



IPSWICH
HIGH
SCHOOL
WOOLVERSTONE HALL
ESTD 1878

The SNAPSHOT

The Ipswich High School Newsletter | Friday 1st March 2024

INTERNATIONAL BOARDING STAFF DAY



We are very proud to celebrate our wonderful Boarding Team, on International Boarding Staff Day.

From The Head



This week has been very busy; a joyous Prep Young Musician and Vocal Championships on Thursday was a show case of passion for music. I thoroughly enjoyed all the performances; my congratulations to the pupils involved and thanks to Mrs Jennings for organising the event. We had pupils competing at the Suffolk Festival at the weekend with a huge range of notable successes in Dance and Music, congratulations to all who took part. Also at the weekend we sent a delegation with Mr Pettengell-Wheatly and Miss Limer to the Model Arctic Council held at the Norwich School where our pupils' confidence shone. Year 9 Geographers took part in the 'Great Climate Debate' on Thursday and of course, Shrek Rehearsals continue apace ready for opening night on Wednesday next week. Tickets for Shrek are still available, please use the link [here](#).



Prep School News

From Head of Prep School



Einstein once said: "Life without playing music is inconceivable to me. I live my daydreams in music. I see my life in terms of music... I get most joy in life out of music". We know that research shows a direct correlation between learning to play an instrument and academic success, and we were thrilled to enjoy no less than 48 individual performances in our Prep School Young Musician and Vocal Championships, with pupils from age 5 to 11 competing.

The afternoon was possibly best summed up by one of our Prep parents,

"I just wanted to say a huge well done for organising such a lovely afternoon in the Prep School...They truly are a very talented bunch of children - I know it's been said many times before but the encouragement and consideration they offer to each other is always so lovely to witness. But they couldn't do any of this without the support of their amazing teachers."

We are fortunate to have a specialist music teacher and a wonderfully talented group of peripatetic music teachers who inspire our pupils every day, helping them to find happiness and success in their musical endeavours. Congratulations to all the participants and particularly our Young Musician winner, Willow, and our Prep Vocal Champion, Franki.



Girl Power

Prep school girls Olivia and Alice got stuck in at Riding Club and were mucking out Tula the Shetland's stable, she gave them a grateful cuddle in reward. They even added more bedding and got to do the 'bed test'... jumping in it to make sure it was comfy! The girls did a great job and should be very proud of themselves.

ISA Cross Country

After Freya Year 5 and Molly Year 6 competed in the ISA Cross Country at Littlegarth they took part in a Pony Club Tetrathlon (Tri) in Reading on Saturday 17th February. Both girls did really well, competing against 22 other competitors. Freya came 10th, Molly came 4th from a combined result taken from shooting, running and swimming element of the competition. As a result of Molly's 4th place success, she has qualified for a place in the National finals on 24th March. Molly and Freya placed third as part of a team. Many congratulations!



Prep School News



Young Musician of the Year and Prep Vocal Championships

The Prep School was delighted to welcome parents and families to our annual Young Musician of the Year and Prep Vocal Championships on Tuesday, 5th March. We had 48 performances across each of the categories – what a wonderful showcase of talent to the parents and other students. Each of our students gained house points for their respective House, and the House Music Cup will be announced shortly.

We are grateful to our adjudicator, Mr Ashley Howard, who had the unenviable task of choosing place winners. He commented on the amazing opportunity that the children have to learn instruments and singing, reminding them that the skills are life-long and more far-reaching than simply 'just' playing an instrument. He was impressed with the children's musicality, as well as the confidence that each of them showed. Learning an instrument is a partnership with the children, supportive parents and, of course, our amazing Peripatetic Music team here at school.

Novice:

Winner: Max W (piano)

Runner Up: Flo S (piano)

Judge's Commendations: Kaan H (piano), Oshi I (piano), Tabitha P (violin)

Grades 1 and 2:

Winner: Sheryl L (piano)

Runner Up: Freya W (violin)

Judge's Commendations: Ruby T (piano), Emily B (piano)

Grades 3+:

Winner: Willow F (piano)

Runner Up: Emelia P (drum kit)

Young Musician of the Year:

Willow F

Vocal Championships:

Winner: Franki H

Runner Up: Flo S

Judge's Commendations:

Ruby T Othillie T, Emily B Rasmus H, Cecilia N



Prep School News



GO FOR SPORT

Price **£25** per day

MIGHTY MINIS
G

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

Ipswich Hockey Club **NETBALL**

More Information info@goforsport.co.uk Follow us @G4Sport



10am to 3pm

NYC
NETBALL YOUTH CAMP

EN Wednesday 3rd April 2024 **EN**

Scan QR code to book your place

9-11 year olds **From £35** 11-14 year olds

Rushmere St Andrews IP5 1DE

ISSC
The street
IP5 1DE

10am to 3pm



Senior School News

From Head of Senior School



The Senior School has been incredibly busy this week, however, in assembly this week we shared with the pupils our response to some pupil feedback on how we could improve pupil wellbeing. Through the School Council representatives, Senior pupils requested a slight extension to the lunch break to allow for a little more time to reset before lesson 4. The council discussed various timing amendments and a final proposal was then passed up to the Head's and Senior Leadership for approval. The proposal was agreed, which will add 5 mins to the lunch break on a Monday to Thursday. Lesson times and enrichments are unaffected as the extra time has been taken from some extra walking time that was between period 5 and Enrichment 2. We hope everyone will enjoy their extra few minutes in the new schedule which will commence in the Summer Term.

GCSE Exam countdown continues in the Chemistry Department

This week sees the launch of the Chemistry Paper 2 booklet, with all pupils hopefully having now completed their Paper 1s (please encourage at home as much as possible if they are a little behind). As before, each week sees a new chapter 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 mark schemes are also set on Firefly the following week for marking). The revision hub has been well received by many pupils who are actively engaging to help build on their mock results. Getting pupils to actively complete weekly retrieval practise, 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

AQA Combined/Double Chemistry Higher GCSE

Paper 2

Chapter by Chapter Questions



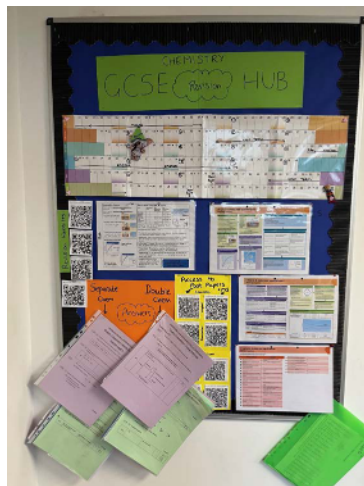
Revision Plan 2024

Week	Chapters	Time required (mins)	Score
7 - 4/3/24	Chapter 8	74	
8 - 11/3/24	Chapter 9	22	
9 - 18/3/24	Chapter 12	26	
10 - 25/3/24	Chapter 13	25	
Easter	Chapter 14	31	
Easter	Chapter 15	32	
Easter - Suggested revision ideas	Qs that link to Paper 1 • Review Chapters you are unsure of. • Make a list of common mistakes to help reduce these. • Complete FULL practice papers from AQA website - time yourself! • Mark and reflect on every exam just like you would at school.		

Ipswich High School

Answers outside Lab 1

Name:



AQA Separate Chemistry Higher GCSE

Paper 2

Chapter by Chapter Questions



Revision Plan 2024

Week	Chapters	Time required (mins)	Score
7 - 4/3/24	Chapter 8	82	
8 - 11/3/24	Chapter 9&10	33	
9 - 18/3/24	Chapter 11&12	64	
10 - 25/3/24	Chapter 13	33	
Easter	Chapter 14	43	
Easter	Chapter 15	35	
Easter - Suggested revision ideas	• Review Chapters you are unsure of. • Make a list of common mistakes to help reduce these. • Make a list of common questions which may come up. • Complete FULL practice papers from AQA website - time yourself! • Mark and reflect on every exam just like you would at school.		

Ipswich High School

Answers outside Lab 1

Name:

Senior School News

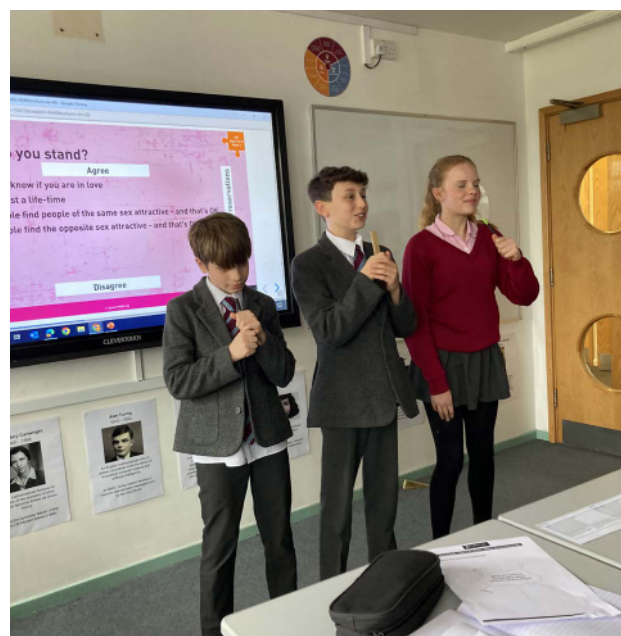
Hurdles Practice for Year 7

Our cross country and athletics enrichment this week had some sunshine, which allowed us to get the hurdles out and start practicing for the season. Year 7 also had a great time trying them out for the first time too.



Year 8 PSHE

In Mrs Harrison's Year 8 PSHE lesson this week pupils were expressing their views and opinions with peers. They were listening to fellow pupils voicing their opinions and exchanging in a positive debate and statements regarding different types of relationships. Pupils were given a task to express and put across their views to each other. One particular group decided to rap their answer to the class which was very surprising and enjoyable!



Volcanic Eruptions

Year 7 Geographers have been acting out their news report of a volcanic eruption.




Tennis Fixtures


Calling all tennis players in Years 7-10! If you would like to represent the school in tennis fixtures in the summer term, please make yourself known to Mrs Wheelhouse. Email: e.wheelhouse@ipswichhighschool.co.uk. We have entered both the boys and girls, Year 7&8 and 9&10 competitions and fixtures are being booked. We have some names from Tori our tennis coach, but we are aware there are others who may have lessons outside of school.




Senior School News




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



Senior School News



U16 Boys Hockey- Regional Finals

On Thursday 29th February, our U16 boys attended the Regional Hockey Finals having qualified in the County round last half term.

Captained by Adam and JJ, the boys were ready to take on the challenge and face tough opponents in the group stage.

Our first game saw an early opportunity with pressure from the forwards to win a short

corner. As the game progressed JJ in goal made incredible saves to keep Coopers out.

We then played St Albans. Ipswich High shone with confidence, Louie S was showing his dribbling skills on the right, with Adam, Abdollah and Harry working hard in the midfield. Unfortunately St Albans were able to convert before half time but that didn't stop the boys. They fought until the end and were close not to score in the final minutes. 0-1 L

In our final game we were determined to work hard for each other and put everything we had developed in the previous games into place. After great pressure from Ipswich High we eventually scored a fantastic goal, converted by Adam, a wonderful reverse stick shot. Unfortunately we couldn't keep out our opposition who after half time equalised. An agonising final goal on the final whistle meant we lost 2-1.

All pupils were a credit to Ipswich High.



U15 Ipswich and South Suffolk Indoor Cricket Development Winners

Well done to the eight pupils who played in the Indoor Cricket Competition this week. They won their two games meaning they were the overall winners.



Whole School News

The Suffolk Festival of Performing Arts

The Suffolk Festival is an opportunity for singers, dancers and actors to perform in front of a friendly audience and to receive constructive feedback from a highly respected adjudicator. The festival has been running for over 90 years and attracts performers from all over East Anglia.



Last weekend was the Music competition and students from Ipswich High School were placed in every class they entered.

In the Piano classes Archie gained two 2nd places and Eleanor was placed 3rd in her class.

The youngest competitor was Cecilia, from the Prep School, who was awarded the Young Vocalist Championship. Other outstanding performances were given by Evie, who was awarded 3rd place in the Vocalist 16-20 class and Maria, who won the class. Both girls gained Distinctions in this category, demonstrating an extremely high standard of vocal expertise. Maria also won the Senior Vocalist Championship.

In the instrumental categories Leo was placed second for his expressive playing of Elgar and Squires. Sofia and Madeleine won the Duet category and the adjudicator commented on how much they appeared to enjoy playing together. The final class of the day, after eleven hours of music, was won by Madeleine, whose performance of Elgar's cello concerto was outstanding.

The Dance Department also had a fantastic couple of weekends at the Suffolk Festival of Performing Arts Placing in every single section we entered! Congratulations to all of our performers, some of which have never competed in a festival before. It was really lovely to see team work and support for each other, especially in groups where we had a mixture of ages competing and a testament to the groups who have only been working on their pieces for a short time.

Results over both weekends are as follows: 1st Place: U21 Contemporary Trio - Izzie, Kitty and Bessie, 1st Place: Over 15 Own Choreography - Kitty, 2nd Place: U21 Contemporary Groups (large) - Dance Scholars, 3rd: 11-14 Acro Solo - Bessie, 3rd: U21 Modern Groups (small) - Revolution Dance Team and 3rd: 13-14 Contemporary Solo – Rae (representing JASD).



Whole School News

Teachers, staff, parents and children can then use the promo code **SCHOOLS20** to receive 20% discount on all general tickets. Redeem the discount via the ticket platform **Fixr** here <https://fixr.co/organiser/cambridgeclub>

THE CAMBRIDGE CLUB FESTIVAL

CHAKA KHAN
A CELEBRATION OF 50 YEARS IN MUSIC

JESSIE WARE

EARTH, WIND & FIRE
EXPERIENCE BY AL MCKAY

(A-Z)
D-TRAIN GABRIELLE INCOGNITO MELANIE C
NATASHA BEDINGFIELD REBECCA FERGUSON
SISTER SLEDGE SOUL II SOUL THE FAMILY STONE

WITH SUPPORT FROM
DANNY TOEMAN MR GRIFF UNCLE FUNK'S DISCO INFERNO

(A-Z)
FAT TONY MOUSSE T. NORMAN JAY
DJ PAULETTE DENISE VAN OUTEN MELON BOMB
LITTLE GAY BROTHER SIGGY SMALLS SOPHIE LLOYD WAZE
ABBA DISCO WONDERLAND BONGO'S BINGO
DAISYBELLE & CARLYFOXX FT. TASTY LOPEZ
BRYAN BY DAY BANGER HOUR BARRINGTON (FUNK & SOUL SPECIAL) BIG JAMZ CHRIS JAMMER
DJ CHRIS BROWN DJ MAX GALACTIC FEVER PITCH HEAVY SOUL JOSH LOVATT KANE LACAM
LOST IN DISCO HARRY PEARCE MUSCLE MEMORY RUNAWAY TAKEOVER

AUDITORIUM OF INTRIGUE
MARCUS BRIGSTOCKE
ZOE LYONS | EMMANUEL SONUBI
RYAN CULLEN | JOE MCTERNAN
CAREY MARX | ANDRE VINCENT
COMEDY & LIVE TALKS

FOOD FOR THOUGHT (NEW FOR 2024)
TRISTAN WELCH
& MORE CHEF DEMONSTRATIONS
CHAMPAINING
LIVE Q&A PANEL DISCUSSION
FINE CUISINE & WINE TASTING

GROOVY GOINGS-ON | IMAGINATIONSTATION CHILDREN'S ENTERTAINMENT
MIND, BODY & SOUL WELLNESS AREA | ON SITE CINEMA

7-9 JUNE 2024

FORTNUM & MASON
EST 1707



Whole School News

Teaching and Learning at Ipswich High School: A snapshot of pupils work this week

INSPIRATION

Arthur H in Year 10 was inspired by the Artist Christo. Arthur created a drawing of what the London Bridge might look like if covered in a large cloth.

Prep:

All Year groups have been inspired by many different poets this week and have completed their poetry recitals in class. Please see photos of Year 5/6 on class dojo

SUCCESSFUL

In a Year 11 English lesson the pupils enjoyed a retrieval game of Snakes and Ladders/fortune telling - Jekyll and Hyde style!

Lilia B used her Prep enrichment to support retrieval for an up and coming Chemistry Test

Prep:

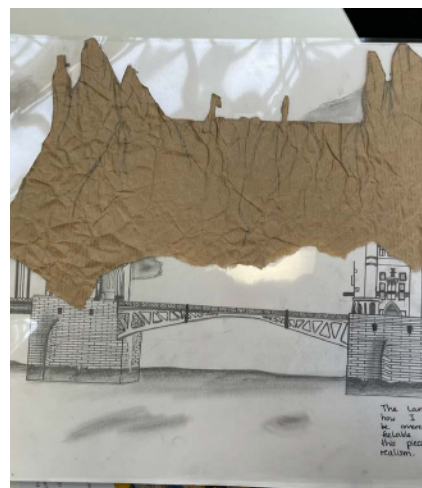
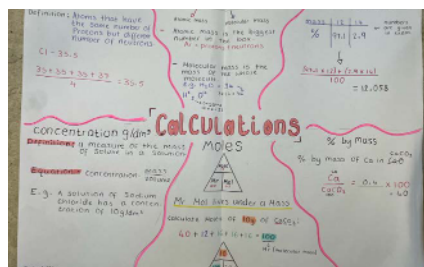
Nearly 50 prep pupils took part in Prep Young Musician and Vocal Championships – they have been working hard in their lessons and showed great enthusiasm when taking part in this competition.

HAPPY

Year 11s enjoyed using Padlet in Spanish. The programme allows a fun way to support each other's learning.

Prep:

Year 6 have enjoyed their computer programming on Scratch – supporting each other with their learning in creating a project with variables.



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



Careers News

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.

Careers Speaker Series

To support British Science Week we will be welcoming Michael Steinke from the University of Essex to enthuse students about what is like to work in science the research involved and specifically about Marine Biology.

Next week Thursday 14th March - Gemma Stannard - National Police Chiefs' Council, Head of Strategic Hub

Gemma Stannard is a senior police staff leader working at a national level with significant experience in the analysis, business planning, strategy and change arenas.



Careers Talk

Senior Police National Assessment Centre

Thursday 14th March 2024
Enrichment 2 - in The Leggett Room - at 3.30-4.20pm

Gemma Stannard

This informative talk is for all senior pupils (Y7-13) interested in -
Law : Sport : PE : Criminology : Psychology : English :
Communication : Working with People : Maths : RE : Policing

Gemma is a senior police staff leader with significant experience in the analysis, business planning, strategy and change arenas. Gemma's policing career started when she joined Cambridgeshire Constabulary in 2000. Over the next eight years she developed her expertise in analysis through accomplishments including working as the lead analyst on Operation Fincham.

Gemma joined Norfolk and Suffolk Constabularies in 2012 forming and leading the Joint Performance and Analysis Department and subsequently integrating this with the Corporate Change department. Having passed the Senior Police National Assessment Centre (PNAC), Gemma completed the Strategic Command Course (SCC) in 2020.

In April 2020 Gemma was seconded to NPCC and Operation Talla (the national policing response to COVID-19) to lead the national recovery, reform and organisational learning programme. In June 2021, Gemma was appointed as the Head of the NPCC Strategic Hub.



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

A Police Officer serves to maintain law and order in local areas by protecting members of the public and their property, preventing crime, reducing the fear of crime and improving the quality of life for all citizens. Being a police officer is varied and rewarding but also challenging, so there are some key qualities and skills you need to have in order to do the job well.



University of Essex

Careers Talk Marine Biology



Wednesday 13th March 2024
Enrichment 2 - in Lab 4

Michael Steinke

This informative talk is for all senior pupils (Y7-13) interested in -
Biology : Geography : Marine Life : Conservation : Geology :
Oceanography : Chemistry : Paleontology : Diving : PE : Zoology

Michael Steinke lectures at the Department of Biological Sciences, University of Essex.

Michael states: 'I research addresses fundamental questions on the role of biogenic volatile organic compounds (BVOCs) in the physiology and ecology of aquatic organisms. Many of the BVOCs I study transfer into the atmosphere where they affect the climate. I develop sensor technologies to aid the monitoring of bivalve (oyster) behaviour.

My group is currently developing novel tools to support our work to monitor environments for oysters.'

Come to this talk to learn more about a Marine Biologist's job role, where they work, how you get into this line of work, the promotional opportunities available and much more!



Class register will be taken during the talk.

Marine biologists study life within the world's seas and oceans, conducting research in both the water and in the laboratory to analyse how plants and animals are affected by changes in the environment, some of which are caused by human activities. They often specialise in studying one species of animal or plant, and may travel the world to study its habitats and feeding patterns.



LRC News



World Book Day

World Book Day celebrations took place this week, culminating on Thursday 7th March with both Prep and Senior School pupils as well as staff coming dressed up as book characters. There was a wonderful buzz and excitement around the school with both students and staff eager to see each other's costume creations. The Senior Leadership Team came dressed as Roald Dahl characters with brilliant attention to detail. Mr Browning had the extremely difficult job of selecting a winner from each Key Stage and the overall winner for Prep and Senior School. A fantastic joint effort from Kwesi R and Jonty M for the senior school who came as Frodo and the Witch King of Angmar from "Lord of the Rings".

Author talk from Annalise Avery

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.

Please send some money in with students as they may wish to purchase a signed copy of one of Annalise's books. Alternatively a pre-payment link will be sent home via email.



National Careers Week 2024

Result of our 'Most unusual job staff in school had done' is below:

1st place goes to : A security steward for a bar/nightclub (a bouncer)? Mrs Chandler-Mears

2nd place goes to : Working in a 'category A prison'? Mr Browning

3rd place goes to : A summer working as a 'cast member' in Fantasyland at Disneyland Paris and had to wear a generic fairytale character costume? Mrs Woods



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>

The graphic is a white rectangular box with a blue border. In the top left corner, there is a green circular icon with a white headset and the word 'WEBINAR' in white text on a blue background. In the top right corner, there is the 'The Wellbeing Hub' logo, which includes the text 'The Wellbeing Hub' and 'from Teen Tips' next to a green circular icon with a white 't'. In the center, the text reads 'This week's content' followed by 'Webinar: Alcohol, vaping, and cannabis' and 'Wednesday 13th March 2024, 6:30pm'. Below this, it says 'with Helena Conibear, CEO at The Talk About Trust'. At the bottom, there is the logo for 'the talkabout trust' with the text 'FORMERLY THE ALCOHOL EDUCATION TRUST' underneath.

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](#).