



## SUFFOLK SCHOOLS CROSS COUNTRY

**The second round of the Suffolk Schools Cross Country Competition was held on Thursday 11th January at Woodbridge School in the usual Cross Country weather conditions, very cold and damp.**

We had a number of athletes take part in various races from Minor to Senior, with lots of great results through the day.

Congratulations goes to Annabel who finished 12th, and Amelie who finished 2nd. They have both qualified for the National Competition representing Suffolk in March. Well done to Alev who finished 18th, and has made the reserve spot for the Junior Girls Team.

A huge thank you to Ms Redding for assisting the pupils on the day.



### From The Head

All great schools are firmly rooted in a strong set of values. Last term, pupils and staff worked to review and refresh the IHS Values. Inspired, Happy and Successful (definitions above on the IHS values wheel) are now being used to support our caring, hard working and aspirational community of learners. Reward/Dojo points are rewarded to pupils for demonstration of these important values.



# Prep School News

## From Head of Prep School



In Prep, we value the many opportunities to develop pupil's knowledge, skills, critical thinking, and independence.

Our School Council meeting this week was chaired by Heads of Prep, Franki and Stanley, and Faith took the minutes. Pupil council representatives shared their new pupil suggestion boxes, enabling pupils from Nursery to Year 6 to share their ideas for further school improvement for our consideration.

This week, Year 6 pupils also welcomed Mrs Williamson (Head of Business and Economics) who launched an exciting Business Enterprise project. We are excited to see the project develop over the course of the academic year - watch this space!

### Year 5 & 6 Football and Netball

Fabulous football skills from the Year 5 and 6 boys in their games lesson. The Year 5 and 6 girls have been practicing their passing and working on their positions in Netball. Well done Year 5 and 6!



### Year 2 Forest School

Year 2 have been enjoying Forest School. They took part in a winter scavenger hunt, finding worms, mud, and fungi.

### Colour Experimenting

Woolverstone Hall Nursery and Reception have been experimenting with colours this week.




### Year 4 Gymnastics


Year 4 have been developing their balance by using counter-balance to create different shapes. They have also been and discovering the terms 'points' and 'patches'.



# Senior School News




ESTD 1878 IPSWICH HIGH SCHOOL PROUDLY PRESENTS




# SHREK

## THE MUSICAL



13TH - 15TH MAR 2024 AT 7PM  
ADULTS £15 | CHILD £8  
16TH MAR AT 3PM GALA PERFORMANCE  
ADULTS £17 | CHILD £10  
The Hayworth Theatre, Woolverstone, IP9 1AZ



BOOK TICKETS USING THE FOLLOWING LINK OR  
QR CODE: <https://www.trybooking.com/uk/CZSJ>

BOOK & LYRICS BY DAVID LINDSAY-ABAIRE      MUSIC BY JEANINE TESORI

Based on the Oscar-winning DreamWorks Animation film, SHREK THE MUSICAL is a Tony Award-winning fairy tale adventure. This amateur production of SHREK THE MUSICAL is presented by arrangement with Music Theatre International.

[www.mfishows.co.uk](http://www.mfishows.co.uk)



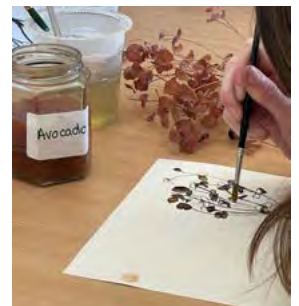
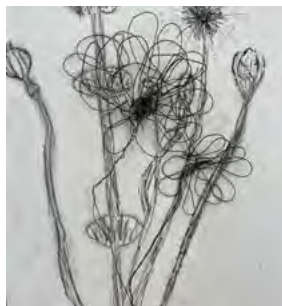
# Senior School News

## From Head of Senior School



In the Senior School this week our Year 11 and Year 13 pupils have been completing their final week of mock examinations. We were very impressed to see their hard work and focus through these challenging weeks and wish them all the best with their mock results, which will be shared with them shortly.

Tickets for 'Shrek the Musical' are now on sale! With an over 70 pupil strong cast and technical team from Year 7 – 13, it is sure to be a sell out, so please ensure you don't miss out on seeing this spectacular performance. Finally, we are looking forward to welcoming our new Senior School Year 7 cohort to IHS, as they enjoy an action-packed taster morning which is taking place this Saturday across the school campus.



## Year 10 and 12 visit RHS Hyde Hall

Students experimented with materials to make initial drawings before heading out to the gardens to gather further source material. Back in the studios they had a printing workshop investigating patterns and shapes in nature, overlaying colour to create exciting outcomes. A great day out to support their portfolio.

## Pulse Academy

Annie trialed for the U15 Pulse Academy and has successfully made it through to the next round. Her next trial will be on the 28th January we wish her the best of luck.



## Horse Riding at Hill Farm

William, Alice, and Olivia are on their second term of Horse Riding at Hill Farm Equestrian Centre and have made significant progression in their stable management and riding lessons. All three riders are now off lead-rein and working towards canter.



# Whole School News

At National Online Safety, we believe in empowering parents, carers and trusted adults with this 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 [nationalcollage.com](http://nationalcollage.com) for further guides, hints and tips for adults.

## SMARTPHONE SAFETY TIPS

### for young people

**7** You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

**NEVER SHARE YOUR PASSCODE**

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

**RESPECT PARENTAL CONTROLS**

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

**TALK TO A TRUSTED ADULT**

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

**STAY ALERT**

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

**DEVELOP HEALTHY HABITS**

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

**IGNORE UNKNOWN NUMBERS**

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

**ONLY USE AGE-APPROPRIATE APPS**

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

**REMOVE TEMPTATION**

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

**THINK ABOUT OTHERS**

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

**SWITCH OFF GEOLOCATION**

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

**Meet Our Expert**

Dr Claire Eutherford 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 sending behaviour of young people in the UK, USA and Australia.

The National College

NOS National Online Safety  
#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.01.2023



# Careers News

## Careers Events - Spring Term 2024

Year 8 and Year 9 Options Morrisby Aspirations - January 2024: These sessions took place recently during registration time, parents and pupils can use Morrisby Aspirations to support their Year 8 and, Year 9 option choices, see letters 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 continue to discuss options with your child. See Firefly for the letter home and full details along with helpful links and information. Deadline for paperwork is no later than May Half Term.

## Y12 Morrisby Profile - January 2024

Please see letter home and 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 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.

## Spring Term Careers Speaker Series

**Where: Leggett Room When: Thursday's, Enrichment 2 at 3:40pm (unless an alternative date is shown below)**

25th Jan 2024	Anna Groom - Regional Clinical Lead for CYP Diabetes Dietitian
1st Feb 2024	Robert Peace - ITFC Head of Education & Employability
9th Feb 2024 (Friday) - Enrichment 1 in LRC	Claire Cuminatto - University of East Anglia, Languages
12th Feb 2024 (Monday)	Sgt Darren Rivers - RAF
29th Feb 2024	Georgia Ayre - Corporate Banking at Handelsbanken
5th March 2024 (Tuesday) ER2	CAREERS WEEK: Alice Newton - Barrister
14th March 2024	Gemma Stannard - National Police Chiefs' Council, Head of Strategic Hub
21st March 2024	Lizzie Hinton - Occupation Health & Safety



# Careers News



## Careers Talk Dietitian-Children, Diabetes & Sports

**Thursday 25<sup>th</sup> January 2024**  
Enrichment 2 - in The Leggett Room - at 3.30-4.20pm

### Anna Groom

**This informative talk is for all senior pupils (Y7-13) interested in - Food Science : Technology : Biology : Chemistry : Sport : Psychology : RS : Ethics : PE : Caring for people : Communication : Mathematics**

**Anna** is an Ex-IHS pupil, after Sixth Form, she studied at University of Surrey gaining a BSc Hons Nutrition and Dietetics. She commenced work at the Norfolk & Norwich University Hospital as a clinical dietitian whilst completing post graduate studies in sports dietetics. Anna has specialised in paediatric nutrition and sports nutrition. She worked in local, national, and international level with both able-bodied and Paralympic sports professional. Through her extensive experience and knowledge working within Diabetes she is currently working within the NHS as a Specialist Paediatric Diabetes Practitioner and for NHS England as Regional Clinical Lead for young people aged 0-25yrs with Diabetes.

Anna is an active spokesperson for the British Dietetic Association and has been involved in media productions including series and news. Anna is passionate to share her experience of working clinically both within and outside of the NHS to support individuals meet their health and sporting potential through appropriate and evidence-based nutrition.



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

**Dietitians** translate the science of nutrition into everyday information about food and advise people on their food and nutrition choices.





# 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 AVAILBLE HERE: USE CAMERA PHONE ON QR READER**

The poster features a central photograph of three people on a stage. One person is holding a large circular trophy. In the background, a screen displays the event title and 'COUNTY FINALE 2024'. There are also 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

## Parenting Support You Can Trust

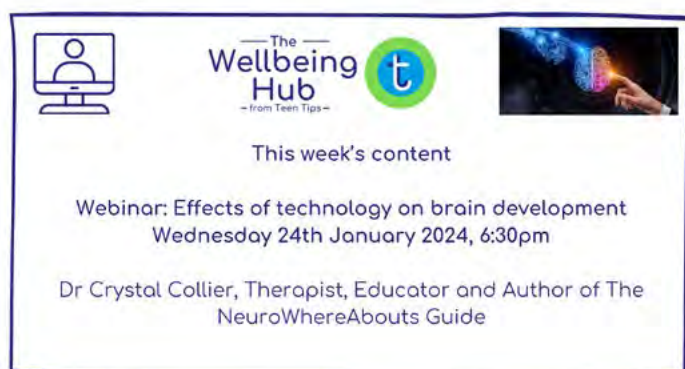
Parenting is one of the toughest jobs we ever do but it should also be one of the most fun and rewarding.

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](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)



We have resources to aid parents to support their child's wellbeing, on [our Firefly page](#).