

SKIING SUCCESS FOR MADELEINE

Madeleine skied in the Interkriterium Vratna Race in Slovakia last week. There were 42 competitors in Madeleine's U16 category. Madeleine was very pleased with her overall results.

In the Slalom she started Bib 21. After the first run she was lying in 14th place but after a very confident second run (where she beat both higher placed GB skiers) she ended up in 9th place. For the GS she skied from Bib 24 into 14th place after the first run. On the 2nd run she nearly skied out but just managed to keep it together and ended up in 18th place.



From The Head



I was delighted that so many parents were able to join us for lunch last week at our 'Come Dine with Us' events that ran Monday-Friday. This opportunity will be offered to parents every term and includes a tour of the kitchen and the facilities in the Orwell Kitchen with Wayne Avery, our Catering Manager and Kevin Smith, Head of Operations then lunch with myself and other senior staff. Do look out for next terms dates and book in to 'Come Dine with Us'! If you can't wait until then, do remember that every Tuesday morning, 8.30am-9.00am, you are very welcome to join myself and Mrs Finch for coffee, pastries and a chat in the Orwell Kitchen.



Prep School News

From Head of Prep School



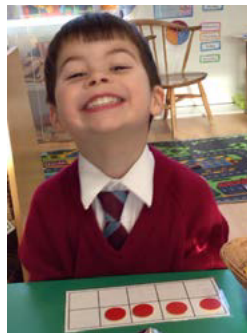
This week in Prep, Key Stage 2 were immersed in a Maths Subject Revolution workshop, 'The Dark Codes'. Subject Revolution deliver interactive, practical maths challenges set by drama and media content and the excitement, awe and wonder amongst the children was tangible in school.

Pupils experienced fantasy and adventure in practical, hands-on maths reasoning and problem solving. They worked in teams to successfully solve the problems and pass through each maths challenge zone, ensuring they went undetected by the invading Robotrons.

Thank you to Mrs Palin for organising such an outstanding, interactive experience, and thank you to the IHSA who funded this engaging and inspirational day for the children.

Maths Activities

Woolverstone Hall Nursery and Reception have been busy completing maths activities. The Nursery children have been counting candles for play dough cakes and Reception have been finding one more than a number and using resources to prove their reasoning.



Year 1 Science Lesson

Year 1 have been learning about birds in their science lesson. They have been learning the differences between birds and mammals and finding similarities and differences between species.

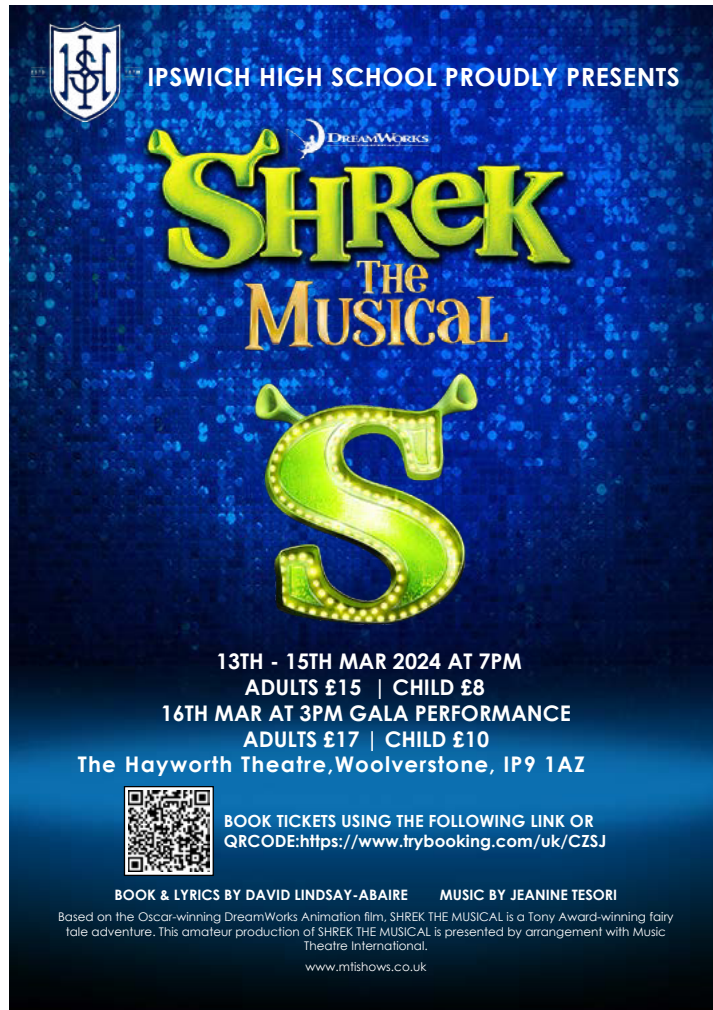


Year 3 Maths Practical

The children greatly enjoyed a practical, hands-on maths session. They used their reasoning and problem solving skills to successfully crack the code, having progressed through a variety of maths challenges. The children showed fantastic perseverance and teamwork. Great work, Year 3.



Senior School News



Advertising Opportunity

A way that you can support this year's production is to advertise your business in our programme. As well as showing your support for the production, this would be a great opportunity to promote your business to our audience.

There are two prominent advertising slots that are available which will promote your business to over 1,200 parents/guests, across four performances.

A professionally designed and printed, A5 programme will be given to audience members at each performance.

The costs are as follows:

A5 portrait inside programme – £90 plus VAT

A6 landscape inside programme – £60 plus VAT

If you are interested in advertising in this year's programme, please email Hazel Watts at h.watts@ipswichhighschool.co.uk with your requirements. We will need a full colour PDF 300 dpi with 3mm bleed by Friday 2nd February.



Senior School News

From Head of Senior School



This week many of our pupils have been thinking about their next steps in the Senior School and beyond; Year 8 and 9 are making their academic subject choices for the year ahead. Year 12 are gaining feedback through our Morrisby support programme as plans for life after IHS are well underway and Year 10 pupils are preparing for their academic review meetings with members of the Leadership Team. Our advice is to take time to consider which subjects you excel in, as well as those you enjoy, as over the coming years you want to feel Inspired, Happy and Successful with your choices.

Fantastic RPE Homework

Anna has produced some excellent RPE homework. The brief was to represent God which Anna has done with cake! The world represents creation, with a book to represent scripture and the name of God in letters, finally the cloud smiling represents God as transcendent, above or outside of the world, smiling down to show his benevolence. Excellent work Anna, very well done!



ISA National Triathlon Event

The ISA National Triathlon Event will once again be held at Ipswich High School on Wednesday 8th May. The entry system has opened this week and pupils are encouraged to enter as soon as possible through this link <https://www.isaschools.org.uk/sport/national-events/triathlon.html> Entry Code: ISAMEMBER.



Important information:

This year's entry process does not support group bookings (due to the new Race Pass requirement), and requires each student to enter individually by parents using their own British Triathlon login area. You can create an account when logging on to register. Please contact a.spaul@ipswichhighschool.co.uk if you have any questions. There are several different categories. The age groups are as follows:

Tri Star Start: 8 years old on 31st Dec. Born 2016

Tri Star 1: 9 or 10 years old on 31st Dec. Born 2014-2015

Tri Star 2: 11 or 12 years old on 31st Dec. Born 2012-2013

Tri Star 3: 13 or 14 years old on 31st Dec. Born 2010-2011

Youth: 15 or 16 years old – but will also be junior 17-18 on 31st Dec. Born between 2006-2009.



Senior School News

National Pistol Shooting Finals

Good luck to all the pupils that are travelling to Cannock to take part in the National Finals for Pistol Shooting on Tuesday 6th February. We are one of the few schools that have team entries in each age group in the competition and individual entries in both the Intermediate and Senior event. The following pupils will be shooting:

Junior Team Event: Annabel B, Jemma C, and Martha H.

Individual competitors in the Intermediate competition: Georgina S and Alexis R.

Intermediate Team Event: Annie F, Georgina S, and Alexis R.

Individual competitors in the Senior Age group : Issy C, Tilly S, and Matilda W

Senior Team Event: Issy C, Tilly S, and Matilda W.



Willow Workshop

Henrietta M, Brooke P, Isha B, Barnaby M, Oden T, and Alanna H enjoyed making their willow birdfeeders in their willow workshop enrichment. What beautiful creations!



U12 Netball

A fantastic effort from all our netball teams so far this week. Yesterday, our U12s worked incredibly hard during their respective matches against RHS.



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 apps 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 MYLOL

AGE RESTRICTION 13-19

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sinister predators" and "inappropriate activities" on the site.

WHAT ARE THE RISKS?

FLIMSAY AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

Advice for Parents & Carers

DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech website The Register, Carly is now a freelance technology journalist, editor and consultant.

[@natonlinesafety](https://twitter.com/natonlinesafety) [/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety) [@nationalonlinesafety](https://instagram.com/nationalonlinesafety) [@national_online_safety](https://tiktok.com/@national_online_safety)

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Careers News

Careers Events - Spring Term 2024

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

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.

Nichola Bennett & Sarah Markham

Last week the pupils had an insight into the world of Social Work and Adult Safeguarding. Our careers speakers Nichola Bennett and Sarah Markham provided an interesting talk on the many varying aspect of their jobs, the potential careers paths, salary, the personal attributes required to be in social work, and both the challenges and the rewards. As always, it is wonderful for the pupils to see the passion that professionals have for their careers in varying industries.



Spring Term Careers Speaker Series

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

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

ITFC Head of Education & Employability

Thursday 1st February 2024

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

Robert Peace

**This informative talk is for all senior pupils (Y7-13) interested in -
Sport : PE : Biology : Chemistry : Coaching : Education : Psychology :
RS : Ethics : Business Studies : English : Communication : Mathematics**

Robert Peace is currently Head of Education & Employability at Ipswich Town Foundation, Director of RDP Sports Consultancy, Trustee of Suffolk FA and Chair of Suffolk County Schools' FA & South East England Schools' FA.

Robert has a 2:1 degree in Management of Sport and is a qualified Tutor Assessor as well as a UEFA B licensed coach. Robert's previous experience includes working for the FA, Needham Market Academy, National Schools Training, Colchester Institute, Goals Soccer Centre and Suffolk FA.

Robert was responsible for the planning, funding and operation of the state-of-the-art third generation artificial grass pitch at Needham Market Football Club, raising over £850,000 in funding and winning the 2018 national Buildbase Club Renovation Programme with a prize of £50,000 product bursary.



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

Head of Education & Employability lead and manage flexible and well planned learning experiences and opportunities for young people to make positive choices which support their achievement and attainment and offer IAG to support future careers.



LRC 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

Overdue LRC books and resources

Final reminders have been sent for Senior books that were overdue from the Senior LRC at the end of Autumn Term. If you have received one of these reminders, you now have 30 days to return the item before this will be charged for via parent pay. We appreciate your support with keeping library fully stocked for the pupils to enjoy their love of reading.

Please have a good look in bags, lockers, and look on bookshelves and cupboards at home too.



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.

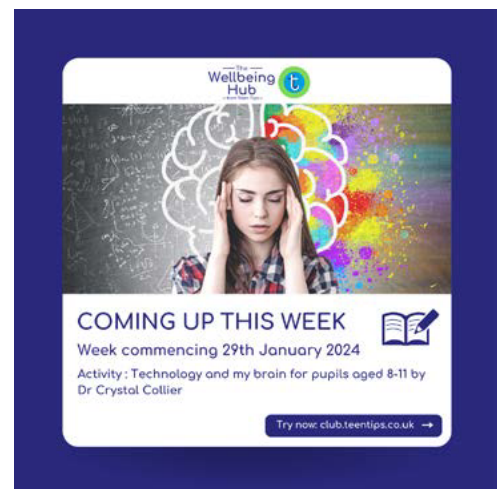
The Wellbeing Hub staff speak to parents and schools day in and day out, and know the challenges parents face, not least because, as parents themselves, they've been there and got most of the t-shirts.

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>

[Next week's content: Activity - 'Technology and my brain' for pupils aged 8-11 by Dr Crystal Collier](#) <https://club.teentips.co.uk/home/parents/>



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

