



IPSWICH  
HIGH  
SCHOOL  
WOOLVERSTONE HALL  
ESTD 1878

# The SNAPSHOT

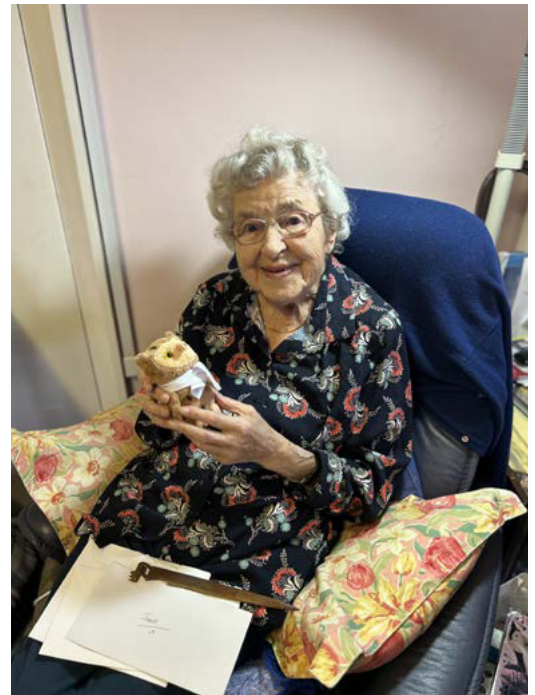
The Ipswich High School Newsletter | Friday 1st March 2024

## OLD GIRL, JOAN KERSEY TURNS 109

**Joan Kersey, our oldest Old Girl, celebrated her 109th birthday on Wednesday. She had a happy day enjoying a ride in a Tesla and eating McDonald's for the first time.**

Joan had a visit from the EADT, received many phone calls, flowers, and cards, including one from HRH King Charles. 'Joan Kersey is an inspiration to people everywhere as she marks yet another landmark birthday and continues to live in the house in Tattingstone where she has lived for nearly all of her life. Miss Kersey credits her long and happy life with fresh food, and having surrounded herself with kind, loyal friends'. Joan commented, "I don't feel old".

Joan, from all of us at Ipswich High School, we wish you the happiest of birthdays.



### From The Head



It is always a joy to show visitors around our wonderful school. We hosted a visit from Ian Davis who had led the school for a term as Interim Head before I took over. He was delighted to meet staff and pupils and see the continuing improvements made as part of our school development journey. Nigel Cushion, the CEO of Nelson's Spirit, a leadership and social mobility charity visited this week and I look forward to working with him and his organisation which will help support leadership growth of our Sixth Form pupils in the future. Finally, I would like to wish our oldest alumni, Joan Kersey a very happy 109th birthday. She was visited by school staff on her birthday this week and was presented with one of our new IHS owl mascots (soon to be named by vote in the Prep School).



# Prep School News

## From Head of Prep School



After the Half Term break, it was wonderful to welcome lots of new pupils and their families to our community. The first week of the Spring Term has been packed with sporting opportunities, with fixtures taking place for pupils in Years 3 – 6, a County Hockey Tournament for the boys, and an ISA Netball Tournament for the girls.

Our Year 3 pupils are studying the rainforest and the effects of deforestation, and they have visited a new, growing, and local business that concentrates solely on producing recycled packaging to help reduce waste. The pupils have come back to school full of new knowledge and ideas, and they are very excited about the opportunities they have to contribute to the sustainability of the world around them. The pupils have arrived back in school having designed and made their own recycled bottles and we almost certainly have some budding business leaders and entrepreneurs of the future amongst them.

### Netball Practice

Year 5 and 6 have been practicing their defending skills in netball this week.



### Stem Construction

From giraffes to building Bridges and Cities, the Prep children had a brilliant time in the Stem Construction workshop hosted by Mrs Norie from Kapla Clubs.



### Year 1 Forest School

Year 1 pupils had an amazing time at Forest School this week, exploring and learning about the woodland around them. A safe yet dynamic environment, it is a perfect blend of education and adventure!



# Prep School News

## ISA Cross Country Success - Friday 16th February

Due to the recent heavy rainfall, mud, mud, and more mud described the conditions at Littlegarth Prep School just before Half Term. The event had already been cancelled by Finborough School, due to the weather and Littlegarth very kindly offered to host the event so that it could take place. With over 600 competitors running the same course, the terrain consisted of a combination of mud, tight turns and sneaky hills. But the sun was shining, and with lots of encouragement and support from parents and Mrs Harrison all the pupils persevered and every pupil finished. Congratulations to Rasmus (Year 4) who has made the National Finals at Worksop College this Saturday. This is the second time Rasmus has made it to the National Finals in an ISA Event as he competed in the swimming finals back in December.



# Prep School News



Price  
**£25**  
per day



## HOCKEY CAMP

### About This Camp

Our new format hockey camp for the younger players. Suitable for complete beginners and improving players. Helping to develop skills & game play in a fun environment.

**11-12 April 2024**

**For ages 6-9**

(School Yrs 2 - 4)

10 AM - 12.30 PM

**£25 per day or £45 for both days**



**Ipswich Hockey Club**

Tuddenham Road, Ipswich IP4 3QJ



**Register here**

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



**More Information** [info@goforsport.co.uk](mailto:info@goforsport.co.uk)

**Follow us** @G4Sport



# Senior School News

## From Head of Senior School



We have had an action-packed week in the Senior School; highlights have included our Sixth Form mathematicians participating in a Virtual Maths Fest, Year 10 – 13 pupils presenting at the Model Arctic Council in Norwich and our Year 12 EPQ students gaining expert guidance at the University of Suffolk. Looking forward to next week, we have an inspiring Careers week planned to mark National Careers week. Finally, I would encourage you to log on to our Wellbeing hub platform <https://club.teentips.co.uk/home/parents/> to explore some of the incredibly useful webinars and podcasts.

## Suffolk Festival of Performing Arts

On Sunday 25th March, the Dance Department attended the Suffolk Festival of Performing Arts, competing in the Contemporary Trios and Quartets Under 21 section. Being an All England qualifying year, there are competitors not only from this county, but all across the region in attendance, and the competition is of a very high standard. Our trio performed a piece based on the Mondrian painting Boogie Woogie Broadway. Its eclectic feel and mix of complex rhythmic and spatial patterns that complemented the Mondrian-eque pattern of their costumes along with the quirky movement material really caught the adjudicators eye and they were awarded 1st place in their section. Thanks go to Bessie in Year 8 who stepped in to replace an injured dancer and learnt the routine very quickly over Half Term.

One of our Year 10 students who competed with their dance school JASD was also there on Sunday. Congratulations to Rae who was awarded a 3rd place in the age 13 and 14 Contemporary Solos section. We are competing again this weekend, so wish all of our dancers the best of luck and hopefully some more good news to share.




## Maths Challenge

Some of the best mathematics speakers in the country have gathered to celebrate with interactive and inspiring talks about a range of applications in A Level mathematics and beyond.




# 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)



# Whole School News

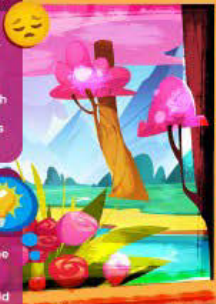
At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

### 1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.



### 2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.



### 3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.



### 4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.



### 5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.



### 6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.



### 7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.



### 8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened, when, where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.



### 9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.



### 10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.



### Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



Source: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/786940/survey\\_of\\_pupils\\_and\\_their\\_parents\\_or\\_carers\\_wave\\_3.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/786940/survey_of_pupils_and_their_parents_or_carers_wave_3.pdf)  
<https://www.oecd.org/education/iaea/fair2019results.htm> | [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/6281070/health\\_behaviour\\_in\\_school\\_age\\_children\\_cyberbullying.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/6281070/health_behaviour_in_school_age_children_cyberbullying.pdf)

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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](mailto:ihsa@ipswichhighschool.co.uk) with any queries or any dietary requirements.

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





# Careers News

## Careers Speaker Series - Spring Term

Our talks will continue to be held most weeks in the Spring term.

## Year 10 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 - w/c 4th March 2024

We commence the week with Careers Assemblies in Senior and Prep School on Monday 4th March.

On Tuesday 5th March, in Senior School, each lesson will have a Careers based starter and in Prep School one lesson (or registration time) will have a Careers based starter to it. We have an inspirational Careers talk from Alumni, Alice Newton who is a Barrister, working within the Trinity Chambers, this takes place within Enrichment 2, in The Leggett Room and is open to all Senior and Sixth Form students.

On Wednesday 6th March, Generation Next will be Careers focussed for all Year 12 and 13 students during Enrichment 1.

In school during the week there will be a quiz – we will all have the chance to guess some of the most unusual jobs that staff have done!

## Careers Speaker Series

Tuesday 5th March – Alice Newton, Barrister, Trinity Chambers



## Careers Talk Barrister, Trinity Chambers

Tuesday 5<sup>th</sup> March 2024  
Enrichment 2 - in The Leggett Room- at 3.30-4.20pm

### Alice Newton

This informative talk is for all senior pupils (Y7-13) interested in -  
Law : Debating : History : Criminology : Psychology : English :  
Communication : Working with People : Research and Writing

Alice is a practising barrister, specialising in family law. She commenced her education at Ipswich High School, and went on to read music at Oxford University, before pursuing a career 'at the bar'.

Alice initially maintained a broad practice, gaining extensive experience in criminal law, family law and many aspects of civil law. Alice's exposure to a range of disciplines provided her with invaluable insight and experience in dealing with all levels of tribunal. Alice has been instructed on many complex cases, involving for example non-accidental injuries, sexual or serious domestic abuse. Alice has had great success in representing parents seeking to care for their children.

Alice is looking forward to speaking to students about this varied profession.



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

**Barristers** usually practise as advocates representing their clients in court. On the other hand, **solicitors and lawyers** tend to do the majority of their legal work in a law firm or in the office.



# LRC News

## 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:

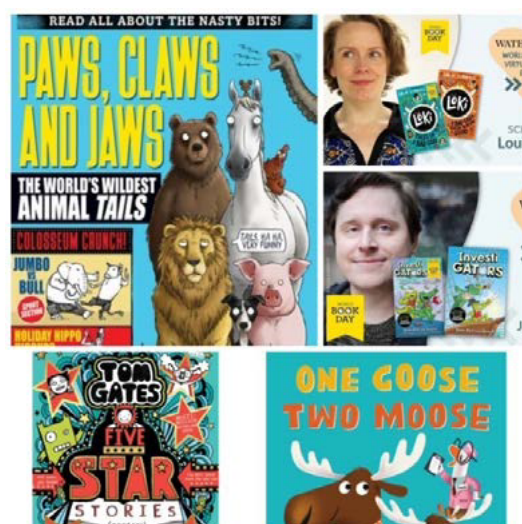
**Half Term through to World Book Day** – Extreme Reading Challenge – open to Prep and Senior school.

**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](mailto: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](mailto: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>



**This week's content**  
Week commencing 4th March

Podcast: 'Ketamine use and bladder dysfunction'  
with Professor Andrew Sinclair, Consultant  
Urological Surgeon

## 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](#).