure they aren't racking up a large bill. Letting a child have access to your card (if they're still too young to have their own) or other means of payment could also lead to them spending beyond the apps and games they normally use.

Advice for Parents & Carers

DO YOUR RESEARCH

It's important to have a serviceable idea of whether the games your child plays use the loot box system (even if it goes by a different name) or include the option of buying items, equipment and so forth. If so, it's crucial to help your child understand that this costs actual money, and that they shouldn't feel pressured into making any purchases.

CHAT ABOUT 'CHANCE'

It may help to explain to your child that many microtransactions involve an element of chance: they could pay money and still not get what they want in return. Emphasise that – while not usually costing much individually – these in-app and in-game purchases can soon add up. Talk to your child about how spending their money in a game or app means they have less to use in the real world.

(GIFT) CARDS ON THE TABLE

Investing in an in-game currency gift card can be a useful way of helping your child get to grips with budgeting. If you buy, say, a £10 V-bucks Fortnite gift card, monitor how long it takes them to spend it. When they come to you asking for more, you could make it the starting point for a conversation about how quickly that money went and how they could earn their next gift card.

STOP SPENDING AT SOURCE

You might decide that the wisest strategy is to remove the potential for spending money on microtransactions. If so, most games, apps and devices have options in their settings to help you manage what your child can spend – or to disable that function altogether, preventing them from buying additional items for their games or boosted functionality for certain apps.

WATCH FOR THE SIGNS

If you're worried that your child's passion for a particular game or app may tempt them into habitual spending on microtransactions, it's important to remember the indicators of addictive behaviour. Irritability, a lack of concentration and prioritising recreational screen time ahead of homework or mealtimes could all be signs that you need to have a conversation about a more balanced routine.

Meet Our Expert

Carry Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Insider*, Carry is now a freelance technology journalist, editor and consultant.





National Online Safety
#WakeUpWednesday

 @natonlinesafety
  /NationalOnlineSafety
  @nationalonlinesafety
  @national_online_safety

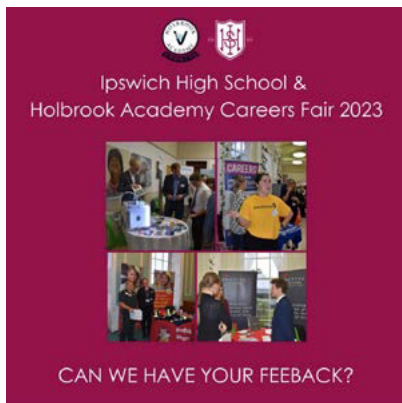
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.11.2023



Careers News

Careers Fair Feedback

Please give us your feedback: Please let us know your thoughts and feedback on our Careers Fair by filling in this [form](#).



BT Business Enterprise Day

We are proud to announce that both of our Year 9 Teams who headed to Adastral Park on the 18th October came in the top ten, out of an amazing twenty-three teams. This was an incredible day that gave everyone an insight into the world of business, and using the skills required to succeed, such as leadership, communication, presenting, finance, and strategizing. A huge well done to both teams and for our two 'CEOs' Annabell who led team 'Fjord' and Myla who led team 'Fair Exchange' as well as everyone who contributed to the success of their teams.

Team Fjord: Annabell, Caitlin, Amy, Edward, Gabriel, Alexis, Martha, Georgina, Nicole, Jenna, Wilf, and Amaiya.

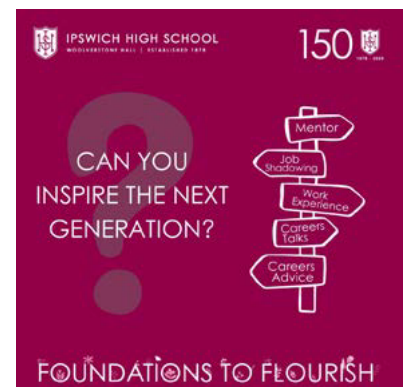
Team Fair Exchange: Myla, Bobby, Alex, Clementine, Demi, Lara, Daniel, Alanna, Astrid, Millie, and Emily.

Feedback from the organiser of this event at BT: "I would like to thank you and your students; they all were delightfully polite, engaged, and they absolutely worked their socks off all day! They were a credit to Ipswich High School, and we would love for you to come again."



Career Aspirations

Students throughout their Ipswich High School journey have the opportunity to participate in a wide range of activities which develop their interests and aspirations, deepening their understanding and subject knowledge. As well as supporting their curriculum learning, these opportunities encourage students to explore careers beyond school. We strive to emphasise the breadth of possibilities, and as such, are always looking to expand our database of careers contacts and speakers. **If you would be happy to be involved, please complete the [form](#).**



Careers News

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

16th Nov 2023 Kevin Pickard – Adam Peaty Team, Olympic Swim Coach (Virtual session)

30th Nov 2023 Jemima Jacob (Alumni)- Chartered Accountant - EY

Next week's Career's speaker

On the 16th November there will be an interactive virtual session in the LRC with Kevin Pickard who is AP Innovations Director. Kevin formulates effective new ideas for process improvement and operational issues and collaborates with others to solve problems.

Kevin has worked in the world of sport for almost 20 years. Kevin has been a teacher, coach, talent officer, and is now an innovation director. Kevin's current full-time role involves supporting Olympic Champion Adam Peaty, OBE, and The AP Race Team.



Careers Talk AP Innovation Director

Thursday 16th November 2023

Enrichment 2 - in the LRC - at 3.30-4.20pm

Kevin Pickard

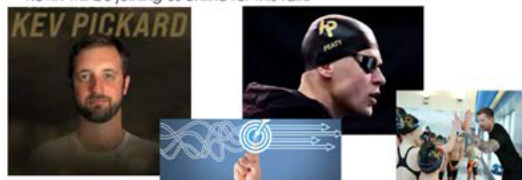
This informative talk is for all senior pupils (Y7-13) interested in -
Health : Sport : PE : Psychology : Business Studies : Biology : Maths
: RS : Promotion : Fitness : Teamwork : Communication : Coaching

Kevin has worked in the world of sport for almost 20 years.

He has been a teacher, coach, talent officer, and now an innovation director. Working in the school, college, university and professional sport sectors has been a real journey full of highs and lows, and he is an open book when it comes to the lessons learned along the way.

His current full time role involves supporting **Olympic Champion Adam Peaty OBE and The AP Race Team.**

Kevin will be joining us online for this talk.



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

An Innovation Director formulates effective new ideas and innovative strategies for process improvement across the organization. Proactively addresses operational issues and collaborates with team members to solve problems quickly and thoughtfully.



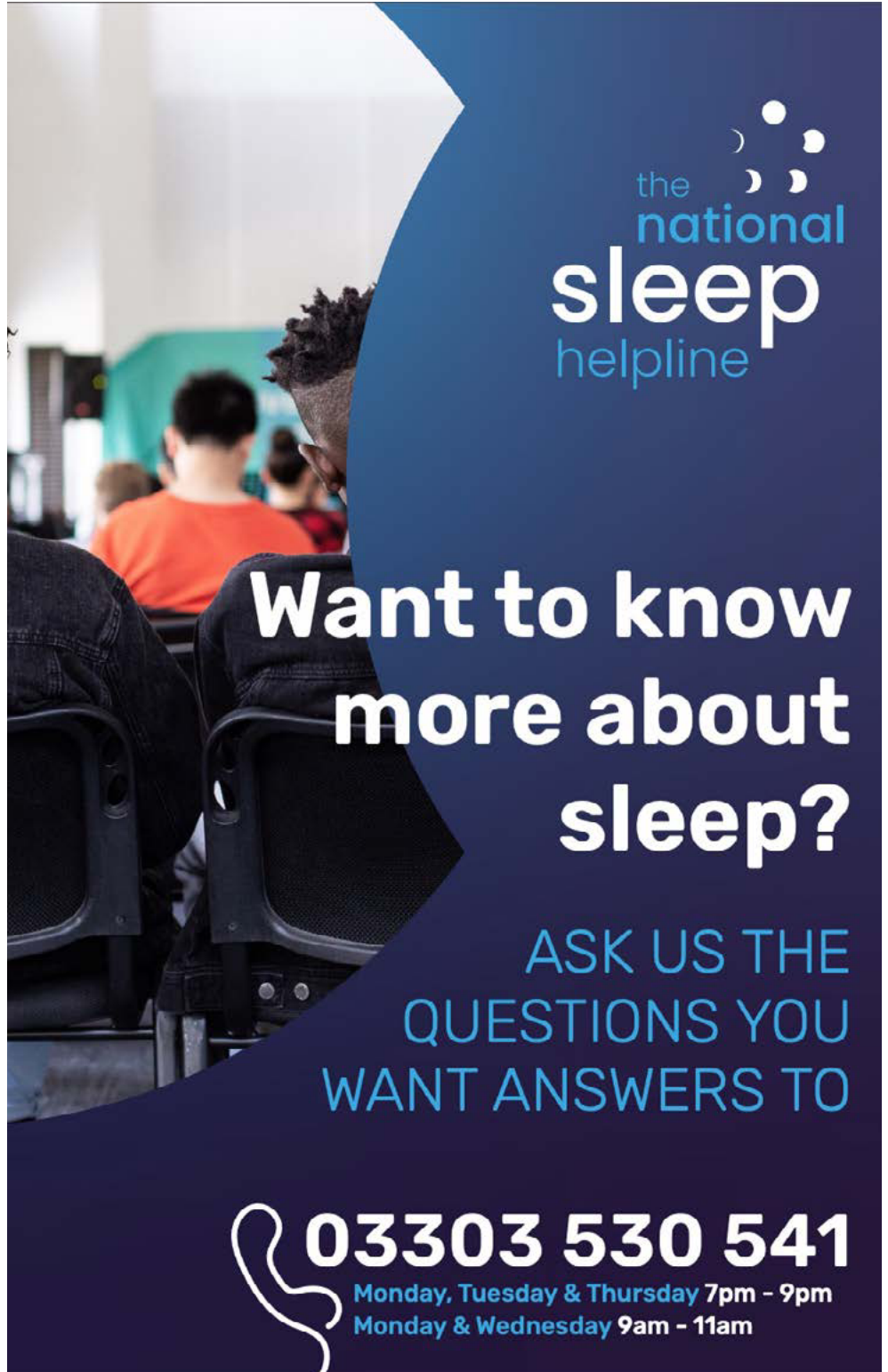
LRC News

Help with sleep from The Sleep Charity

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.



the national sleep helpline

Want to know more about sleep?

ASK US THE QUESTIONS YOU WANT ANSWERS TO

03303 530 541
Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

For more information see Firefly page by clicking here.



LRC News

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".



Sponsorship links to Just Giving pages

Ignis – British Heart Foundation

<https://www.justgiving.com/page/ignis2023>



Ventus – Great Ormond Street Hospital

<https://www.justgiving.com/page/ventus2023>



Terra – Shelter

<https://www.justgiving.com/page/terra2023>



Aqua – St Elizabeth Hospice

<https://www.justgiving.com/page/aqua2023>



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 (13th November) on The Wellbeing Hub

November's Theme: Addiction

This week's content:
Webinar on Pornography and Addiction
Wednesday 15th November, 6:30 pm
with Dr Charlie Easman, Primary Care Physician

Bonus webinar:
The 5 Steps: Solutions to Bullying and Anger
Monday 13th November, 12:30 pm
with Julie Wilkinson, Director and Trainer at Brave the Rage

SCAN ME



COMING UP THIS WEEK

Monday 13th November 2023, 12:30pm
Webinar on The 5 Steps: Solutions to Bullying and Anger
with Julie Wilkinson, Director and Trainer at Brave the Rage

Register now: club.teentips.co.uk

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](#).