



IPSWICH  
HIGH  
SCHOOL  
WOOLVERSTONE HALL  
ESTD 1878

# The SNAPSHOT

The Ipswich High School Newsletter | Friday 8th December 2023

## PREP SCHOOL NATIVITY

**It is beginning to feel a lot like Christmas at the Prep School. Woolverstone Hall Nursery, Reception, Year 1, and Year 2 amazed family members in the Christmas production 'Shine Star, Shine'.**

All pupils enthusiastically performed on stage, showcasing their singing, acting, and dancing skills. Well done to all pupils who participated in this festive extravaganza.

**The Prep School received some wonderful comments from families about the show.**

*'Thank you to all the staff involved. As a family we look forward to the Nativity every year. It has become a very special tradition.'*

*'A fantastic traditional Nativity, with wonderful songs, costumes, choreography, and fab behaviour. Well done!'*

*'What a wonderful performance. As grandparents we were so pleased to be invited. The children performed so well, the costumes were fantastic, and the singing and acting was great. So much effort must have been put in to produce such a professional performance. Well done to everybody involved'.*

*'Well co-ordinated'*

*'A wonderful start to Christmas'*

*'Great music'*

*'Lovely costumes'*

*'Children emanated confidence'*



# Whole School News

## IHS Musicians perform in Winter Concert

Ipswich High School's Hayworth Theatre was transformed into a magical winter wonderland on the evening of November 30th, as the school hosted its highly anticipated Winter Concert. This annual event showcased the incredible musical talents of the schools students, featuring performances from Prep and Senior orchestras, flutes, stringendo, thornbery ensemble, piccolo choir, Prep Choir, boy's choir, peacock ensemble and KOR that collectively set the stage for a wintery delight.

As the audience settled into their seats, there was a palpable sense of excitement in the air, anticipating the musical journey that was about to unfold. All the musicians, skillfully played a repertoire that spanned classical masterpieces to modern compositions. The audience was treated to a symphonic experience that showcased the technical prowess of the students. The Winter Concert was not merely a showcase of musical talent but also a testament to the hard work and dedication of Ipswich High School's Music Department. The students, under the guidance of their passionate instructors, had clearly invested countless hours in perfecting their craft, and their efforts were evident in the seamless and enchanting performances that unfolded throughout the evening. The Winter Concert was undeniably a resounding success, especially as this year we were lucky enough to feature both the Prep School and Senior School together. leaving a lasting impression on all who attended. Well done to everyone for a fabulous evening.



# Prep School News

## Prep School Christmas Party

We had a super Christmas Party. We played pass the parcel, musical statues, had some party food, and then had a very special visitor.



## Christmas PE Games

Due to fixtures being cancelled Prep School pupils have been enjoying Christmas games. Pupils were split into teams and decided on a festive team name. A number of different challenges were set such as themed team relays, a Christmas dance, and a Christmas postcard. Congratulations to the Icicles who won the event.



## Year 5 and 6 Christmas Walk

It was such a beautiful day to head out in our Christmas welly walk. Cold but sunny, a few sticky boggy patches to tempt us to lose a welly or two! We had a great time and walked 5k. The children enjoyed their hot chocolates and doughnuts, after their packed lunch.



# Senior School News

## IHS pick up 19 Medals at the ISA Swimming Nationals

On Friday 1st December ten Senior School pupils, and one Prep School pupil travelled to the Queen Elizabeth Olympics pool in Stratford to compete in the ISA National Finals after qualifying in the regional finals last month. For most of our swimmers it was the first time they had swum in a 50-metre pool and the following swimmers made up the East Regional team along with other swimmers from schools in the region: Clemmie, Lily, Freya, Isla, Elise, Amelie, Ethan, Isla, Sophie, Emily. Special mention to Rasmus who was the only Prep School pupil to qualify and finished 5th in his individual event.

Clemmie set the bar extremely high after winning a gold medal in the first event of the day the 200m Individual Medley event and then a bronze medal in the 100m Individual Breaststroke event.

Lily won a Gold in the individual 50 m Backstroke. Freya and Isla won a bronze medal in the 4 x 50m Medley Relay. Elise and Lily won a bronze medal in the 4 x 50m Medley Relay. Clemmie won a Silver Medal as part of the 4 x 50m Medley Relay. Ethan won a silver medal as part of the Medley Relay Team.



# Senior School News

## The afternoon events saw us win the following medals

Lily picked up another silver medal in her individual freestyle event and a silver medal as part of the Freestyle Relay Team. Amelie took silver in the Individual Freestyle and another silver in the freestyle relay event. Isla and Sophie won a silver medal in the 4 x 50m Freestyle Relay. Elise won silver with a very close finish in the 4 x 50m Freestyle Relay. Ethan won silver medals in both his 100m Freestyle and as part of the 4 x 50 m Freestyle Relay. Emily won silver in the 4 x 50m Freestyle Relay.

This was not only an amazing event but to come away from a National Finals with 19 medals and all senior swimmers picking up at least one medal was a fantastic result. All swimmers should be very proud of their achievements.



## Swimming Gala vs Ipswich

The last gala of the year was a very close contested event with all our swimmers putting in good swims. A special mention to the Year 5 A team of Albert, Freya, Connie, and Darcey who won all but one of their events. The results overall were a draw with both schools finishing on 95 points.

## Random Act of Kindness

Year 9 and 10 were part of an assembly that discussed how we can support everyone in our community at this time of year and beyond. It was suggested that we all try to complete a 'random act of kindness' whether that is to support the hygiene bank, send a christmas card to those who are on their own, donate to the foodbank or send a book to children who are in hospital over the christmas period.

Miss Wooltorton then gave each of the pupils in the year group a raffle ticket with 25 lucky winners receiving a prize of their choice to show our appreciation for their continued focus, determination and to share kindness.



## Chemis-tree

The Chemistry Department have gone all out this year with their festive tree.

Well done, it looks amazing!



# 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

## Third place in Regional Final of Royal Society of Chemistry 'Top of the Bench' competition

Four students were asked by Mrs Smith to complete an online quiz on various chemistry topics. They did very well and qualified for the regional finals. As a result, this team of students attended the Top of the Bench Chemistry Competition on Wednesday 29th November. This team consisted of Ariella Year 9, Annabelle Year 9, Jude Year 10, and Mackenzie Year 11. The event took place at the University of East Anglia's new Science Department where the team completed a series of challenging practicals and testing questions. After a tiring day, all of the teams were gathered together and the day's results were read out. Achieving third place out of eleven was as much of a surprise as it was a delight; each of the team members were awarded a goodie bag filled with little treats such as a credit card shaped periodic table, a lanyard, and an amazon gift card.



## MFL Department appeal to help The Hygiene Bank

**ModernForeignLanguages**  
**@IpswichHighSchool #itsinthebag**

Drop off your donations in form time from now until 13th December.  
Y7 & Y8 will be busy decorating the bags with festive pictures and slogans in languages from round the world.

The Hygiene Bank have launched their Christmas appeal. With your support we can give the gift of clean by filling a bag of hygiene products for someone who might otherwise go without this Christmas.

Please bring lots of products in to school to help us fill bags of essentials suitable for an adult, a teen or a baby.

For more information email [c.savary@ipswichhighschool.co.uk](mailto:c.savary@ipswichhighschool.co.uk) or click the link [here](#).



# Whole School News

## It's Christmas Time!



**A Parent's Guide to Social Media**



**A Parent's Guide to Sharing Pictures**



**A Parent's Guide to Gaming**



**A Parent's Guide to Online Grooming**



scan the QR code with your phone's camera to see the guides on our website



**A Parent's Guide to Live Streaming**



**A Parent's Guide to Online Influencers**



**A Parent's Guide to Fake News**



**A Parent's Guide to Privacy Settings**

### It's always best to be prepared

Many parents may be planning to give electronic gadgets to their children this festive period.

Our guide is designed to help parents take a realistic approach to help keep their children safe when using the internet, social media and playing online games.

Scan the QR code to find out more.

**Online safety is when young people know who they can tell if they feel upset by something that has happened online.**

**Parents** please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

**Skips Educational** Email: info@skipsed.com Tel: +44 121 227 1941

Developed in partnership with







# Careers & LRC News

## Careers Events - Spring Term 2024

### Careers Speaker Series.

The talks will continue to be held most weeks in the Spring term.

### Year 10 Work Experience - Summer 2024.

A reminder to parents to use the Christmas period to discuss options with your child. See [Firefly](#) for the letter home and full details.

### Year 12 Morrisby Profile - January 2024.

A letter has been sent home this week with details on [Firefly](#).

### National Careers Week w/c 4th March.

We will celebrate Careers Week within lessons and around the whole school from Nursery to Year 13.

### Careers for Y7 to 13.

We are planning Careers based assemblies, form time activities and workshops for senior and sixth form.

### A Christmas themed escape room

This will be running during lunchtime on Tuesday 12th and Wednesday 13th December within the Senior LRC. Teams of up to five can book a time slot on the sign-up sheet in the Senior LRC. House points and a treat will be awarded to the winning team.

### Overdue LRC books and resources

A reminder to return all overdue Library books, please have a good look in bags, lockers, bookshelves, and cupboards at home. Overdue reminders are sent to Form Tutors every week and all pupils can login to our Reading Cloud Library Management System via Firefly to check their own book-loan status, red shows it is overdue. The IHS LRC Policy states that if overdue Library books are not returned to the LRC or placed into one of our 'Book Return Boxes' before the holiday, you will be charged via ParentPay at the end of each Term.

Thank you in advance for your prompt action, it is greatly appreciated.



### Christmas Book Fair

Thank you to all those who came to the Christmas Book Fair, it was such a pleasure to see the pupils so excited about their new books and to have the Prep pupils come to visit the Senior LRC.



# 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?



**BLOG**

The Wellbeing Hub  
- from Team Tips -

This week (11th December) on The Wellbeing Hub

December's Theme: [Friendships](#)

This week's bonus content:  
[Blog: Nurturing friendships](#)

A guide for parents and carers by Elizabeth Cole, Author of the 'World of Kids Emotions' and 'My Way' book series



**LIVE WEBINAR**

The Wellbeing Hub  
- from Team Tips -

This week (13th December, 6:30pm) on The Wellbeing Hub

This week's content:  
[Webinar: Friendships and Relationships](#) with Alicia Drummond, BACP Accredited Therapist and Founder of The Wellbeing Hub.



Wellbeing Hub

COMING UP THIS WEEK

Week commencing 11th December

Blog: Nurturing friendships: A guide for parents and carers by Elizabeth Cole, Author of the 'World of Kids Emotions' and 'My Way' book series

[wellbeing.hub.westts.co.uk](http://wellbeing.hub.westts.co.uk)



Wellbeing Hub

COMING UP THIS WEEK

13th December, at 6:30pm

Webinar on friendships and relationships by Alicia Drummond, BACP Accredited Therapist and Founder of The Wellbeing Hub

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## 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](mailto: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](http://thinkuknow.co.uk)

