



CHRISTMAS CAROLS AT IHS

Prep School Carol Service

The Prep School continued their lead up to Christmas with their annual Carol Service, held at St Michael's Church, Woolverstone, on Tuesday morning. The pupils from Nursery to Year 6 all sang and spoke beautifully, delighting parents and friends. Amongst traditional carols sung by all, each year group had prepared a special song, telling a part of the Christmas story. Year 6 narrated eloquently, and special mention must go to Flo for her beautiful solo in 'Once in Royal David's City', as well as Willow and Sebastian in the closing item 'Christmas is Here'. Christmas is most definitely here in the Prep School!

Senior School Carol Service

The Carol Service is always eagerly anticipated as it marks the start of the festive season for many, and is a moving and musical way to celebrate the End of Term. For parents, it is an opportunity to not only see and hear their children perform, but also to join in with the carols they sang as children themselves.

Earlier in the term, the Year 7 students wrote Christmas poems in their English lessons, and we were treated to charming poems by Cora, Oden, Sophie, and Kwesi that really captured the spirit of Christmas. The Carol Service offers our talented singers the chance to shine, and we heard beautiful songs from the Piccolo, Kor!, and Senior Choirs, including new composers for this year as well as a combined congregation, and choir mash-up version of Silent Night.

The instrumentalists also celebrated the season with duets, trios, quartets and full orchestra, with the Carol Services final items being played as warming drinks and mince pies were served.



As always, the Heads of School took the lead in organising a team of prefects to assist in the smooth running of the event and the warm spirit of camaraderie that pervades our Music Department was felt in abundance.



Prep School News

Super Swimmers

Well done to Albert, Rebecca, and Ramus who were all awarded Swimmers of the Term.



Fun in the water

After the brilliant Carol Service, Year 5 enjoyed their Water Polo session.



Year 1 2D shapes

Year 1 have been making some 2D shapes using lolly sticks. They then went on a shape hunt as some of the shapes had hidden from us. They had to find each number and identify what shape it was and record it on our special table! The children loved being shape detectives and finding all the shapes around the room.



Interhouse Hockey

Year 5 and Year 6 have really enjoyed playing for their Houses in the Interhouse Hockey match.



Huge Congratulations to Imogen, Year 6

Imogen was awarded a shield for being best Newcomer of the Year at Sudbury Lifesaving Club. Imogen also passed her Bronze Stage 1 Rookie Lifeguard Award and was given a certificate for her sponsored swim.



Window to Learning

Woolverstone Hall Nursery and Reception had a super time during the window to learning session. Thank you to all WHNR family members who were able to attend.



Christmas Door Hangers

Year 2 have been getting in the Christmas spirit, creating Christmas door hanger decorations.



Senior School News

Netball Success

Congratulations to all the pupils who have represented the school this term in Netball. Wishing you all a restful, fun-filled, Christmas holiday. Best wishes, Mrs Harrison and Mrs Stewart



Senior School News

Sophia the Superstar - Recent Successes

September 17th 2023, Sophia became Suffolk F.I.G Junior champion.

September 24th 2023, Sophia became Regional F.I.G Junior champion.

November 19th 2023, Inter-County Teams: Sophia was part of Team Suffolk who were crowned Champions 2023. Sophia also won the prestigious Frank Stevens trophy for the highest F.I.G score of the competition.



Sophia has been selected to compete at the Welsh championships in February, as a guest, and at the English Championships in March, where she will potentially qualify for the British Championships. Fantastic achievements Sophia. Well done!

Christmas Cross Country

The Cross Country Enrichment has been running since September with various routes around our school grounds. This week we finished off the course with our Christmas theme Cross Country.



Coding Club

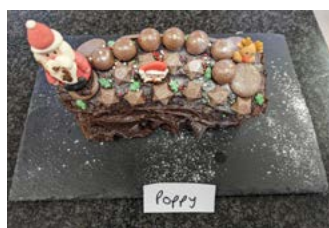
Amongst our Enrichment choices, Coding Club is always a popular option where pupils are learning how to use the programming language, Python. They are using a list of commands, shapes, and colours to create and move objects.



Chocolate Yule Logs

Year 9 were given the opportunity to put their Swiss roll and decorating skills to the test with Christmas Chocolate Yule logs.

There were some super examples of decorated chocolate log using the Christmas theme.



Whole School News



Ipswich High School Sport

Team of the Week

Week Beginning 27th November and 4th December

2023

1. Z Allsop (U12 Football)
2. E Groom (U14 Netball)
3. F Spaul (1st XI Hockey)
4. L Spaul (U15 Rugby)
5. A Woolgar (U13 Netball)
6. Z Yuzen (14 Netball)
7. C Jennings (U14 Hockey)
8. G Steel (U14 Hockey)
9. A Holmefjord Phillips (1st XI Hockey)
10. I Mann (U12 Netball)
11. H Parker (U12 Football)
12. A Anley (U12 Netball)
13. B Villiers (U13 Rugby)
14. H Goodwin (U12 Rugby)
15. A Broadbent (U14 Football)
16. O Daniels (U15 Rugby)
17. Z Murrell (U15 Rugby)
18. A Baines (U14 Football)

Thank you all for your support and dedication this term in all aspects of Sport. It has been a fantastic term and I hope like us, you are all excited for the upcoming term of Hockey and Netball. Have a restful break, it has been well earned.

Mr Taylor



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 platforms 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 DISNEY+

The Walt Disney Company's streaming service, Disney+ combines entertainment from the famous animation studio itself with Pixar, Star and National Geographic, plus the Marvel and Star Wars franchises. With access to the latest releases, Disney classics and original series, there's plenty of content to explore. While parents may have noted that adverts have now been introduced on some versions of the service, the platform is – unsurprisingly for a Disney product – designed to be appropriate for the whole family.

WHAT ARE THE RISKS?

LESS SUITABLE CONTENT

While Disney+ is predominantly family friendly, there are some movies and shows in its library which are aimed at an older audience; these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings', below) or specifying a content age rating for your child's profile.

BINGE WATCHING

With the option to view content on any internet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

PHISHING EMAILS

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.

ENCROACHING ADVERTS

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 6+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

ACCESSING ADULTS' PROFILES

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a toggle titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough – so using a PIN for adult profiles is recommended.

Advice for Parents & Carers

ADJUST CONTENT SETTINGS

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

ADD PIN PROTECTION

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

TURN OFF AUTO-PLAY

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from screen time and move on to a different activity.

ENJOY AS A FAMILY

When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

Source: https://help.disneyplus.com/faq?csp_article_content&sys_kb_id=1f66d43d3e7c4180f7e0c0d0e02f0130
https://help.disneyplus.com/faq?csp_article_content&sys_kb_id=06824fc6b0f0c48058c0d0e02f0130

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Whole School News

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12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday

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IHSA News

IHSA Christmas Fayre

A huge thank you to everyone who came along and supported the Christmas Fayre last week. You moved boxes, built stalls, decorated trees, made kids laugh, brought in cakes, made 'decorative' hot chocolates, supported local artisan tradespeople, applauded singing children from the comfort of our luxurious 'Stageside Christmas Cafe', and made the hall the happiest place this side of the North Pole.

A record amount was made, thanks to your incredible Christmas spirit. The proceeds from this spectacular event will all go to house charities and to help fund initiatives for your children at school, which could not otherwise be funded. Hopefully the kids also came home to you with a few gifts to give as well. Thank you again and we can't wait to see you all next year.

Totals raised for House Charities:

Ignis £45, Aqua £70, Terra; £70.31, Ventus; £254

Well done everyone!



Save the date

Our next Family Fun Bingo afternoon - Saturday 23rd March. Details to follow soon.



IHSA News

IHSA Funded

Thank you from the IHSA and students for coming to all of our events this year, enabling us to buy many things, some of which are listed below.

THANKS FOR ALL YOUR SUPPORT!

ALL THOSE non-uniform days
and cake sales and tombola
donations that you almost forgot
as you're leaving the door....
all those school events you've
attended.... have added up to
ALL THESE amazing things!

LIFE SAVING TRAINING AIDS

RUGBY SCRUM MACHINE

AUTHOR VISITS

DIGITAL PIANO

FOOTBALL TARGET GOALS

STEM WORKSHOPS

PLAYGROUND EQUIPMENT

LACROSSE
GOAL AND
BALLS

PETANQUE COURT

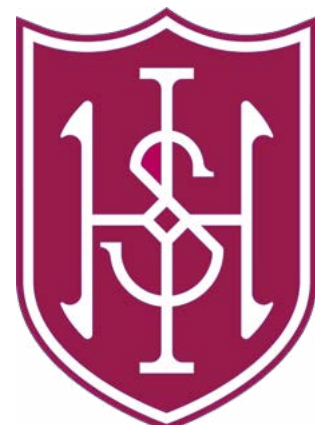
GOBLIN CAR RACE KIT

SILENT DISCOS

IHSA
IPSWICH HIGH SCHOOL ASSOCIATION

Second Hand Uniform Shop Dates: 2024

10.01.24, 14.02.24, 13.03.24, and 12.06.24. The second hand uniform shop will be open from 15:00 - 16:30 on all dates.



Boarding News

End of Term Christmas Excitement

We have been opening our Advent Calendars each day and starting the day with a chocolate treat. Putting up the Christmas Tree is always a major family affair and we had a great time listening to music, eating festive treats, and hanging baubles together. The Christmas lights greet us warmly every evening as we come home and we have been celebrating the success of our extended boarding family.

Annie and Hettie performed in the Kor! concert and we went to watch them at St. Michaels Church. The concert was fantastic and we were very proud to see boarders representing the school in this event.

Writing Christmas cards to our friends and family took a long time, but we loved it. What a great way to spend a cold and wet Saturday evening, all together, sharing messages and stories about our term in boarding. We also had a visit from St Nicholas, putting our shoes outside our doors at night, we must have been in bed early for the first time all term. Our good behaviour was rewarded with shoes filled with treats.

Packing has started! This is always an interesting time in the Boarding House, when we find all those lost socks and missing books as we get to the bottom of our cupboards and pack up for the holidays. It is very busy and we are making pies, and getting ready for the Winter Ball together. As the term comes to an end and the House is all quiet on Friday we will be left in the company of the wonderful wildlife, Mr Pheasant, the many bunnies, and our very own field of sheep.



Careers & LRC News

Careers Events - Spring Term 2024

Year 8 and Year 9 Morrisby Aspirations - January 2024: These sessions in the CS1 and 2 during registration time, they aim to support Year 8 and Year 9 option choices, and will take place in the first two weeks of the Spring Term, see the letter home for details.

Careers Speaker Series - Spring Term

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

Y10 Work Experience - Summer 2024

Parents, please use the festive break to discuss options with your child. See Firefly for the letter home and full details along with helpful links and information.

Y12 Morrisby Profile - January 2024

A letter was sent home this week, please also see details on Firefly.

National Careers Week - w/c 4th March 2024

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

Careers for Y7 to 13 Spring and Summer

We are busy planning several careers based assemblies, form time activities, and workshops for Senior School and Sixth Form to take part in over the next two terms.

Overdue LRC books and resources

A reminder to return all overdue Library books, please have a good look in bags, lockers, and look on bookshelves and cupboards at home too. 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, will be charged via ParentPay at the end of each Term.

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



Wellbeing 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 over the festive break



BLOG

The Wellbeing Hub
— From Team TSH —

This week (11th December) on The Wellbeing Hub
December's Theme: **Friendships**

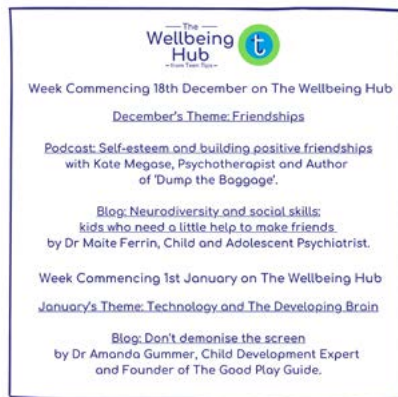
This week's bonus content:
Blog: **Nurturing friendships**
A guide for parents and carers by Elizabeth Cole, Author of the 'World of Kids Emotions' and 'My Way' book series



COMING UP THIS WEEK

Week commencing 11th December
Blog: Nurturing friendships & guide for parents and carers by Elizabeth Cole, Author of the 'World of Kids Emotions' and 'My Way' book series

Watch online: [tsh.wellbeing.co.uk](#)



The Wellbeing Hub
— From Team TSH —

Week Commencing 18th December on The Wellbeing Hub
December's Theme: **Friendships**

Podcast: **Self-esteem and building positive friendships** with Kate Megose, Psychotherapist and Author of 'Dump the Buggage'.

Blog: **Neurodiversity and social skills: kids who need a little help to make friends** by Dr Maite Ferrin, Child and Adolescent Psychiatrist.

Week Commencing 1st January on The Wellbeing Hub
January's Theme: **Technology and The Developing Brain**

Blog: **Don't demonise the screen** by Dr Amanda Gummer, Child Development Expert and Founder of The Good Play Guide.



LIVE WEBINAR

The Wellbeing Hub
— From Team TSH —

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.



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

Watch online: [tsh.wellbeing.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](#).