



IPSWICH  
HIGH  
SCHOOL  
WOOLVERSTONE HALL  
ESTD 1878

# The SNAPSHOT

The Ipswich High School Newsletter | Friday 15th March 2024

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## NORWICH MODEL ARCTIC COUNCIL

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**Ipswich High School has been extremely lucky to participate in the eighth Norwich Model Arctic Council, informally known as NORMAC.**

This experience saw eleven students travel to Norwich for an extended weekend of discussions representing diplomats from all over the Arctic Circle. The Arctic Council was made up of eight member states, but also six permanent participants which consisted of indigenous tribes. IHS had the pleasure of representing the Arctic Athabaskan Council, the Saami Council, the Russian Federation, and Sweden. The issues to be discussed included Food Insecurity, and Marine Protected Areas, both complex issues facing the Arctic in our current world.

An outline of our experience at NORMAC would include a welcoming dinner, with speeches from the respective Ambassadors. Then, the rest of the weekend consisted of negotiation, collaborations and a focus on democratically coming to solutions that would benefit all member states and permanent participants, not to mention a formal dinner to conclude events. Three days of discussion resulted in two declarations passed unanimously on both issues discussed. These declarations could not have succeeded without well-researched information and a positive attitude to the conference.

The NORMAC experience provided an opportunity to take on many valuable skills, including debating, collaboration and providing some insight into a diplomat's perspective. The conference was guided by Dr Anthony Specca, whose Arctic experience speaks for itself. He offered crucial advice and led debriefings after the preceding day. This particularly guided us in growing from our mistakes and was a beneficial chance to reflect and learn. Overall, the experience was very valuable and insightful for us all, and we thank Norwich School for hosting!



Written by Willow H

# School Updates

## From The Head



It was a joy to watch the dress rehearsal of 'Shrek – The Musical' yesterday, at the time of writing this, I am looking forward to the performances on Wednesday, Thursday and Friday evenings and Saturday afternoon. If you are coming, I am sure you will enjoy it as much as the cast (80 pupils!) and crew are clearly enjoying the experience.

I would like to thank the IHSA for their financial support so that we could create a calming 'wellbeing garden' in front of the Swimming Pool building. Glen, our groundsman has been busy planting this area which I am sure will look wonderful once the plants are established. We will also be installing a stone obelisk as a memorial to the role that Woolverstone Hall played (as HMS Woolverstone) during the Second World War.

Despite the week being so busy with the Shrek performances, British Science week was also marked across the school. Pupils especially enjoyed the experiments in the Orangery on Thursday.

## From Head of Prep School



On Monday, the Prep School launched our celebration of Science Week with a visit from staff from the Suffolk Waste Partnership. The children participated in four interactive sessions on waste and recycling including Food Waste Reduction, Composting, Recycling, and Energy from Waste. Filled with enthusiasm, pupils most definitely demonstrated pride in their community and the environment around them, and they certainly understand the responsibility we have to care for our world and to encourage sustainable living. Pupils in Year 5 said, "Science week was so much fun. We saw all the big bugs and how they eat up all our food waste in compost bins. We learnt the mulch produced is a very good fertiliser for our gardens".

See pictures below.



# Prep School News

## U9 Tag-Rugby

The rain stopped long enough for an enjoyable afternoon in Bury St Edmunds. Well done to all the boys in Year 3 and 4 that took part in the U9 Tag-Rugby afternoon at South Lee on Friday.



## U9 Hockey

Year 3 and 4 girls were at Nowton Park on Friday playing Hockey. The A Team played against OBH and South Lee whilst the B Team enjoyed a friendly game of hockey against OBH. The hard work was rewarded with biscuits and juice before returning to school to start the weekend.



## U11 Boys Hockey

The boys took part in the County Hockey Tournament held at Framlingham College. They were disciplined for the first three matches in the morning losing to Ipswich School 1-0, Bardardiston 1-0 and a very strong Framlingham Prep School 3-0. We went on to play three further matches in the afternoon. Both Noah and Rasmus scored securing one victory out of the three games in the afternoon.



## U11 Girls Netball

The girls travelled to New Hall School to take part in the ISA Regional Netball Tournament. securing two wins in the morning placed us in the Plate competition. After a nail biting game which went to extra time and then a golden goal, we narrowly missed out on coming third in our group. Well done to team for great team work and perseverance throughout the competition. The girls finished 12th overall.



# Senior School News



## From Head of Senior School

In the Senior School this week, we have enjoyed the thrilling Shrek performance; all the hard work and dedication from the 80 strong cast and technical team has truly paid off. Well done to everyone! It has been wonderful for our pupils to receive such a hugely positive response from our school community and to see our pupils demonstrating through such a high quality performance, our school values so sincerely.

## Compelling Essay Competition

Willow entered into an essay competition organised by the KCSPP - an organisation which aims to promote Korean history amongst pupils around the world. Each year, the KCSPP identifies a topic area and provides literature for entrants to engage with and learn from. Willow was tasked with researching King Sejong the Great and was questioned on 'what his greatest legacy was' - she put together a compelling argument, which proposed that Hangeul (the Korean alphabet) was Sejong's 'greatest legacy'. The organisers were extremely impressed by Willow's answer. This is a fantastic achievement and one which we are immensely proud of Willow for. Well done!



## Born Free

On Wednesday 6th March, Born Free, hosted a workshop and debate on the links between climate change and biodiversity. Year 9 Geographers learnt about the work of the charity, in the UK and abroad, and then debated whether protecting biodiversity is vital in the fight against climate change. Finally, students researched their side of the debate, before presenting their ideas. So many of the groups were impressive and had clearly put together well evidenced points, speaking with enthusiasm and passion, well done Year 9!



## Emergency First Aid at Work

Over the last two weeks six pupils have completed and passed an Emergency First Aid at Work qualification. This qualification is in addition to the NPLQ Lifeguard Qualification they already hold. These pupils have covered several sessions during and after school as lifeguards at the pool. These include cover for School Galas, School Enrichments, and lifeguarding the staff swimming sessions. Well done to the following: Matilda,



Stephanie, Honey, Amelie, Freya, and Lexi.

# Senior School News

## U13 ISA Rugby 7s

This year, the boys have ventured into playing more Rugby 7s Tournaments. Next week, The U13 and U16 Teams take on the challenge of competing in the Howden Rosslyn Park National School Sevens Competition for the first time. In the U16 category there are 224 teams taking part and for the U13s, 114 teams of which both will no doubt be a stern challenge. The U13s had their final preparation tournament last week when competing in the ISA National 7s hosted at St James School. A brilliant group stage saw them run out winners: 30-5 vs Holme Grange, 20-0 vs Gosfield, 30-10 vs Pitsford, 25-15 vs New Hall.

The group was decided with a tough match against Finborough where they lost 35-10. This put the team through in second in the group stage and playing for third and fourth place in the country. We came up against Claires Court Team in the final match and after a back and forth game, time finally ran out and we were defeated 25-20. A sad way to end such a brilliant day, full of courage and great development. The team made great strides in their defensive shape and with the whole squad able to score tries. Well done to all the players that represented Ipswich High School so proudly.



## MFL week from Monday 18th March to Friday 22nd March

**Monday – Friday: International meals served and the Orwell Kitchen decorated.**

**Form Time quiz** - Available from Monday 18th March to be completed by Friday 22nd March. Prize for the winning form (most correct and fastest, answers to Madame Savary).

**Vote for the new MFL maxim** - A google form will be available for all students to vote from Monday 18th March to be completed by Friday 22nd March.

**Design Competition** - Design a logo for the MFL Department – must be completed by Friday 22nd March (entries to Madame Savary).

**Monday 18th March Cake Competition** - on the theme of Languages, Countries, or Landscapes – Take your creation to the Orwell Kitchen where they will be judged by a member of SLT. One Winner for each House and overall Winner. Give your Full name, Form and House with the cake. Bring some money as cakes will be sold at break time.

**Thursday night - French Movie night! and pizza tea.**

**Year 8 photomania, Year 7 Scavenger Hunt.**



# Teaching & Learning News



Year 5 were inspired by the author Annaleise Avery and are now inspired to become authors or Astrophysicists.

## I

### INSPIRED



In Mrs Limer's English lesson pupils were set the goal of teaching their peers. The theme of the lesson was Shakespeare and all pupils were responsible for sharing the knowledge they had acquired.



Year 1 and 2 were so happy when they visited Colchester Zoo.

## H

### HAPPY



Pupils enjoyed and supported each other in a GCSE dance class. The title of the dance piece is "Shadows."



KS2 were very enthusiastic about Science workshops on waste, composting, rubbish and recycling.

## S

### SUCCESSFUL

#### Colloquial words and phrases used in business and economics articles

**Giants** – online giants. A large shop that tends to dominate the market, for example Amazon. "Amazon, the online giant, has been cutting prices even more this summer".

**Chain** – "she owned a chain of florists". A number of shops which are similar.

**Cutting** – reducing. "The shop was cutting prices to increase the size of their target market".

**Cater** – "the business caters for wealthy consumers". The word target could also be used.

**Freeze** – "price freeze". Prices remain exactly the same. Often used in marketing to imply the business is being generous in terms of pricing towards their customers despite the business' costs increasing.

**Pulled the plug** – "the business pulled the plug on their new product as it was not popular with younger customers". Stopped something.

**Bricks-and-mortar shops** – "the business mainly sells through bricks and mortar shops as opposed to their competitors who sell via Amazon". Means physical shops.

**Boutique** – "they ran a chain of boutique hotels". Expensive and aimed at high end customers who are will to pay high prices.

A number of methods are used to support our EAL pupils. One example would be that we provide pupils with keyword sheets as seen in Year 7 Biology and A Level Business Studies.



# Whole School News

## SITE NEWS

We are aware of the issues with potholes around the site. To minimise any disruption, these will be fixed during the Easter break.

**Kevin Smith, Head of Operations**

At The National College, our WakeUp/Wednesday 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).

## 10 Top Tips for Parents and Educators

# DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- ### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- ### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- ### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.
- ### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- ### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – and rooms should be kept as tidy and free of clutter as possible.
- ### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- ### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.
- ### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- ### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- ### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

**Meet Our Expert**  
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

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# Whole School News



## Ipswich High School Sport

### Team of the Week

Week Beginning 26th February and 4th March 2024

- |   |                                 |
|---|---------------------------------|
| ▶ 1. A Ford (U15 Netball)                           | 1. A Gwynne (U12 Netball)       |
| ▶ 2. A Holmefjord Phillips (U15 Netball)            | 2. Y Allwright (U15 Netball)    |
| ▶ 3. M Darton (U15 Cricket)                         | ▶ 3. E Vickers (U12 Netball)    |
| ▶ 4. A Warwick (U13 Netball and U13 Indoor cricket) | ▶ 4. G Nasta (U12 Hockey)       |
| ▶ 5. G Taylor (U13 Netball)                         | ▶ 5. A Moreton (U12 Hockey)     |
| ▶ 6. E Rush (U13 Netball)                           | ▶ 6. C Wicks (U13 Hockey)       |
| ▶ 7. N Etherington (U13 Hockey)                     | ▶ 7. B Andrews (U13 Hockey)     |
| ▶ 8. H Cottrell (U13 Hockey)                        | ▶ 8. L Spaul (U16 Hockey)       |
| ▶ 9. E Borrett (U9 Hockey)                          | ▶ 9. A El-Mahraoui (U16 Hockey) |
| ▶ 10. M McIntyre (U9 Rugby)                         | ▶ 10. T Potter (U9 Hockey)      |
| ▶ 11. M E Elahi (U13 Rugby 7s)                      | ▶ 11. A Nasta (U9 Hockey)       |
| ▶ 12. R Holmefjord Phillips (U9 Rugby)              | ▶ 12. H Witterick (U9 Rugby)    |
|   | ▶ 13. J Steward (U9 Rugby)      |





# Whole School News



**Team Evolution ERSA  
SUMMER LEAGUE 2024**

**SUNDAY 28 APRIL 2024**

**EASTERN REGION SNOWSPORTS ASSOCIATION  
ERSA SCHOOLS CHAMPIONSHIPS**

**PUT THE DATE IN YOUR DIARY**

- ERSA are pleased to invite you to the popular ERSA Schools Race
- Returning to Norfolk after a few years absence.
- Open to schools within the ERSA Region and invited schools adjacent to the ERSA regions boundary
- Schools can enter individuals or teams of 3 or 4 from the same school.
- **Maximum age is U19 (yr13)**

A minimum standard is required, racers must be able to use the poma lift and ski from the top of the Ipswich slope using linked turns to control their speed and direction.

No previous racing experience is necessary

Please contact ERSA: [schools@ersa.co.uk](mailto:schools@ersa.co.uk) for more information. There are ski clubs within the Eastern Region who can help with some race practice and training sessions.

Come and test yourself against the other schools in the region.  
This is a fun event suitable for all abilities subject to the minimum standard.  
Trophies and medals will be awarded for both teams and individuals.

The aim is to encourage more young people into the sport and have fun at the same time.



Please contact [a.spaul@ipswichhighschool.co.uk](mailto:a.spaul@ipswichhighschool.co.uk) if you are interested in entering.



# 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

## 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

We have one last careers speaker then we will take a pause until the Autumn term. If you or anyone you know would like to take a careers talk next academic year, please get in touch [careers@ipswichhighschool.co.uk](mailto:careers@ipswichhighschool.co.uk)

### Thursday 21st March – Lizzie Hinton, Occupational Health and Safety

Careers Speaker is Lizzie Hinton a former pupil who now runs her own business in Occupation Health & Safety. 'Occupational health and safety (OHS) is a practice that deals with the safety, health, welfare and wellbeing of people when they are at work. Providing a safe working environment for staff is a legal responsibility for companies in Britain and OHS requires both the prevention and treatment of any health issues that staff may experience during or because of their work'. Lizzie will share her Career journey with us and talk about setting up and running her own business.



## Careers Talk Occupational Health & Safety

Thursday 21<sup>st</sup> March 2024  
Enrichment 2 - in The Leggett Room- at 3.30-4.20pm

Lizzie Hinton

This informative talk is for all senior pupils (Y7-13) interested in -  
Science : RS : Sociology : English : Psychology : Communication  
: Legislation : First Aid : Health & Safety : Working with People

Lizzie is a local Suffolk girl and former Ipswich High School student who graduated in 2006.

After going to university she started a career in health and safety, for the last 15 years she has worked for some amazing companies.

Lizzie is now the Director of her own health and safety training and consultancy company.

*Come along to hear Lizzie talk about her career path and setting up and running her own business.*



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

**Occupational health and safety (OHS)** is a practice that deals with the safety, health, welfare and wellbeing of people when they are at work. Providing a safe working environment for staff is a legal responsibility for companies in Britain and OHS requires both the prevention and treatment of any health issues that staff may experience during or because of their work.



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# Snapshot

# LRC News

## Author Visit

The IHSA kindly funded an author visit this week to the school to close our World Book Day Celebrations. Annaliese Avery who is a local author and very keen astronomer came to the school and ran an author talk, open to the whole school to attend where she shared what it is like to be an author, how she gets inspiration, her own personal writing process, and what the whole editing and publishing process is like. Annaliese also shared the fact that she is an author but also dyslexic. Annaliese then ran Constellations and "Roll of the Story" workshops across Years 5, 7 and 8. Year 5 and some of Year 7 produced amazing Orion's belt constellation drawings and the rest of our Year 7s and Year 8s got to try starting their own story using a technique with a 10 sided dice to make decisions about their story, Annaliese also introduced the students to a technique of "writing sprints" which is an extremely useful technique which can be applied any subject.



## Overdue LRC books and resources

Please have a good look in bags, lockers, 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

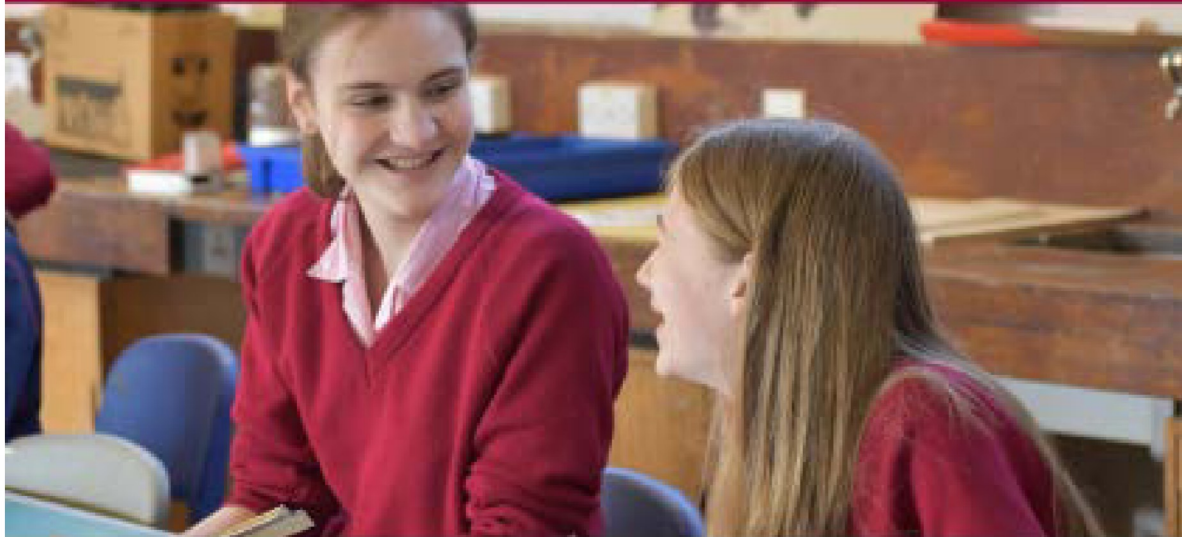
## Peer Mentor

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 18th March

**Factsheets: Drugs and vaping  
for pupils and 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, Mr Collishaw (Boarding) - 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](#).