



IPSWICH
HIGH
SCHOOL
WOOLVERSTONE HALL
ESTD 1878

The SNAPSHOT

The Ipswich High School Newsletter | Friday 16th February 2024

PREP ENJOY GETECH STEM SESSION

Year 1 had a very enjoyable STEM session at Getech this week, where they were introduced to coding using Lego.

They worked collaboratively in partners to follow the step-by-step instructions to create a Lego snowmobile. Once they had created their Lego snowmobile, they linked it to the laptops and used the different commands to create an algorithm to move the snowmobile. It was fantastic to see the children working collaboratively and developing their problem solving skills!



From The Head



We are blessed to be based at Woolverstone Hall with all the glory of the Woolverstone estate. As I drive along Nelson's Avenue each morning I am reminded how lucky we are. Please do note the comments in this edition of Snapshot from Mr Smith, Head of Operations about a number of important rules for visitors to follow in order to keep our pupils safe and maintain the tranquillity of our beautiful environment.

I wish you all a happy and enjoyable half term and I look forward to all that the next half term will bring.



Prep School News

From Head of Prep School



This week, pupils from Nursery to Year 6 experienced Science, Engineering, Art, Maths, PSHE, Perseverance and Resilience, Concentration and Creativity in abundance when they took part in a Kapla Stem Construction Workshop. The construction workshop was a unique, 3D hands on learning activity where every single child in the Prep School got to enjoy the awe and wonder of seeing their creations evolve before their eyes.

Working under the guidance of a KAPLA expert, every pupil succeeded in contributing to our own unique Prep School exhibition, which showcased each child's artistic contribution to a monumental final masterpiece. This experience was generously funded by the IHSA. Thank you for continuing to support IHSA events and enabling these incredible learning opportunities for the children.

Year 3 Getech

On Wednesday 14th February, Year 3 took a minibus to the Getech building in Ipswich, where we were met by some representatives of Lego Education. We had a great morning. First, we were asked to sit in lines and were given packets of Lego Bricks. We had to try to build a duck in 30 seconds. We enjoyed this challenge. Then, we sat in pairs on a table, with a computer on and a box of Lego. Together, we had to follow instructions on the computer to build Leo's campsite out of Lego including an animal alarm. This was activated when a blue creature went in front of the sensor. After that, we were creative and added different colours and different sounds when different coloured animals went in front of the sensor. We loved our morning and hope to do something like this again.

Swimming Gala vs Ipswich Prep

The U10 Team had an amazing night with all swimmers achieving a personal best in their individual strokes which does not happen very often! There were some very exciting finishes from Stanley and Frankie to name a few. Connie, Emelia and Rasmus dominated their fly races and it was lovely to see Seb, Elspeth and Mathea representing the school for the first time.

Lowest Points Wins - IHS 78 Ipswich 106



Prep School News

U11 Boys Hockey

The U11 Boys Hockey Team left school very excited to travel to Lee Valley Hockey Centre in Stratford. The team being led by Stanley Year 6 and Noah Year 5 worked tirelessly on the pitch, trying to implement tactics into the game. The team came together towards the end of the pool stages, when Noah gave a lovely line ball down the right down to William who drove the base line almost creating a goal scoring opportunity. The exact game plan as Mr Wright had drawn on his whiteboard. They continued to supply pressure to the opponents and it finally paid off after a very good team press by Blake, Oli, and Rasmus, Stanley took his chance and smashed the ball into the backboard, winning our first game.

After finishing 3rd in our pool, we went into the Bowl Competition. Rufus made some incredible saves in goal and a defensive masterclass from William and Albert, kept the last game at 0-0, leading to shuffles. The brave individuals soaked up all the pressure and did the school proud. At the end of the tournament, Mr Wright and Mrs Wheelhouse were extremely proud of what the boys achieved. They grew every game and worked tirelessly for each other. The umpires at the end of the tournament, singled out our two captains, Stanley and Noah, commenting that 'they are a credit to the school'. Well done boys!



Senior School News

From Head of Senior School



This week we enjoyed a delightful Piano recital in the Leggett room, featuring nearly 30 pupils from the Prep and Senior School. Performances ranged from the very first piano pieces to be mastered, to impressive works by our Year 13 pupils who showcased works by impressive Debussy, Brahms, and Rachmaninov. It was a truly inspiring evening to see some Prep pupils very first public performances alongside experienced Senior pupils, who demonstrated so impressively, how hard work and dedication can produce high-quality memorable performances.

IPSWICH HIGH SCHOOL PROUDLY PRESENTS

DREAMWORKS

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

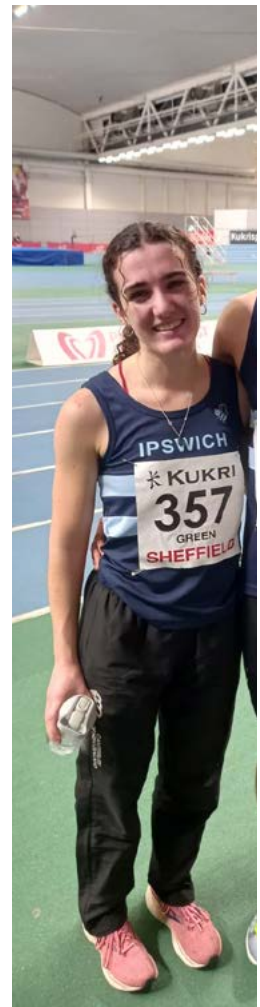
BOOK TICKETS USING THE FOLLOWING LINK OR
QR CODE: <https://www.trybooking.com/uk/CZSJ>

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

Indoor Athletics success for the talented Ines

Ines, our Year 13 Sports and Athletics captain recently competed at the Indoor National Finals, held in Sheffield. She ran the 400m and achieved two new PB's of 57.84. She represented Suffolk and made it through her heats and into the final in which she finished an astonishing 5th! A huge well done to Ines! Now for the outdoor season to commence!



Senior School News

Netball Round Up

Congratulations to everyone who has represented the school this term in Netball. We have had some fantastic results and team performances. All 12 Senior Teams have been in action, in a variety of tournaments and individual fixtures. We have also hosted the U13 East Regional ISA which was a great success. The players have competed against RHS, Woodbridge, St Joesph's College, New Hall, Finborough, Northgate, Farlingaye, East Bergholt, Kesgrave, and Colchester Grammer School VI Form, to name a few. Well done to all those players who have represented the county and their local clubs this term and to those who have joined clubs. We are looking forward to another packed Half Term of fixtures and ISA National Tournaments.



DofE News

Bronze Practice

11th - 12th May

Bronze Assessment

17th - 18th June

Silver Practice

26th - 28th May

Silver Assessment

7th - 10th June

Gold Practice

8th - 11th April

Gold Assessment

22nd - 26th June

Year 9 Geography

Year 9 pupils have been studying the formation of caves, arches, stacks and stump in geography. They made 3D models of the erosional landforms to help consolidate the stages in the formation.



Senior School News

British Shooting Schools Pistol National Finals

The highlight of the Schools Pistol Shooting calendar concluded on Tuesday 6th February with the National Finals at Chase Leisure Centre, Cannock, Staffordshire. With over 65 schools competing, 30 individuals and 9 teams in each section, IHS competed against the best of the UK's school pupils.

The Junior team embarked on their first ever shooting finals, coping with electronic targets, being announced over a loud speaker as they approached their firing point, all in all, a very daunting experience. Martha, Jemma and Annabel were placed a very commendable 7th place.

The Intermediate section saw Alexis qualify for the knockout final with a very competitive score of 169, just 6 points behind the leader. Alexis kept calm in the final and came a very admirable 5th place. Georgina placed 17th. The Team including Annie just missed out on a bronze medal by 2 points, scoring 458, just 16 points behind the winners.

Issy, Tilda and Tilly completed the Senior team, Issy placed 12th, Tilda 16th and Tilly 22nd, The team were equal 3rd on points, and won the bronze medal on count back of 10's hit (bullseye's), IHS shooting 5 and the 4th placed team hit just 4.

A big Thank you for all the parental support involved in transporting and supporting the competitors. The pupils have spent many Monday and Thursday evening preparing for this event and well done on all the individual and team success. A big Thank you to Mrs Steel who organises all the training and competitions at Ipswich High School and to Sean for all his coaching at Felixstowe Gun Club.



Bon Appétit

The Year 8 French had a picnic and a quiz to finish off their unit on food.



Textiles Enrichment

images of the block prints that KS3 students have created in Enrichment 2 Textiles sessions.



Senior School News

Years 11 and 13 Art and DT Trip to the Hayward and National Portrait Gallery, London

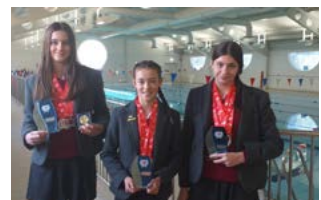
Year 11 and Year 13 went on a trip to the Hayward Gallery at the Southbank Centre in London, to see the exhibition 'When Forms Come Alive'. Seeing sculptural works from twenty-one different international artists inspired by sources ranging from a dancer's gesture to the breaking of a wave, from a flow of molten metal to the interlacing of a spider's web. The artworks in 'When Forms Come Alive' conjure fluid and shifting realms of experience. We then walked to the National Portrait Gallery before returning home.

The trip formed a valuable part of the pupils Art and DT curriculum learning, supporting their studio work with seeing works of Art in a gallery context. They had the opportunity to photograph and draw from a wide range of art and artefacts, developing their recording skills as well as supporting their understanding of Assessment Objective 01. Most importantly, the trip will help pupils as they embark on their externally set assignment (the exam unit).



Celebrating the Counties

Several swimmers have taken part in the Suffolk Counties Swimming Event over the past few weekends. 25 individual medals were awarded as well as several in the relays to our swimmers which is amazing achievement. Sophie finished third, Lily, and Clemmie were both second in the overall rankings. Clemmie was also overall County Champion for the 100m and 200m Breast Stroke, the 100m, 200m, and 400m and also the 200m Backcrawl and is going to the Olympic trails over Easter break! Well done to all the swimmers who took part in this major event.



Whole School News

School Announcement from our Head of Operations

Attention, all students, staff, and visitors. I want to remind you that our school site is a smoke/vape-free zone and is strictly prohibited anywhere on the premises. This is in place to ensure a healthy environment for everyone and promote the wellbeing of all individuals on site.

In addition to our smoke and vape-free policy, I would like to emphasise the importance of adhering to the 10mph speed limit. The speed limit is designed to protect the safety of all individuals.

Furthermore, I would like to remind all visitors that it is mandatory to report to Reception using only the main entrances for both the Prep and Senior School. This measure helps us maintain security and ensures that all visitors are appropriately accounted for whilst on the grounds. At drop-off and pick-up times, I kindly ask that you refrain from walking around the school grounds. This again is in line with our Safeguarding Policies and is intended to ensure the safety and security of all pupils.

Thank you for your understanding and cooperation with these guidelines, and let's work together to create a safe and secure school community for all.

Mr K Smith, Head of Operations

PLEASE NAME SCHOOL CLOTHING

Please ensure that all clothing that is brought to school is fully named (including coats and trainers). Some pupils are missing items, and we are keen to reunite all clothing to the correct owners.

Please take the time over the break to check all school items are named and if you locate any items that are not your child's, return them to the Senior School or Prep School Reception on the first day back .



Whole School News

Whole School House Swimming Gala

A wonderful House Swimming Event was held last week across all school year groups. In the Prep School competitions, Woodland Nursey and Pre-Prep, Years 1 and 2 took part in a variety of games which saw a lot of laughter and fun in the pool and highlighted the superb progress our youngest students are making in the pool. Pupils in Years 3-8 took part in a more formal gala within their year groups with individual races and team relays. The Senior pupils from Year 9 and above took part in a competitive event where each student chose which events to enter on behalf of their house and the winners were decided on times swum. In addition to the competitive galas in Year 7 -13 students had the options to take part in a timed swim where pupils had a fixed amount of time to swim as many lengths as they could at their own pace.

The gala was very well attended and supported by Sixth Form students who supported the youngest students in our school by getting in the water with them and supported the older students by lifeguarding, time keeping, and team management. Huge thanks to Mrs Catchpole and Mrs Pugh for their part in organising the event and to our large band of the volunteers both without whom the event could not run.

The winners of each event were as follows:

Nursery and Reception: Aqua, Year 1 and 2: Aqua, Year 3 and 4: Terra, Year 5 and 6: Terra, Year 7: Terra, Year 8: Ignis, Year 9-13: Ignis, Overall Prep School Winners: Terra, Overall Senior School Winners: Ignis , Whole School Winners: Terra



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 ONLINE DATING & RELATIONSHIPS

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they *actually* end up using it for.

WHAT ARE THE RISKS?

ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

WEBCAM BLACKMAIL

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has then declined to match with them. This form of rejection can feel extremely hurtful and degrading.

CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

Advice for Parents & Carers

KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

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.

[@natonlinesafety](https://twitter.com/natonlinesafety)
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[@national_online_safety](https://www.tiktok.com/@national_online_safety)

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IHSA News

IPSWICH HIGH SCHOOL ASSOCIATION PRESENTS

BINGO AFTERNOON

SATURDAY 23RD MARCH | 4PM

This year's event promises to be even more fun than last year!
Please simply complete the BACS transfer to book at £12pp.
Email: ihsa@ipswichhighschool.co.uk with any queries or any dietary requirements.

BACS transfers:
REF: Bingo 2024
SORT CODE: 40-25-31
ACCOUNT NUMBER: 31711555



Boarding News

Busy in Boarding

Boarding has had the busiest time, as always. Staff have enjoyed doing activities with the boarders from Lacrosse to Pilates, baking and cooking. Morgen has made team of the week and Man of the Match, and Max has had success with his shooting, his targets proudly on display in House. We have celebrated Chinese New Year with a meal out, gone bowling, ate lots of birthday cakes and had down time making crafts in House. We now look forward to a restful Half Term break.



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.

Last week – Claire Cuminatto - Associate Professor of French Language at UEA

Last week we had a talk from Claire Cuminatto from the University of East Anglia who spoke to students about studying languages at University and the link between taking Modern Foreign Languages and employability. Claire also discussed the various careers that can open up after studying a Modern Foreign Language and where that can take you. Claire got the students to perform a task in English to simulate what it would be like to be an interpreter, more tricky than you might think even in English but made for an interesting and amusing exercise for the pupils.

This week - Sgt Darren Rivers – RAF

This week we had a visit from Sgt Rivers from the RAF. Sgt Rivers impressed on our students the many benefits of joining the RAF such as medical and dental care, sporting opportunities to be funded to play sport, travel, through to pay and pension. Most importantly, Sgt Rivers spoke of the funding available to support students taking a degree to join the RAF after University and enabling students to potentially leave university debt free or going via the RAF Apprenticeship route and being paid while also learning. Sgt Rivers spoke about the many job roles in the RAF from Medical Services, Legal, Cyberspace to Engineering to name only a few areas, the opportunities are wide and varying.



LRC News



Handelsbanken

Careers Talk Corporate Banking Manager

Thursday 29th February 2024

Enrichment 2 - in The LRC - at 3.30-4.20pm

Georgia Ayre

This informative talk is for all senior pupils (Y7-13) interested in -
Mathematics : Economics : Finance : Business Studies : Banking
: Working with People : Statistics : IT : Communication : English

Georgia joined IHS in Prep School and studied A Levels in Economics, Maths and English Literature. Georgia left IHS to study Economics at UEA; undertaking internships in her summer holidays at Deutsche Bank and accountancy firm Scrutton Bland. In her 3rd year of study she also worked part-time at Handelsbanken in Norwich as an Account Manager Support, she took up this role full-time once she had completed her degree.

Whilst working at Handelsbanken, Georgia has continued to study and completed her banking qualifications to enable her to be promoted to Private Banking Manager in Norwich, and more recently to become Corporate Banking Manager in London.

Georgia will share with us her passion for banking and the many job opportunities available within this sector.



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

Corporate Banking Managers provide financial services like cash management, payment processing, credit products, and hedging strategies to small or large businesses.



LRC News

NATIONAL APPRENTICESHIP WEEK

APPRENTICESHIPS LINKED TO TECHNOLOGY

- ARCHITECT
 - BLACKSMITH
 - BOATBUILDER
 - CARPENTRY & JOINERY
 - CONSTRUCTION QUANTITY SURVEYOR
 - FASHION STUDIO ASSISTANT
 - LIGHTNING PROTECTION OPERATIVE
 - ROBOTICS ENGINEER
 - SPACE ENGINEERING TECHNICIAN
 - STONEMASON
- AND MANY MORE!



NATIONAL APPRENTICESHIP WEEK

Interested in apprenticeships, but not sure what to do next? Take a look at our 'What Now?' guide...
www.amazingapprenticeships.com



Amazing
Apprenticeships



LRC News

Book Mastermind

Our in school heats were completed this week and we have Lucy C going through to the Regional Finals. Congratulations Lucy and well done to all the contestants that took part. You all displayed a marvellous knowledge of your favourite books. House points have been awarded to all those that took part.



World Book Day

Dress up as a book character for World Book Day which is on Thursday 7th March. We will be celebrating our love of reading with multiple events throughout the Prep and Senior School. Please see letter home for full details. On World Book Day we will be inviting the whole school to dress up as a book character. Here is a quick summary of the main events:

Half Term through to World Book Day – Extreme Reading Challenge – open to Prep and Senior School.

Friday 1st March – Book Fair for whole school

W/C 4th March – Pupils will take part in virtual author events throughout world book day week.

Thursday 7th March – World Book Day – Dress up as a book character for the whole school, final judging will be done by Mr Browning and Mrs Finch with house points going to the winners of each Key Stage.

Tuesday 12th March - Author talk from Annalise Avery open to senior school.

Tuesday 12th March & Wednesday 13th March – Author workshops with Annalise Avery for Years 5, 7, 8, and 9.

Extreme Reading Challenge

This year for World Book Week we will be setting our pupils a challenge. Being in an unusual place or position can make reading more exciting, so this half term through until World Book Day, we would like pupils to have a photo taken of them in the most unusual place where they can read a book. Remember, we want this to be FUN but also SAFE.



Overdue LRC Books and Resources

Please have a good look in bags, lockers, and look on bookshelves and cupboards at home during half term. Parents who received reminders for missing items have until 14th March to help their child locate missing items before they will be charged for via parent pay. We really appreciate all your support with keeping library fully stocked for the pupils to enjoy their love of reading.



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,
parent or home concerns?

Do you need someone to talk to?

...talk to one of our Peer Mentors!



If you would like a Peer Mentor to meet with you and support you,
complete a request slip and post it in a box
in either the LRC or the Orwell Kitchen.

Alternatively email wellbeing@ipswichhigh.school or
get a referral from a Tutor.

For further details please contact:

Mrs Offord - Safeguarding Manager & Head of Careers
wellbeing@ipswichhigh.school • 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>

WEBINAR

The Wellbeing Hub
—from Teen Tips—

This week's content
Wednesday 21st February 2024, 6:30pm

Webinar: How to parent together when your
parenting styles differ
with Dr Maryhan Baker, Psychologist and Parenting Expert

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



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