



IPSWICH
HIGH
SCHOOL
WOOLVERSTONE HALL
ESTD 1878

The SNAPSHOT

The Ipswich High School Newsletter | Friday 2nd February 2024

U16 BOYS HOCKEY MAKING HISTORY

This week the PE Department made history when they took the first ever U16 Boys Hockey Team to represent the school at the County Hockey Tournament.

The team played with intensity from start to finish. Some beautiful patterns of play were evident supplying the forwards with plenty of scoring opportunities. At the other end of the pitch, Jonathan in goal made some impressive saves. Rebounds were tidied up by Henry and his defensive team.



Adam, Harry W, and Louie in midfield demonstrated good carrying positions and speed in their attack. The team grew in strength throughout the game and the progress they made during the match was a pleasure to witness. They should be proud of themselves as they will progress through to the Regional Round.

From The Head



This week, I look back on my first year as Head at Ipswich High School. I have recorded a video, in which I talk about my reflections on all that makes IHS such a special place. Please use the link or QR code to view the video.

<https://bit.ly/3UjBtsE>



Prep School News

From Head of Prep School



This week, Prep pupils have been encouraged to celebrate all our wonderful differences, in a thought-provoking assembly delivered by Maria, a Sixth Form pupil. Maria's message was one of positivity and she encouraged pupils in the Prep School to fill a jar of 'Self Love' with positive affirmations, celebrating our unique bodies and our unique selves. In addition, the Year 6 Business Enterprise Enrichment Club welcomed A-Level Business experts Eloise and Matilda – two more of our fantastic Sixth Form pupils who shared their knowledge of 'Branding and Logos' with the Prep pupils.

At Ipswich High School, we encourage and nurture opportunities for cross-school partnership working. Prep pupils always thoroughly enjoy working alongside their Senior School counterparts and we enjoy facilitating these opportunities as a Through-School setting, sharing the same 87-acre campus.

Year 5 Body Image Talk

Year 5 enjoyed their assembly with Maria from Sixth Form, who talked about positive body image and how to feel good about ourselves.



Year 4 States of Matter

Year 4 have practised being molecules, changing states from solid, to liquid, to gas and back, with the addition and removal of heat to affect the molecules.



Year 6 Netball

The girls have been enjoying Netball this week.

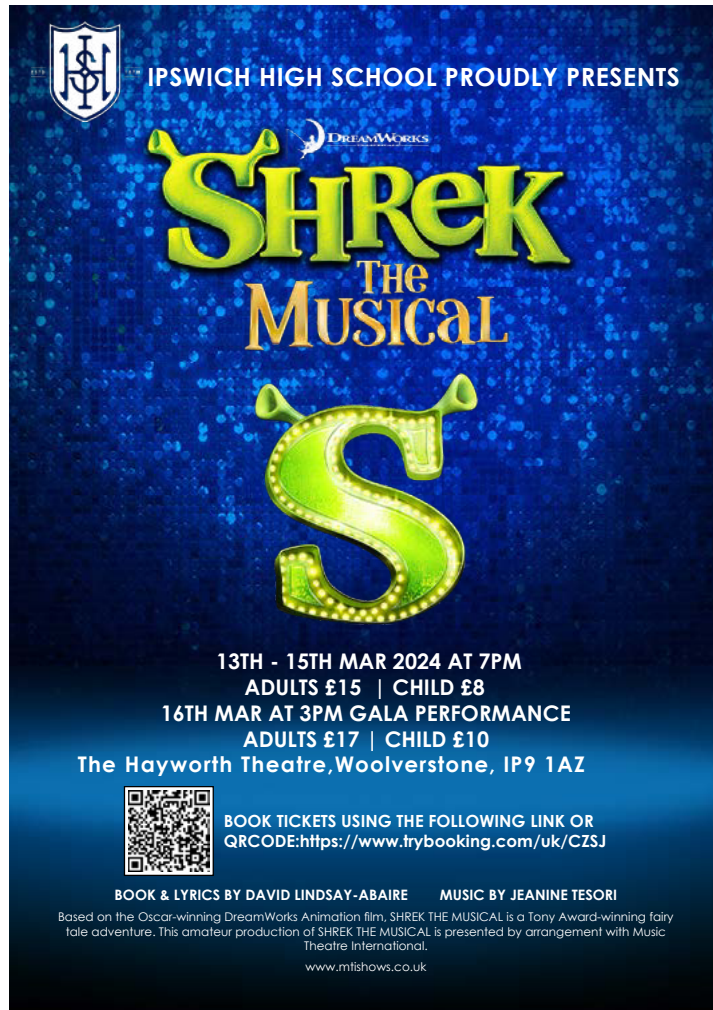


Woolverstone Hall Nursery Colour Sorting

This week in PE, Woolverstone Hall Nursery have been sorting colours, counting, and have portrayed great team work.



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 in the Senior School many of our pupils have been completing the anonymous 'My Health, Our Future' Survey. The purpose of the survey is to explore young people's perceptions about their mental health and emotional wellbeing and also their physical health. As Children's Mental Health Week begins, it is useful to reflect on the numerous ways pupils at IHS support their wellbeing. We are proud of our pupils who have volunteered and trained to be Peer Mentors to support younger pupils providing support in the Wellbeing hub in the LRC; our wonderful Enrichment offer, allowing pupils to choose their activities every day; our dedicated experienced pastoral team and our counselling service, 4YP which provides invaluable support to pupils who need it.

New Year's Resolutions.

Year 7 French and Spanish wishing trees full of New Year's Resolutions.



U15A Netball

The team finished off last weeks block of fixtures with RHS on a secure win. A huge well done to all who played.



U13 Netball Squad through to National Finals.

The U13 Netball Team played in the regional round of the ISA Netball Competition which was held at Ipswich High this week. The team had seven matches in which they had to finish in the top four to qualify through to the national finals. The girls played some lovely netball throughout the morning and grew as a team as the day went on. The squad had some very strong performances against Finborough B, St Johns and Gosfield which led to high scoring games from us, and led to a third place finish.

A huge well done to all the squad involved and to Annie for coming out to umpire the tournament.



Senior School News

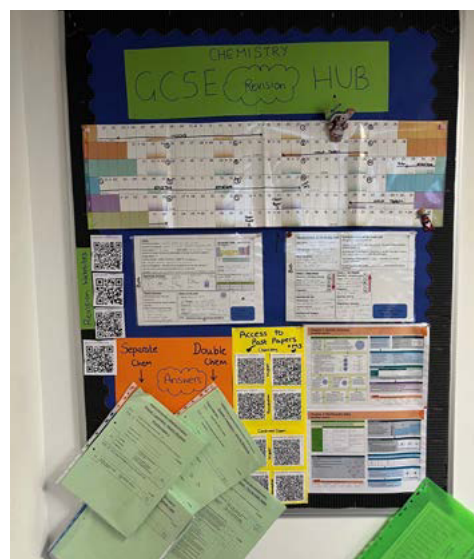
Year 7 Spanish

Year 7 have been diving into the world of clothes and colors. They covered the vocab for both, and after some pronunciation practice, things got pretty fun! The pupils had a blast creating their own outfits and describing them with the right colours. And guess what? Some could not resist trying them on! Great work everyone.



Chemistry GCSE Exam Countdown

This week we launched the Chemistry Department's GCSE countdown outside Lab 1. All pupils in Year 11 have been given their Paper 1 Booklet full of weekly exam practice, this will last them until the first week after half term. Each week sees a new chapter(s) being revised in Chemistry Enrichment (Thursday EN1), along with revision help sheets on the revision board and the appearance of the weekly mark scheme so pupils can self-access their work as the weeks go on. The Revision Hub also has useful links (via a QR codes) to some key revision websites as well as links for more past papers for their exams. Getting pupils to actively complete weekly retrieval practice, along with exam questions is a great starting point for everyone wanting to improve on their mock grade this Summer. Any questions, or anything else you'd like to see on our Revision Hub please let Mrs Smith know.



s.smith@ipswichhighschool.co.uk

Chinese New Year Assembly

On Monday our International students gathered together to give a whole school assembly about Chinese New Year. It is not easy to stand up in front of 400 people and give a presentation let alone when it is not in your first language. Huge congratulations to all the students, the assembly was superb, you should all be very proud of yourselves.



Senior School News

Celebrating Local History: Ipswich High School Hosts Annual Historical Association Competition

On January 30th, Ipswich High School buzzed with excitement as it hosted the Annual Competition organised by the Historical Association. This event, eagerly anticipated by students and history enthusiasts alike, offered a platform for pupils to research and speak about their local history. This year's competition posed a thought-provoking question: "Which historical place or person from your local area deserves greater recognition?"

The competition format challenged participants to research their chosen topic and present their findings in a speech, capped at a five-minute limit with no prompts permitted. It was a test of both knowledge and oratory skill, requiring participants to create compelling arguments within a historical narrative.

Throughout the day, the halls echoed with the passionate voices of students as they championed various figures and locals significant to Ipswich and its surrounding areas. From the pioneering activism of Dorothy Jewson and Barabra Ward to the architectural marvel of Arbury Court, each presentation showcased the depth of historical appreciation among the young contestants.

The regional heats lead to the grand finale which will be held at the prestigious Windsor Castle in March. The standard of competition was remarkably high. The overall winner was Evie who was representing Culford School. This year's competition not only fostered a deeper appreciation for local history but also empowers the next generation of historians to unearth the stories that define us.



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 Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these "microtransactions" temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

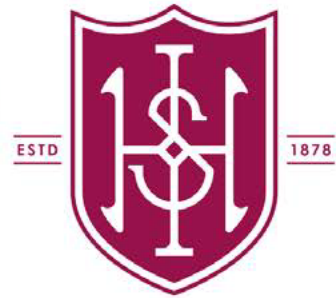
Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024



Whole School News



Ipswich High School Sport

Team of the Week

Week Beginning 15th and 22nd January 2024

1. K Odubela (U15 Netball)
2. F Cowley (U15 Netball)
3. E Cockle (U13 Netball)
4. J Glading (U12 Hockey)
5. H Parker (U12 Hockey)
6. F Alliston (U12 Hockey)
7. F Griffiths (U12 Hockey)
8. H Anderson (U15 Netball)
9. H Taylor (U13 Hockey)
10. B Villiers (U13 Hockey)
11. S Dore (U13 Hockey)
12. C Darby (U12 Netball)
13. E Groom (U14 Netball)
14. H Goodwin (U12 Rugby)
15. S Ackerman (U12 Rugby)
16. R Linney (U14 Netball)
17. C English (U16 Netball)
18. J Payne (1st VII Netball)
19. A Leedham (U13 Hockey)
20. S Ost (U13 Hockey)
21. H Leedham (U15 Football)
22. A Anley (U12 Netball)
23. M Hockley (U14 Netball)
24. I Mann (U12 Netball)
25. Y Allwright (U15 Netball)
26. A Leslie (U15 Netball)



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.



National Apprenticeship Week

Week commencing the 5th February 2024: Look out for our informative social media posts.

National Careers Week

Week commencing the 4th March 2024: We will celebrate Careers Week within lessons and around the whole school from Nursery to Year 13.



Careers News

Careers Speaker Series

The 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 we 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.

Anna Groom - Redistered Dietitian

Last week former pupil Anna Groom came to speak about her career as a registered dietitian and all the many various areas where you can specialise and the difference between a registered dietitian and a nutritionist. Anna spoke about her career as a Sport Dietitian, being a Regional Clinical Lead and how she has also chosen to specialise in Paediatric Diabetes. Anna really displayed to the pupils her passion about being a dietitian and how that has progressed to her becoming the PR spokesman for the British Dietitian Association which has led to roles within the press and media.



Spring Term Careers Speaker Series

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

8th 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



UEA University of
East Anglia
NORWICH UNITED KINGDOM

Careers Talk Professor of Languages

Thursday 8th February 2024
Enrichment 2 - in The Leggett Room - at 3.30-4.20pm

Claire Cuminatto

This informative talk is for all senior pupils (Y7-13) interested in -
Languages: French : Spanish : Geography : Travel & Tourism :
Working with People : Aviation : Maths : Communication : English

Claire started her career in France, as a qualified Modern Foreign Language teacher, and taught in schools in the region of Lyon. Having taught English before teaching French enhanced her sensitivity of how the two languages cut out reality differently, and where similarities and differences can hinder or facilitate acquisition in the case the English learners.

She started teaching at UEA in 2011, first as an Associate Tutor, then as a permanent lecturer from 2012. The modules she teaches focus on French Language Acquisition, from subsidiary to advanced level.

Claire is now Associate Professor of French Language at UEA and Associate Dean for Employability in the Faculty of Arts and Humanities.

Claire will share with us her love for languages and the many careers that require or benefit from a qualification in languages.



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

A language professor is a college or university employed language teacher but who has done and is expected to do continued scholarship in or about the language, its literature, and perhaps and / or methods of teaching it.



LRC News

BookMaster Mind

We have had a fantastic sign-up for Year 7, 8, and 9 pupils to take part in Bookmaster Mind. The in-school heats will be held next week in the LRC during Enrichment 1 and will run throughout the week. Form Tutors will let pupils know their heat times, a Firefly link has also been sent to pupils who are taking part so they can check their time on the schedule from.

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**





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/>




This week's content - 5th February 


Blog: Authoritative and authoritarian parenting
by Julia Philpott, Parenting Coach

Live Q&A: With Tessa Morton Act for Autism,
Wednesday 7th February at 1pm 

The Wellbeing Hub 



The Wellbeing Hub 



COMING UP THIS WEEK 

Week commencing 5th February
Blog: Authoritative and authoritarian parenting by Julia
Philpott, Parenting Coach

[Try now club.teentips.co.uk](https://club.teentips.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

