



IPSWICH  
HIGH  
SCHOOL  
WOOLVERSTONE HALL  
ESTD 1878

# The SNAPSHOT

The Ipswich High School Newsletter | Friday 24th November 2023

## DAFFODIL PLANTING TO CELEBRATE A NEW START

**At Ipswich High School, we have a tradition of inviting all new students and staff to plant a daffodil bulb along the main drive as a celebration of new beginnings. The daffodils then provide each student with a beautiful reminder every spring of their journey through the school.**

On Thursday 16th November, all our new students from Nursery through to Sixth Form joined us outside to plant their bulbs. Students from Years 7 to 12 took to the school's 500m drive to mark the occasion, while our new Nursery and Prep pupils planted their bulbs along the road that passes the Prep School. Come springtime, when the daffodils bloom, they provide the most glorious avenue of yellow leading up to Woolverstone Hall - it really is quite spectacular!



# Prep School News

## Prep School Swimming Gala

Prep School had their first Swimming Gala against Littlegarth last week. This was the first Swimming Gala for some of the pupils.

There were some really good swims from Rasmus, Annabelle, Connie, Freya, Joseph, Lucia and the Year 6 Medley and Freestyle Relay Team.

Lowest points wins:

**U9** I.H.S 34 Littlegarth 26, **U10** I.H.S 37 Littlegarth 23, **U11** I.H.S 27 Littlegarth 33

## Year 1 PE Lessons

Excellent dodging shown by Year 1 in PE this week.



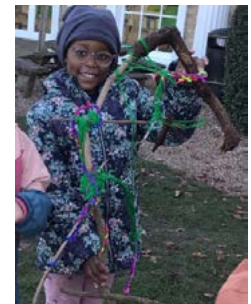
## Humorous Poem

The children really enjoyed performing a humorous poem in English this afternoon.



## Forest School Fun

Year 4 enjoyed their time at Forest School this week. They created Christmas cards by painting with sticks, used trees to make Christmas decorations, and there were happy faces all round.



## Recycling Week

Well done Lillian and Leo for your brilliant creativity, designing your Junk models for recycling week.



## Woolverstone Hall Nursery and Reception PE

Lots of throwing and catching today in PE! There has been lots of improvements. Well done!

## Constructing Series Circuits

Year 6 have been constructing and drawing series circuits using symbols in Science.



# Senior School News

## Hockey Report

On Monday 13th November, the U13A team took part in the Regional Hockey Competition. Having played the U14's in a warm up game and extra short corner practice during lunchtime, the girls had prepared themselves well for the tournament.

Results:

0-2 L v St Faiths

1-0 W v Norwich School

0-1 L v Chigwell



2-0 W v Framlingham College

1-1 D v Bedford Girls

0-1 L v Bishop Stortford

Having scored first in our final

game 1-0, we narrowly lost 2-1 to Ipswich. An outstanding performance by all the pupils in the squad.



## Dr Dan Poulter comes to visit

We had the very fortunate opportunity to meet Dr Dan Poulter MP for Central Suffolk and North Ipswich. Dr Poulter MP described a typical working day and working week in the life of a MP. We were then provided with an opportunity to question him on topics pertaining to our A-Level Politics course and also about his own personal standpoints on particular, pressing questions. The experience was vital, adding to our understanding of the British Political System and to our knowledge about the processes behind Parliament.

Willow, Year 12

## Head's Leadership Team Meeting

It is always a joy to meet on a Wednesday morning with the Head's Leadership Team. Mr Collishaw joined us this week to discuss a range of pastoral suggestions and initiatives



## U14 Swim Team

A huge congratulations to our U14 swim team who won the South East Swim finals this evening! Congratulations also to our O14 team who came 5th! Fantastic results all round!



# 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

## Sixth Form Stars of the Week

Well done to the following Sixth Form pupils who were awarded Star of the Week for a multiple of reasons including, excellent attainment and engagement in Maths, supporting and encouraging during the Cross Country Event, excellent writing of poetry, and supporting the computer science enrichment. **Arthur, Albert, Raffy, Robyn, Reeva, Sophie, Olivia, and Amelie.**



## Moving Trumpet Playing

Georgia joined the Prep School in Year 5 and started learning the trumpet as part of our PRIMO programme, where all students experience weekly lessons on an instrument from different musical families for four years. She quickly realised she had an aptitude for the trumpet and also started private lessons with our trumpet teacher Ms Hellen. During the COVID lockdown periods in both Year 5 and 6, Georgia continued her lessons online, progressing so quickly that she was awarded a music scholarship into the Senior School. She is now in Year 9 and a member of the Senior Orchestra, where she plays first trumpet. Music is Georgia's passion – she also plays in a trio with other students from her year group. Georgia is delighted to know that she will have the honour of playing the Last Post for the next four years, until she leaves the school at the end of Year 13.



## Anna Airy Award Exhibition

It was wonderful to see our Art and Design Technology students represented at the Anna Airy Award Exhibition opening on Saturday. Isaac was awarded Star winner with Amy as Runner-up. Zara was shortlisted for the Anna Airy Award. Our beautiful, technically-skilful table pieces were highly commended in the award speech. The exhibition at the University of Suffolk continues until Sunday 3rd December.



Ipswich Art Society Star Student Award



# Whole School News

Unofficial Online Safety, we believe in empowering parents, carers and teachers with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on the priority issues which we believe are relevant to today's young people and adolescents, not the further afield. We're sorry for that.

## Top Tips for Safer Online Shopping on BLACK FRIDAY AND CYBER MONDAY

Black Friday and Cyber Monday have become established as two of the year's biggest shopping events, giving consumers the opportunity to snap up a stash of stunning bargains. While this is generally good news, of course, the resultant retail frenzy can lead to people dropping their guard – especially online. In previous years, a seasonal surge in cyber-crime has seen schemes such as phishing emails and credit card scams being unleashed on unwary buyers. Our guide has some essential pointers on keeping your details – and your money – safe while you shop.

### ENSURE A SITE'S SECURE

Before inputting sensitive information (like your card details) onto a website, check that the site's secure. The key things to look for are a padlock symbol in the address bar and check that the URL begins with https:// – the 's' indicates that the web browser has been encrypted with an SSL certificate. Without that, any data entered on the site could be intercepted by criminal third parties.

### TRUST YOUR INSTINCTS

If a deal seems too good to be true, then it probably is. Be especially wary if a site offering unbelievable discounts doesn't look professional (for example, if it's covered with pop-up adverts or it looks particularly outdated) – this often serves as a red flag that the offer might not be entirely trustworthy. Mitigate risk by sticking with well-known, reputable retailers instead.

### REVIEW BANK STATEMENTS

Even if you've followed all our tips, it's probably worth checking your next bank statement for any unusual transactions. Criminals know that on Black Friday and Cyber Monday lots of people make numerous purchases online, they're hoping their very stolen money will get lost in the crowd of other transactions. If you see a payment or charge you can't identify, raise it with your bank straight away.

### BWARE OF SUSPICIOUS EMAILS

Black Friday and Cyber Monday often bring a significant spike in phishing emails, or attempts to use the event's sense of urgency as cover for stealing personal information. Even if they look legitimate, be wary of emails requiring you to do something unusual or suspicious, providing your personal details in exchange for discounts to last-minute deals, for example, or clicking on a link to an unfamiliar site.

### CHECK IT'S THE REAL DEAL

If it isn't just cybercriminals you need to be wary of, beware of scammers that create online retailers across the globe at certain times in the week before Black Friday and Cyber Monday – enticing them to their advertiser "accounts" (which, in reality, may simply redirect the user to normal retail). Use an online price comparison tool to verify whether these "redaction" truly require a banking.

### MINIMISE MICROTRANSACTIONS

Black Friday and Cyber Monday promotions extend to digital items as well as physical ones. Some gaming companies will offer discounts on in-app and in-game microtransactions such as loot boxes. If you're concerned about how much your child might spend on these upgrades, you can restrict their ability to make purchases (via their device's settings) or remove any in-app payment methods.

### SET STURDY PASSWORDS

A strong, unique password is one of the most straightforward ways to protect yourself from cyber-crime. As a result of us having multiple online shopping accounts, it can be tempting to use the same password for them all – but this puts your personal data at greater risk. You could try using a password manager to create a different, robust password for each online retailer that you visit.

### DITCH THE DEBIT CARD

Where possible, it's safer to shop online with a credit card (as opposed to a debit card) because it offers additional protection. If a purchase is made fraudulent on your credit card, there's a fair chance of your bank reimbursing you. Should concerns about your debit card details, however, they should simply raise a complaint if necessary – and it can be difficult to recover your money.

### RESIST THE INFLUENCE

Recommended items from social media influencers are a common thing to promote online for on Black Friday and Cyber Monday. While many of these will be legitimate, remember that influencers are often paid to promote products – and to publicise deals that aren't quite as amazing as they might seem. Don't let persuasive ads buying priority on their delivery level of everything with a critical eye.

### TAKE CARE ON SOCIAL MEDIA

Social media comments are more active on Black Friday and Cyber Monday, as they know people are heading for deals online. These comments tend to concentrate on platforms such as Facebook and Instagram, posting misleading links that use comparative shoppers' personal details. Other comments, meanwhile, heavily advertise products in an attempt to look useful out of their herd – avoid such.

### Meet Our Expert

Emily Hooper is an experienced technology journalist who has reported from over 10 years in the industry. Previous titles include The Independent, The Telegraph, The Daily Mail, The Daily Mirror, The Daily Express, The Daily News and The Daily Star.

#WakeUpWednesday

@nationalonline\_safety 
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 @nationalonline\_safety 
 @national\_online\_safety

Some of this guide is re-used from our @nationalonline\_safety Twitter feed. Content as of 26th October 2023.



# Whole School News

## House Cross Country Silver Event

On Monday morning, with the sun shining and a crisp autumnal feel in the air, the entire school came together to compete in our House Cross Country event. Eagerly set off by the Nursery and Reception students, it was lovely to see how enthusiastic they were to take on their course. Many of them managed to run the whole course without stopping. The next wave that set off was KS1 and 2. Once again, plenty of keen and eager runners and real determination to keep going was seen throughout. Thank you to the amazing Prep School Team and our Sixth Form Leaders for supporting them with their running. Our older students then took the reins and in a mixture of 'Fun Runs' and a longer competitive course, we once again saw dedication and some fantastic runs from students from Year 6 all the way through to sixth form. With participation being the integral aspect of this event, every single runner contributed vital points for their houses. It was lovely to see the older students cheering on their younger team mates and supporting each other out on the courses; even Mabel came out to join in with the students! Once they had completed their runs, students were rewarded for their efforts with a warming hot chocolate and biscuits.

The overall winners for the whole event combined will be announced in assemblies next week.

Thank you to the PE Team, and Estates Team for their efforts in setting up the course, and to the staff and Sixth Form Leaders who helped with the marshalling and hot chocolate.



Continued on next page



# Whole School News

Congratulations to the following students who were the overall winners in the year group races.

## Boys

Year	Name	House
Nursery	George	Aqua
Reception	Alfred	Ventus
Year 1	Bastian	Terra
Year 2	Sebastian	Aqua
Year 3	Sebastian	Terra
Year 4	Rasmus	Terra
Year 5	Rufus	Ventus
Year 6	Blake	Aqua
Year 7	Charlie	Terra
Year 8	Rishi	Terra
Year 9	Morgen	Ignis
Year 10	Jude	Ignis
Year 11	Jonathan	Ventus
Year 12	Arthur	Ignis

## Girls

Year	Name	House
Nursery	Sienna	Ignis
Reception	Omi	Aqua
Year 1	Bo	Ignis
Year 2	Beatrice	Aqua
Year 3	Elsbeth	Terra
Year 4	Annabelle	Ignis
Year 5	Freya	Ventus
Year 6	Molly	Ignis
Year 7	Sophie	Terra
Year 8	Anna	Ventus
Year 9	Demi	Ignis
Year 10	Madeleine	Aqua
Year 11	Elodie	Ventus
Year 12	Amelie	Ventus

## Next House Event

The next event that is coming up will be the House performances at the end of term, which is a particular highlight of the school year.

## Medication in School

Polite reminder – If your child needs non-emergency medication during the school day, please contact the school nurse for an 'administration of medication form', alternatively they can be found on Firefly. All medication needs to be kept in the medical room during the school day and used as directed. This includes use of paracetamol, ibuprofen and piriton. Generally, pupils should not carry non-emergency medicines whilst at school unless otherwise agreed with parents and Nurse Team. All non-emergency medication is kept securely in the Prep School and Senior School medical rooms. Pupils should be encouraged to have their prescribed medication at home and only given in school where necessary. The nurse contact is : [nurse@ipswichhighschool.co.uk](mailto:nurse@ipswichhighschool.co.uk) if you have any questions regarding this.





# Whole School News



## Ipswich High School Sport

### Team of the Week

Week Beginning 13th November 2023

1. E Ward (U13 Hockey)
2. C Turner (U13 Hockey)
3. A Anley (U12 Netball)
4. A Bryce (U12 Netball)
5. G Fowle (U12 Football)
6. F Alliston (U12 Football)
7. G Taylor (U13 Hockey)
8. S Ost (U13 Hockey)
9. M Stone (U11 Hockey)
10. C Clifton (U11 Hockey)
11. E Perkins (U11 Hockey)
12. Y Allwright (U15B Hockey)
13. H Anderson (U15B Hockey)
14. A Aghili (U16 Rugby)
15. A El-Mahraoui (U16 Rugby)
16. C Baines (U12 Rugby)
17. H Goodwin (U12 Rugby)
18. M Wang (U15 Rugby)
19. T Potter (U9 Netball)



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Snapshot

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# IHSA News

## IHSA Christmas Fayre

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

IHSA invite all parents and families to the Christmas Fayre. There are 24 stalls ranging from local artisans, christmas gifts, fun and games. Please bring cash to the event.



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



# 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**

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.

## Kevin Pickard, Olympic Swim Coach on the Adam Peaty Team

We had a great turn out of swim fans and pupils who are interested in sport for Kevin's talk last week. Kevin shared some personal insights into his time competing as a swimmer and how his career evolved into coaching an Olympian. Kevin spoke about the power of learning from our mistakes, the times when we do not always achieve as well as hoped and how to turn these into positive experiences. Kevin also spoke about the joy of being in a job he loves, the many vast career options open in the world of sport, and the various levels you can work at.



## Next speaker: Jemima Jacob, Chartered Accountant

Jemima is an alumna and former sports scholar and prefect, who went on to read Classics at the University of St Andrews. Jemima is now a Chartered Accountant and IT Auditor at the Bank of America, having completed her training contract at EY in Jersey. Jemima is keen to share her experience and advice, proving that there are multiple ways to get into the finance and tech industries.



# Careers News



BANK OF AMERICA

## Careers Talk Chartered Accountant

Thursday 30<sup>th</sup> November 2023  
Enrichment 2 - in The Leggett Room - at 3.30-4.20pm

### Jemima Jacobs

This informative talk is for all senior pupils (Y7-13) interested in -  
Finance : Accounting : Economics : Maths : Statistics : Computing  
: Technology : Business Studies : Communication : Psychology

*Jemima is a Chartered Accountant and IT Auditor at the Bank of America, having completed her training contract at EY in Jersey.*

*Jemima is an IHS alumna, former sports scholar and prefect, who went on to read Classics at the University of St Andrews.*

*Jemima is keen to share her experience and advice, proving that there are multiple ways to get into the finance and tech industries!*



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

**Chartered accountants (CAs)** work in every type of organisation – either as employees or through an accountancy practice or specialist firm. Their role is to advise, examine financial reports or accounts (known as auditing) and provide information about financial records.  
The **IT Auditor** is to undertake IT focused audits on the IT systems across the business.



# LRC News

## Christmas Book Fair

This will be held on Friday 1st December. Prep School children will be brought over in lesson time to purchase books. Senior School students can visit the Book Fair within their English lessons (with permission) or during break, lunch, or enrichment.

If you are thinking about some lovely presents for others, the children may be able to purchase a book for them as well as for themselves.

Please send in cash on the day or purchase pre-paid vouchers from here, alternatively there will be a QR code available for online payments should parents or students need this. We gain books from the Book Fair sales, so by making a purchase, you are supporting our school LRC, thank you for your support.



## The Big Read

The final lot of cash has been collected and counted for The Big Read.

All together we have raised an incredible £1,175 across all the charities. Well done everyone. Huge congratulations to Terra House who received a very generous online donation putting them over halfway for their End of Year target!

## Ignis

Cash: £60

Online: £50

Total: £110

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

## Ventus

Cash: £120

Online: £155

Total: £275

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

## Terra

Cash: £70

Online: £475

Total: £545

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

## Aqua

Cash: £155

Online: 90

Total: £245

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



# 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](#).