

CROSS COUNTRY SUPERSTARS

Amelie Year 12 and Annabel Year 7 competed at the Anglian Cross Country Races.

After getting through two very tough courses at RHS and Woodbridge, they were both selected to represent the team at Anglian Rounds. Amelie finished as the first Suffolk girl for her group and Annabel finished 49th in her first ever race for Suffolk. This was a huge achievement for both the girls. Well done



From The Head



I am delighted to share the news that Ipswich High School has been ranked second from top (only a couple of points behind the top performing school in the county) in the government A Level league table ([link below](#)). This is a fantastic achievement, and I am so proud of the Y13 pupils last year and grateful for the support that our staff gave them. Whilst measures such as league tables are important, the wider focus on holistic education is at the heart of our ethos and it is a joy each week to see our pupils engaged in their Enrichments, more than 600 of which take place every year.

Click [here](#) for link.



Prep School News

From Head of Prep School



This week, pupils across the Prep School have been considering how to keep themselves safe online – marking National Safer Internet Day on Tuesday 6th February. Members of the pupil 'Safeguarding and Wellbeing' Team delivered a thought-provoking assembly on Monday morning and special lessons and activities have taken place in all classes throughout the week. Pupils feel confident they know how to keep themselves safe and how to report anything that worries them online.

Year 1 Phonics

The children have been successful with their super sentence writing, spellings and letter formation in their phonics lessons.



Year 3 Printing

Using items they gathered from the forest, they have created a textured collage. They used a roller and printing ink to make prints of the collage on different coloured paper.



Orienteering with Year 3

Year 2 had great fun orienteering this afternoon. They all demonstrated teamwork skills and perseverance.

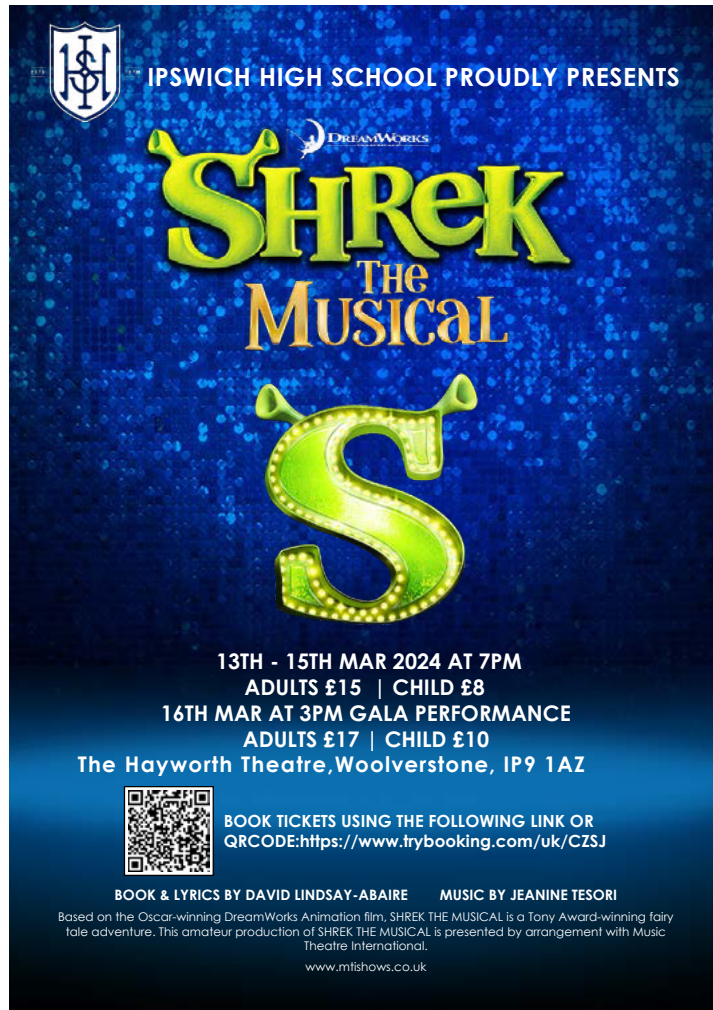


Prep School Swimming Gala

The children had lots of fun at the Swimming Gala this week. They all did a brilliant job for their houses. Keep a look out in next weeks Snapshot for the full report and results.



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

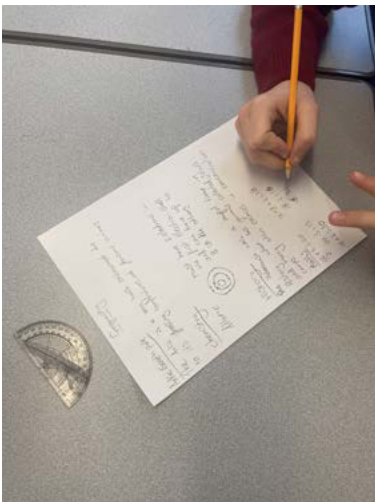


From Head of Senior School

There were some outstanding performances in the swimming pool this week, with the Prep and Senior Silver House Swimming competitions. Our pupils demonstrated great resilience and fantastic support for each other. Well done everyone!

Revision Tasks for Year 9 & 10 U12A Netball

Year 9 & 10 have been developing their active revision tasks in form time to prepare them for future exams. This week they completed a "five lists in five minutes" task demonstrated in the pictures below by 9WR. Pupils have to think of five topics within a subject and they have one minute on each task to write down as many keywords associated with this topic. Next week they will be developing these lists by writing out the definitions for each word or writing a sentence involving the keyword.

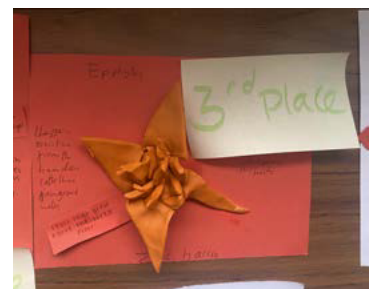
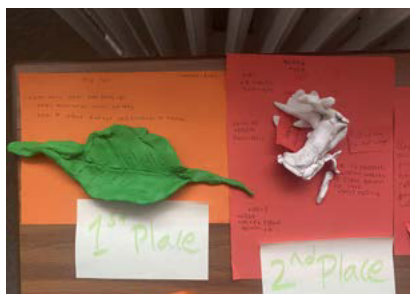


The U12A Netball Team went to their local tournament this week and successfully beat six schools and finished in first place in their tournament. Well done to all the girls for working hard to achieve this.



Year 10 Geography GCSE

As part of their AQA Geography GCSE course, Year 10 have been studying plant and animal adaptations in the tropical rainforest, creating models to show how these work. There were some excellent creations, which are currently displayed in S4. Well done to the winners.



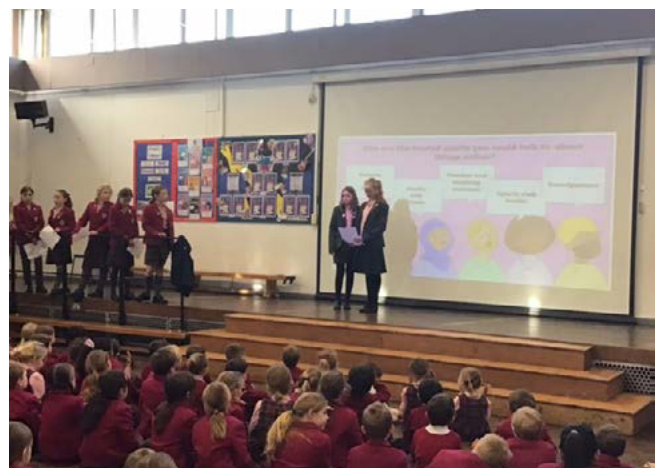
Whole School News

Safer Internet Day

On the 6th February The Children's Safeguarding Team (pupils from both Prep and Senior) led a Whole School Assembly at the Senior School and the Prep School in relation to Safer Internet Day which had a focus of: Inspiring change, making a difference, managing influence, and navigating change online.

Their aim was to remind pupils in the Senior School how to use the internet responsibly. In a recent survey, Senior School pupils identified that they had learnt about internet safety in their PSHE, Computing Lessons, Votes for Schools and in assemblies but they said they wanted to learn more about 'Fake Profiling' so a video was shared and they were directed to some useful websites.

The Children's Safeguarding Team asked the Prep pupils what sort of games they play online and then reminded them who their trusted adults were both in and out of school if they have any concerns. Prep School Pupils will be completing a range of activities in their classes this week related to the theme of Safer Internet Day.

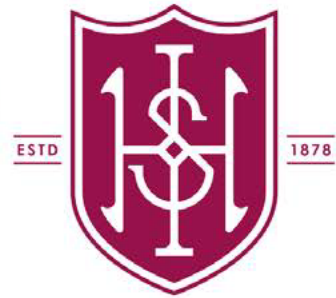


Prep Librarians and Sixth Form Ambassador

This week our Prep Librarians along with our Sixth Form Ambassador were putting away some new books the school have purchased for the Prep Library.



Whole School News



Ipswich High School Sport

Team of the Week

Week Beginning 29th January 2024

1. L Clover (U13 Netball)
2. S Douglas (U12 Netball)
3. W Peak (U13 Hockey)
4. M Palmer (U12 Hockey)
5. M E Elahi (U13 Rugby 7s)
6. P Darton (U13 Netball)
7. E Logan (1st VII Netball)
8. I Parr (U16 Netball)
9. S Cook (U14 Hockey)
10. M Zhou (U14 Hockey)
11. H Taylor (U13 Hockey)
12. JJ Etherington (U16 Hockey)
13. N Wheelhouse (U11 Hockey)
14. S Johnson (U11 Hockey)



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 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 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.

Spring Term Careers Speaker Series

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

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



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
IPSWICH, 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

