



## GARETH MOLE COMES TO DANCE

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**On Thursday 9th November we welcomed Gareth Mole, a professional dance artist who works with James Cousins' Company to lead a creative and performance workshop with our A Level students.** Tasked with learning and creating a quartet in a day, the students were immersed in the life of a professional dancer. The quartet uses repertoire from James Cousins' piece '*Rosalind*' which is based on the character from Shakespeare's '*As You Like It*' and the themes of perception and treatment of different genders. The work our students learnt also reflects that the digital world of AI and online platforms becoming more integrated in to our everyday way of living, we actually never really know who we could be talking to: a real human or a robot?



The students spent the first part of the day learning and perfecting some phrases from *Rosalind* before embarking on a creative task that the company used to create personalised movement that was then developed to form solos and duets within the performance piece. The day was fast paced, and physically challenging, so was a great insight to life in a professional company and learning the nuances and intricacies of a choreographers work. Gareth was really supportive and great fun to work with, and noted how well the students picked up and worked with the material in the limited time they had. The piece will now be further refined and rehearsed ahead of A Level practical exams in the Spring Term.



# Prep School News

## Celebration Assembly

On Friday 10th November, Year 3 performed their first assembly of this academic year. All the pupils spoke clearly, sang, and danced while telling the rest of the Prep School and some of their parents what they have been learning so far this year. Most of the assembly referred to their History and Geography work on Ancient Egypt.



## Egyptian Day

Year 3 and Year 4 had a very interesting, and fun day this week when Mark, from Portals to The Past, came to lead us in an Egyptian adventure. All the children came to school either as an Egyptian or an Archaeologist, and all the costumes were amazing. Pharaohs, Cleopatras, Princes and Slaves all gathered in the hall to hear a short and informative talk about the History of Ancient Egypt, along with an interactive map on the wall. The children examined a range of artefacts, and tried to deduce what they had been used for. The day also included an Egyptian board game - Hounds and Jackals, learning the mumification process, and a hunting game where our javelin skills were put to the test!



## Collabrative Reading

Year 1 and Year 6 have thoroughly enjoyed collaborative learning this week. We shared some books together - they read to us and we read to them!



## Science Experiments

In Science yesterday, Year 5 carried out a science investigation working out how to separate different mixtures. They all worked very well together and recorded their observations carefully.



## Forest School

Miss Sherman-Potts was so impressed with the children's whittling skills.

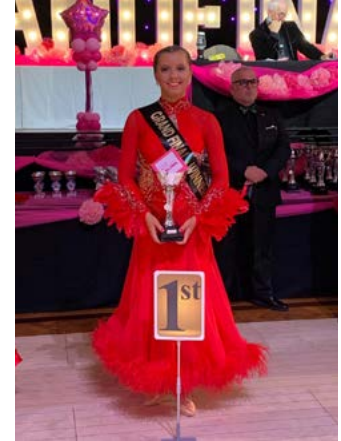
They followed the instructions well and acted maturely during the activity. Well done Year 2!



# Senior School News

## ISTD Grand Finals

Following on from Annabelle's recent qualifying success, she danced in the ISTD Grand Finals at the Winter Garden in Blackpool at the end of November. She was awarded National Champion in the SDT ballroom solos dancing Tango and Waltz, then went on to reach semi finals in the Latin dancing Cha-Cha and Jive. In the couples section they achieved 4th in the Ballroom dancing Quickstep and Waltz up to Bronze Level and again reached semi-finals for Latin dancing Rumba and Cha-Cha.



## GCSE and A Level Drama and Theatre

Pupils from Year 10 and Year 13 came together last Wednesday on a trip to the Mercury Theatre in Colchester to see Frantic Assembly's new interpretation of Franz Kafka's 'Metamorphosis'. They will be reflecting on this production in their responses to their live theatre evaluation exam questions.

Frantic Assembly's very physical approach, and their innovative use of design elements, gave our pupils plenty of scope to analyse and evaluate the impact of the theatre makers (actors, designers and director) on the audience.

It was lovely to see our GCSE and A Level pupils talking together as well-informed audience members, and sharing notes on all aspects of the production.



### Reflections from our pupils included:

"It was surreal, poetic and thought-provoking; I would love to see it again"

"I was really interested in the socio-political elements that are brought out in Kafka's writing"

"We had such good seats. It is a really nice theatre"

"The design was really clever, allowing actors to appear through walls and even up through a bed"

"I have no idea how he managed to climb the walls and hang from the ceiling. He must be so strong"

"It's given us lots of ideas for our devised pieces, particularly the use of repeated phrases and reflected actions"



# Senior School News

## South East U14 Swim Team

Clemmie, Lily, Sophie, Noah and Louis represented the school in this Swimming Event against eleven other schools.

Clemmie had a strong swim in the 200 I.M finishing in second place. In a Mix Event she went on to win the Breaststroke race. Lily won both her Backcrawl and Freestyle events and Sophie had a strong swim in a very hard heat.

Noah and Louie competed as part of the relay teams.

The Team finished in first place with 66 points and now join the 014 Team in the finals.



## ISA Regional Event

On Thursday 9th November we took 20 swimmers to compete in the ISA Regional Event at Crown pools.

We had 10 first places, 6 second places and 5 third places which is an outstanding result.

The girls finished first in the Girl's Event and Ipswich High School won the overall event. Well done!

The following swimmers have qualified to represent the East Region at the London Aquatic Centre on the 1st of December.

Clemmie, Amelie, Isla, Isla, Lily, Freya, Ethan, Sophie, Elise, Emily, and Rasmus.



## National ISA Hockey Tournament

The U13 squad travelled to Lee Valley for the National ISA Hockey Tournament. The girls started the tournament off positively with a 3-0 win and then secured two more wins with goals from Ava and Annabel. With one loss in the group stages we finished 2nd putting us through to the Plate Competition.

A hard battle against Finborough saw Idunn covert a wonderful team goal meaning we were in the final. After a heavy downpour, the final began but unfortunately Ipswich High could not score meaning we were runners up in the plate and sixth out of twenty-five schools.

Congratulations to Poppy on her debut in the A team. Annabel and Lara who are only in Year 7 dominated parts of the game. Georgia, Anna and Alev worked tirelessly to win the ball and support their team. Scarlett was excellent in goal making crucial saves and finally captains Ava and Idunn focused on teamwork and led from the front. Thank you to all the parents who came to support.



# Senior School News

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



**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)**



To book, simply scan the code  
or email  
[suffolknetballu11@gmail.com](mailto:suffolknetballu11@gmail.com)  
You can book as many  
sessions as you like!



**Suffolk Netball**

Any questions please email [h.harrison@ipswichhighschool.co.uk](mailto:h.harrison@ipswichhighschool.co.uk)



# Senior School News

## Robyn's Poem - Year 13

When the silence is to flood my airways like rushing water,  
I will close my mouth gracefully,  
I shan't let the babbling brook wail its ways.

When the days are cold and my hands tremble and a pensioner with wrinkled hands and  
kind eyes holds the door for me at the cafe,

I shan't say thank you with my words,  
I will keep my lips firmly shut and simply nod with appreciation.

When the leaves begin to turn and I am bumped by a young girl twisting and twirling in  
nature's bursting fabric samples of browns and reds and ambers that are sewn together by  
earlier nights and shorter days to make many shades of autumnal bliss,

I shall not tell her it is okay, instead I shall continue to keep my mouth closed and simply,  
silently, sigh.

I used to enjoy life that way too.

For if my last words ever spoken were those to you,  
I shall never speak again,

for no words would ever grace my tongue so sweet, and every other feeling besides from your  
comfort would but leave my world dark and damp and bleak.

## Rugby Report

A tense match saw our U15 Rugby Team score in the final play to beat Woodbridge in a really good game of rugby. Earlier in the week, our U13 rugby team just lost out to East Bergholt and our U12 team won 1 and lost 1 vs OBH and Orwell Park.



## Student Stars

Delighted to award more Year 11 Student Stars this week for lots of positive points last half term.

Well done to Tania, Tabby, Amelia, Charlotte, Hattie, Jonathon, Evie, Aila, Peyton, Fay, Eniko, Harry, and Christina.

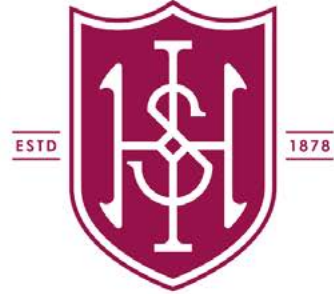


## Odd Socks Day

A couple of pupils enjoying their hot chocolate reward for odd socks day.



# Whole School News



## Ipswich High School Sport

### Team of the Week

Week Beginning 6th November 2023

1. A Jacobs (Senior Football)
2. G Nasta (U12 Rugby)
3. W Parsons-Pine (U11 Rugby)
4. E Wrinch (U12 Hockey)
5. G Taylor (U13 Hockey)
6. M Stone (U11 Hockey)
7. L Cockle (U11 Hockey)
8. C Baines (U12 Rugby)
9. M E Elahi (U13 Football)
10. G Asioli (U13 Football)
11. H Witterick (U9 Football)
12. M Whitney (U9 Football)
13. A Nasta (U9 Netball)
14. E Malbon (U9 Netball)
15. X Burnett-Hall (U9 Netball)



# 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 devices which we believe trusted adults should be aware of. Please visit [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself: from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now even more important to consider the online safety aspects.

### WHAT ARE THE RISKS?

#### AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

#### INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

#### REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

#### UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

#### A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (or voice activation), third parties could potentially listen in on someone's home life.

#### CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

### Advice for Parents & Carers

#### MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.

#### CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

#### SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.

#### CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.

#### Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech website The Register, she is now a freelance technology journalist, editor and consultant.





NOS National Online Safety  
#WakeUpWednesday

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  @national\_online\_safety

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# IHSA News

## IHSA Committee

Would you like to help the IHSA by joining the committee? Please contact Suzanne to find out more, on 07711595016. We'd love to have you!



## IHSA AGM

Please email [ihsa@ipwichhighschool.co.uk](mailto:ihsa@ipwichhighschool.co.uk) if you would like to attend the IHSA AGM to be held on Monday 20th November at 16:30.

## IHSA Christmas Fayre

Please come along with the whole family for some festive family fun at the IHSA CHRISTMAS FAYRE!

On Friday 8th December 12:30-15:30pm, in the Sports Hall. There will be shops, fun stalls, a christmas cafe, music, and much End of Term Joy.

## IHSA Second Hand Uniform

**SCHOOL SHOP OPEN 6TH DECEMBER  
15:00-16:30.**



## IHSA Christmas Fayre

Friday 8th December:  
12:30PM - 3:30pm  
IHS Sports Hall



CRAFT STALLS, POP UP FESTIVE CAFE WITH CHRISTMAS TREATS, FACE PAINTING, SWEET TOMBOLA, CHRISTMAS GIFT EMPORIUM, SANTA'S GROTTTO, GAMES AND LUCKY DIP, HOUSE CHARITY STALLS & HOUSE HAMPERS



## House Colour Hamper

Donations are needed for the annual House Colour Hampers raffle!

Please bring a house coloured item in to senior or prep reception. Anything yummy or 'gifty' (but nut free and unopened) in the colour of your house. Perhaps regift a 'green' bottle of something tasty, an 'orange' candle, some 'purple' chocolate or a regifted 'blue' hand lotion. We will do the rest. It is such a nice treat for the four lucky winners. Thank you so much for any donations.



# IHSA News

## Santa's Elite Training Team

Please join our team of helpful elves at the Christmas fayre? Every year kind parents make the event possible for the children by running or helping out on the fun stalls. Let us know if you can join the festive fun in any way you'd like, held on 8th December from 12:30.

[t.ruffell@ipswichhighschool.co.uk](mailto:t.ruffell@ipswichhighschool.co.uk)



## Jolly Jar Time

Recycle old jars or bottles by filling them with absolutely anything jolly and little. These could be toys, lego, sweet bags, lollies, keyrings or tiny teddies (but no nuts). These are really fun to make with the kids and you can be as creative in decorating as you would like!

Please bring them in to reception to be donated.



## Decorations and Wrapping Paper

We are in need of any old Christmas decorations, and wrapping paper for our Christmas stalls this year. Please send in any spare dingle dangly bits, sparkly stuff, tinsel, and paper to help us 'Deck the Sports Hall with Boughs of Holly'. All donations very gratefully received!



## Teddy Tombola

Is it time for your Teddies of Christmases Past to find a loving new home? Please bring in any preloved Teds for our fundraising Teddy Tombola. Reception will very gratefully receive them.



# Careers & LRC 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**

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

## Date for the Diary

Christmas Book Fair will be held on the 1st of December. Please send in cash on the day or purchase pre-paid vouchers from [here](#). A letter will be sent home soon with full details about this event.

## Last week's Career's Speaker

Charlotte Flynn is an Occupational Therapist who specialises in hand therapy. Charlotte engaged the students with a bubble blowing activity to highlight how a simple task involves lots of complex hand movements, and the impact it has on peoples lives and jobs when they lose function in their hand/s or other parts of their body. Charlotte also gave lots of wonderful examples where within her job she has helped people to give them back movement in their hands or achieve their goals in other ways and the personal reward she gets from her job.



# Wellbeing Hub

## 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](#).