



IHS TAKE TO THE SLOPES

After the fun of the House Performances and Staff Panto, a team of thirty-six young skiers and five staff members headed off to Bardonecchia, Italy, for a week on the slopes - returning just in time for Christmas Eve

It was an absolute pleasure to spend time in the mountains with such a great group of pupils. They were fantastic ambassadors for Ipswich High School; their behaviour and positive attitudes were commented on by the airline staff, hotel staff and ski instructors (who also noted how keen our pupils were to ask questions and respond to feedback).

We had five hours of skiing tuition each day, with Beginner, Intermediate and Advanced skiers split into four groups, each with an instructor, to allow for all to experience the slopes with skiers of a similar ability level. Our Beginners made particularly good progress, with everyone able to ski from the top of the Campo Smith area by the end of the week. Our Advanced and Intermediate skiers (some of whom were Beginners at the start of the week) also took on the challenge of Monte Jafferau, reaching an altitude of 2800m at the top of the highest chairlift and skiing the various routes down the mountain.



Continued on next page

Whole School News

Our evening apres-ski activities included swimming, mini-Olympics, disco, pizza night and alpine coaster. With a variety of options available at dinner, we all went to bed well-fed and suitably tired from a day on the slopes - setting alarms to make sure we were all ready for breakfast, with our ski equipment set out in preparation for a prompt exit. Pupils took responsibility for their own equipment, and all managed to arrive at the meeting points well-prepared and ready to ski.

I would like to express my sincere gratitude to our hard-working and motivational staff team Ms Massey, Mrs Wheelhouse, Mr Wright, and Miss Lay-Flurrie, as well as all the fantastic pupils who joined us on the trip. It really was a great way to start the Christmas holidays.

We are currently recruiting for our 2024 ski trip to Artesina, Italy, 14th - 20th December. We will be staying at the Hotel Marguareis in Artesina. This family-run hotel is in a true doorstep skiing position, with the beginner area and the magic carpet just outside the hotel (across two snow-covered tennis courts). The ski school meeting point and ski fit are also just metres away. At breakfast, you can look out of the restaurant window and watch the local ski teams making an early start on the slopes that fill the view from the window. Our ski pass gives access to all 100km of the Mondolè ski area, which encompasses Artesina, Prato Nevoso and Frabosa Soprana. Further details can be found here: <https://selectschoolskiing.com/school-ski-trips-destinations/school-ski-trips-italy/prato-nevoso-artesina>



Mr Stone



Prep School News

Year 1 sing Auld Lang Syne

Year 1 had a brilliant busy first day back. They learnt about New Year Resolutions, listened to a clip of Auld Lang Syne, and linked arms before writing their own New Year Resolutions.



Chilly Temperatures for Years 5 and 6 Sport

A huge well done to Year 5 and 6 this afternoon for some great hockey and netball matches in very chilly conditions. Lots of competitive and positive game spirit throughout the afternoon. Well done all!



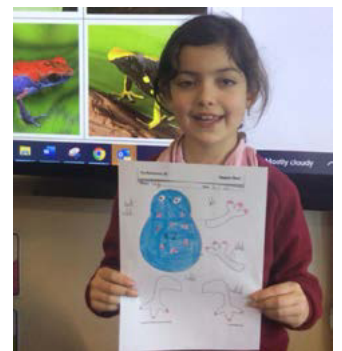
Year 2 making 3D Shapes

Year 2 looked at the properties of 3D shapes but focused on counting the edges. To help them with this, the children built some shapes using jelly tots.



Year 3 Design Poison Dart Frog Beanbags

Year 3 enjoyed beginning a new DT project. They have been challenged to work with fabric to create their own colourful poison dart frog beanbag. This morning, they carried out some research and thought carefully about their designs.



Year 3 Measuring in Maths

Year 3 have been measuring in metres and centimetres in Maths this week



The King's Cake

The Reception children learnt about the French celebrations of The King's Cake. The children enjoyed making their own colourful crowns during their lesson



Senior School News

"TRUE HOPE IS SWIFT, AND FLIES WITH SWALLOW'S WINGS"

Richard III
by Ipswich High School
at DanceEast, 27th November 2023
appraised by Sam Webber

Congratulations Ipswich High School for your fantastic reimagining of Richard III as part of the Autumn 23 Shakespeare Schools Festival. It was a thrilling night of theatre, and I'd like to shine a spotlight on some aspects I really loved.

The world of backstabbing business and shady deals was an inspired setting for Richard III. Throughout the play the costumes and the music reminded us of the modern power-hungry society which fits really well with the story of Richard's rise and fall. Although the language in the play talks of kings and dukes rather than anything more Wall Street, your commitment to your version allowed us to transcend this barrier of detail and see the metaphorical comparisons you were making between 15th Century monarchy and 20th century capitalism.

You made some bold and powerful choices regarding lighting and use of the space. Establishing early on the 'spot' in which Richard could talk to the audience, you then continued this motif to help us jump between the more naturalistic sections of scenes and the monologues, bringing us into the character's inner sanctum. Outside of these monologues, you switched between large lightly coloured washes for the bustling office atmosphere and tight focused spots of light for more intimate moments. Most memorable of these moments was in the dungeon, when you focused all of our attention down stage left, a powerfully isolating spot within such a vast space.

As actors, you felt the visual language of the space and adjusted your acting accordingly, making your physicality bigger or smaller to match the stage image in a truly professional meeting of tech and performer. The nuance and understanding which you brought to each character was astounding, from the moral struggle of the murderers to the torn loyalties of the armies. From the heartbreaking realisations of betrayal to the huge and angry battle scenes, you fully committed to the emotions of every moment.

This was a gripping, nuanced, and thematically rich production of Richard III by a committed and professional company.

We're thrilled to have reimagined Shakespeare with you this year and have loved being with you on your journey from classroom to stage. We can't wait to work with Ipswich High School again in the next Festival!

A GRIPPING, NUANCED, AND THEMATICALLY RICH PRODUCTION OF RICHARD III BY A COMMITTED AND PROFESSIONAL COMPANY.



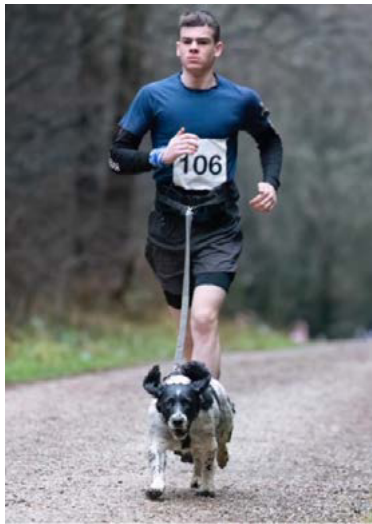
IPSWICH HIGH SCHOOL



Senior School News

British Sled Dog Sports Federation

Harry has recently competed at the National Championships Round 2 at Daley Forest. Harry was competing in the Junior 14-18 section. He took two qualifying places gaining a bronze medal, which means he only has to complete in two more races where he must come 1st, 2nd or 3rd and he will then have the honour to represent team GB in the Cani Cross World Championship ISFF (International Federation of Sled Dog Sports) held at bardonecchia in October. Fantastic achievement. Well done!



International Ski Races

Madeleine is very excited to be representing Great Britain along with three other UK athletes. She will be competing in the International Ski Races being held in Vratna, Slovakia. There is an opening ceremony and parade on the 15th, followed by Giant Slalom and Slalom races on the 16th and 17th. Good luck Madeleine!



English S/C Winter Nationals

Congratulations to Clemmie for achieving three personal bests at the English S/C Winter Nationals in the open 200 B/C 200 I.M and the 100 I.M which took place just before Christmas.

Clemmie has also now achieved the consideration time for the open British Championships/Olympic trails in the 200 B/C which will take place in April.

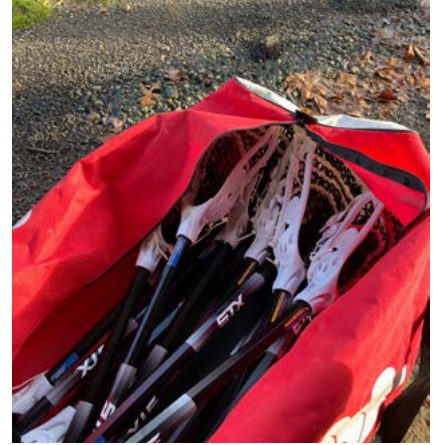
This is an amazing achievement. Well done Clemmie!



Senior School News

Learn to play Lacrosse

Ipswich High School has a new joiner this term, as lacrosse makes its official debut in the school's enrichment program. The sessions will focus on teaching our girls new skills and rules, with the aim of creating a new team of avid players. Given Enid Blyton was a teacher at IHS, it only felt right that we brought in the sport she inarguably gave fame to. There is still space in this enrichment if you have missed signing up. This will also be held in our recreational sport sessions during the week which is accessible to boys too.



County Swimming

Wishing the best of luck to all swimmers who are taking part in the County Swimming over the next three weekends.

Piano Recital Change of Date

The date of the Piano Recital has had to change due to unforeseen circumstances and will take place on **Monday 12th February** at 17.30. This short concert offers an opportunity for pianists of any age to perform to a friendly, supportive audience. If your child learns the piano outside school and would like to take part, please email Mrs Chillingworth. If your child learns the piano in school there will be an opportunity to discuss performing with their teacher.



Wellbeing Garden

The hedging for the Wellbeing Garden has now been planted. Thanks Andy at A.R. Landscaping for constructing the paths, and to Katie's Garden Plant Centre for supplying the top quality laurels, and caretaker Jonathan for his hard work on the spade.



Nurses News

Year 9 Immunisations

A reminder that the immunisation team will be in school on the 1st February 2024 to deliver the MenACWY/DTP vaccine to those in Year 9.

Please complete the consent form to either consent for OR decline the vaccine.

Please encourage your child to have breakfast the morning of the vaccine, and to have a short sleeved top available for delivery of the vaccine.

ALLERGY AWARENESS

Please do not bring any nuts or products containing nuts to school.



Thank you for keeping our school safe.

IMPORTANT INFORMATION

Diphtheria, Tetanus, Polio (DTP) and Meningococcal ACWY (MenACWY)

In line with the National Immunisation Programme, the Community School Aged Immunisation Service offers Diphtheria, Tetanus and Polio and Meningococcal ACWY vaccinations to all pupils in Year 9. It may also be offered to older students who missed the vaccinations.

Diphtheria, Tetanus and Polio (3 in 1 teenage booster)

This booster dose is important to ensure a young person's continuing immunity and protection against these diseases. University, College and future employers increasingly ask for evidence of this vaccination.

Meningococcal ACWY

Meningococcal ACWY vaccination helps to protect your child against 4 types of meningococcal bacteria (groups A, C, W, and Y) that can cause meningitis (inflammation of the lining of the brain) and septicaemia (blood poisoning). Cases of meningococcal W disease in England have increased significantly in recent years.

For Further information about vaccines, click [here](#)

A response is required. You must accept or decline the vaccinations by completing the online form.

We will be in school on 1st February 2024.

The electronic link will close at 7:00 am the morning of the session.

Please click on this link [Immunisation Form](#) and complete the form.



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 nationalcollege.com for further guides, hints and tips for adults.

What Children & Young People Need to Know about FREE VS HATE SPEECH

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert
The Global Equality Collective: an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the OEC app, the world's first app for diversity, equality and inclusion.

GLOBAL EQUALITY COLLECTIVE

The National College

NOS National Online Safety
#WakeUpWednesday

Source: <https://www.legislation.gov.uk/ukpga/2010/15/contents>
<https://www.legislation.gov.uk/ukpga/1998/42/schedule/1#> & <https://www.equalityhumanrights.com/en/legislation/2010/15/1>

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

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IHSA News

Welcome back to everyone from the IHSA. Watch this space for some fantastic family events for 2024:

Saturday 23rd March

Family fun BINGO afternoon. We have listened to your feedback and the event promises to be even more fun than last year, if that were possible. Roll on spring!



Saturday 22nd June

Summer Fete. We are busily securing the best of the best, with a huge range of artisan tradespeople, expanded activities, and games for the kids. Pop it in your diary and look out for more details here, as the days get longer.



Join the IHSA Committee

If anyone would like to see what goes on behind the scenes, or just join in, please come along to the next IHSA committee meeting. It will be on Monday 22nd January at 16:30, at school. Hoot Club is on hand to look after the little ones, so please do not be shy. Email Suzanne.bourner@btinternet.com if you'd like more info.

Uniform Shop Dates

15:00 - 16:30 on the following dates:

14th Feb, 13th March, 1st May, and 12th June.



Careers 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.



Careers Talk Social Work

Thursday 18th January 2024

Enrichment 2 - in The Leggett Room - at 3.30-4.20pm

Sarah Markham & Nichola Bennett

This informative talk is for all senior pupils (Y7-13) interested in - Sociology : Psychology : Childcare : Communication : Helping and caring for people : Health & Social Care

Sarah is a trained Social Worker, she now works as an Operations Manager at Suffolk County Council's Multi Agency Safeguarding Hub. Sarah's work involves supporting Social Work teams to keep adults in Suffolk safe.

Nichola is a trained Social Worker, she now works as an Adult Operational Safeguarding Manager at Suffolk County Council.

Attend this talk to learn about the many roles that Social Workers hold and more!



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

As an operations manager, you are in charge of running an organisation's daily functions. That involves planning and implementing production processes to improve quality, productivity and performance. Your primary role is to oversee company procedures and enforce the policies.



LRC News

Book Mastermind 2024

Got a favourite book? Why not sign up to our Bronze House Event. Every entry will receive five house points, and a certificate. The School in-house heats winner will go through to the Regional Final with the opportunity to win 100 house points, £50 book voucher for themselves, and up to £100 book voucher for the Senior LRC. Simply answer 20 questions on a fiction book in 2 minutes from a list of books in our "book bank". For more information on prizes, to view the "Book Bank" and to sign-up please visit this Firefly page:

All information also available in the LRC with Mrs Lees.

BOOK MASTERMIND 2024
BRONZE HOUSE EVENT

GOT A FAVOURITE BOOK?

YOU COULD WIN:
HOUSE POINTS, VOUCHERS & REGIONAL TROPHY

HEATS WILL BE HELD DURING ER1 IN LRC ON:
05TH, 06TH, 07TH, 08TH & 09TH FEB

SIGN UP IN THE LRC WITH MRS LEES

ANSWER 20 QUESTIONS IN 2 MINUTES
OPEN TO YEARS 7, 8 AND 9

BOOK BANK, RULES & SIGN UP SHEET IS AVAILABLE HERE: USE CAMERA PHONE ON QR READER

The poster features a central photograph of three people standing in front of a screen displaying the event details. The screen text includes 'BOOK MASTERMIND', 'Add a little bit of booky text', 'COUNTY FINALS 2024', and 'Organised by Suffolk Librarians' Association'. The background is decorated with Union Jack flags. The poster is framed with a dark red border and includes decorative icons of book stacks and an open book.

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. All Senior pupils received individual e-mails with the list of their overdue books at the end of last term to remind them to look for them over the Christmas break. Overdue reminders are also 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 overdue Library books, if they are not returned to the LRC or placed into one of our 'Book Return Boxes' before 19th Feb (this is an extension), missing books will be charged via ParentPay.

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



Wellbeing News



IPSWICH HIGH SCHOOL
WOOLVERSTONE HALL
SUFFOLK, ENGLAND

Peer Mentor

Are you feeling sad, stressed, worried or under pressure?

Do you have friendship issues, homework problems, or general concerns?

Do you need someone to talk to?...

...talk to one of our Peer Mentors!



IHS Peer Mentors are Year 10-13 pupils supporting you to succeed!

Simply fill in a slip in the LRC and post-it into the box provided,
or email wellbeing@ipswichhighschool.co.uk,
a Peer Mentor will meet with and support you.

For further details please contact:

Mrs Offord - Safeguarding Manager & Head of Careers
wellbeing@ipswichhighschool.co.uk • 01473 780201



Wellbeing News

Parenting Support You Can Trust

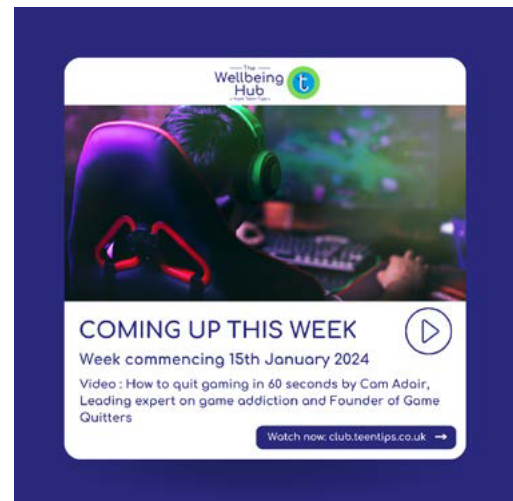
Parenting is one of the toughest jobs we ever do but it should also be one of the most fun and rewarding.

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 will not always be smooth, and with adolescence starting from eight and going on until twenty-five it is 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



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

