



IPSWICH
HIGH
SCHOOL
WOOLVERSTONE HALL
ESTD 1878

The SNAPSHOT

The Ipswich High School Newsletter | Friday 22nd March 2024

SHREK THE MUSICAL

A cast of over 80 talented students performed an energetic performance of a hit West End and Broadway show.

Our students performed 'Shrek the Musical', the hit musical based on William Steig's book and the DreamWorks Animation film Shrek. The curtain rose on the evening of March 13th, 2024, marking the beginning of a whimsical and entertaining journey through the kingdom of Far Far Away. The student performers brought the beloved characters to life on stage for 'Shrek the Musical'. The production showcased the hilarious and heartwarming story of Shrek, a grumpy ogre on a quest to rescue Princess Fiona from a tower guarded by a fire-breathing dragon. Mr Paul Stone, Director of Drama, said "It is such a truly wonderful moment, when you see many months of planning and rehearsal culminate in a group of over 80 talented young people, bring to fruition a high-quality theatrical production, working as performers, technicians and crew in a full-scale musical theatre show. We are so incredibly proud of what our pupils have created. We have stunning costumes, a spectacular set and a superb live band, but the greatest joy comes from seeing these amazing young people bringing the theatre to life with such skill, energy and professionalism. We can't wait to share the magic of 'Shrek, the Musical' with a full auditorium in our fantastic Hayworth Theatre."



Continued on next page

School News

Mr Browning, Head, said "The sheer scale of the talent and ambition of this production is both impressive and inspirational. A cast of 80 pupils has been thrilling audiences this week and will culminate in a gala performance on Saturday. Feedback from all who have seen it has been simply wonderful. I could not be prouder of the collective achievements of all involved."

Audiences were treated to vibrant costumes, enchanting sets, and show-stopping musical numbers, creating an unforgettable experience filled with laughter, heart, and a whole lot of fun. The production featured a talented cast of Ipswich High School students, supported by a dedicated student crew and production team. Together, they brought the magic of 'Shrek the Musical' to life in the school's fantastic Hayworth Theatre.



From The Head



My comment this week must be about the spectacular IHS production of Shrek – The Musical. The ambition of the production, the performance by the cast who were brilliantly supported by a dedicated crew, band and technical team was simply amazing. The feedback from all involved has been incredibly positive and audiences were enthralled. A recording of the performance will be available to purchase next week. It really was an event that set us apart as a school and our IHS values shone through - Happy, Inspired and Successful. A full review can be read in the EADT. Click link [here](#).

My thanks to all the staff, parents and most importantly, the pupils who made this such a wonderful success.



Prep School News

From Head of Prep School

This week, our eldest pupils thoroughly enjoyed a very muddy Forest School session. We have all heard for a number of years now about the benefits of outdoor learning. Being outside, whatever the weather, makes us feel better. It opens our mind and provides us with the opportunity to think in a different way and it makes us feel good!

At Ipswich High School we have the most breath-taking outside space; grazing land with sheep, developed woodland, fields of grass and the shoreline of the River Orwell on our perimeter. Our pupils and staff make use of this in everyday lessons through Forest School, Science lessons, Geography lessons, Mindfulness walks, PE sessions and numerous Enrichment opportunities. Learning outside the classroom supports the development of a healthy and active lifestyle by offering pupils opportunities for physical activity, freedom and movement, and promoting a sense of personal well-being. Our site is our biggest and most unique resource, constantly changing with the seasons and therefore, constantly providing an exciting and inspiring stimulus for us to learn from.



Woolverstone Hall Nursery and Reception PE Lesson

Last week we explored the astroturf in our PE lesson and enjoyed running around. We also found a hockey mask which was a great talking point!

Year 2 Art

Year 2 have been reading a story about loggerhead turtles, the children learnt to draw one step by step. They then used crayon to create the shell pattern and then used watercolour to shade the turtle and create a wonderful watercolour background.

Year 1 Letter Writing

Year 1 have been learning about letter writing in English. They have produced some lovely work.



Year 5 ISA Egg Competition

Congratulations Freya for winning the ISA egg competition.



Prep School News

**£10.00 PER SESSION
SESSIONS LED BY ACADEMY COACHES
OPEN TO GIRLS IN YEARS 4-6
BOOK AS MANY SESSIONS AS YOU WISH**



SUFFOLK NETBALL TRAINING SESSIONS FOR U11'S

**IPSWICH HIGH SCHOOL, WOOLVERSTONE
FRIDAY 19TH APRIL 1800 - 2000**

**FINBOROUGH SCHOOL, GT FINBOROUGH
SATURDAY 27TH APRIL 0930 - 1130**

**IPSWICH HIGH SCHOOL, WOOLVERSTONE
FRIDAY 3RD MAY 1800 - 2000**

**FINBOROUGH SCHOOL, GT FINBOROUGH
SATURDAY 18TH MAY 0930 - 1130**

**FINBOROUGH SCHOOL, GT FINBOROUGH
SATURDAY 22ND JUNE 0930 - 1130**

**IPSWICH HIGH SCHOOL, WOOLVERSTONE
FRIDAY 28TH JUNE 1800 - 2000**



**TO BOOK SESSIONS SCAN THE
QR CODE OR EMAIL
SUFFOLKNETBALLU11@GMAIL.COM**



Senior School News

From Head of Senior School



It is such joy at this time of year to drive into school with the beautiful daffodils lining Nelson Avenue. It is a great school tradition that all pupils and staff past and present plant a daffodil as part of their induction to our school. It is a great legacy to leave to the future IHS community and brings joy to all, even on a rainy March morning.

'If one daffodil is worth a thousand pleasures, then one is too few.' William Wordsworth

Science week 2024

We had a slightly more streamlined approach to Science Week this year as it fell in the same week as Shrek but a number of pupils still enjoyed the extra events of the week. Year 7 and 8 attended workshops in place of their usual science lessons with author Annelise Avery. Annelise is a keen Astronomer and linked the study of cosmology to the drawing of constellations and creative writing for Year 8.

A large number of students from Year 7 to 13 enjoyed a talk by Dr Micheale Steinke Marine Biologist from Essex University who talked about the Universities Biology Department, his work as a Marine Biologist and the research that he does. He explained what the Essex University Marine Biology and other Biological Sciences consist of. On Thursday Mrs Smith and the Chemistry department entertained everyone at lunchtime with some crazy chemistry experiments including fire and controlled explosions.

Food Studies getting in the mood for Easter

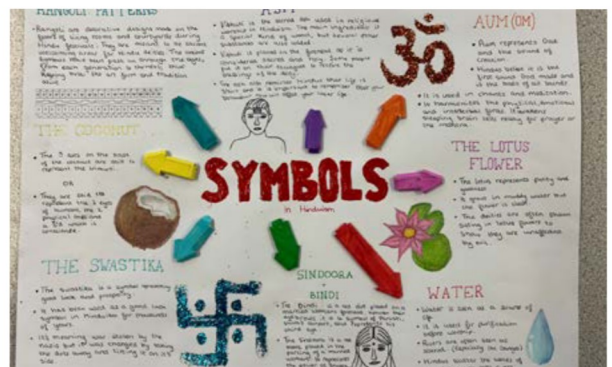
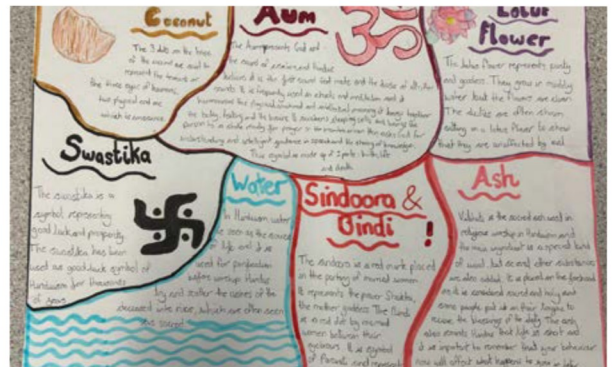
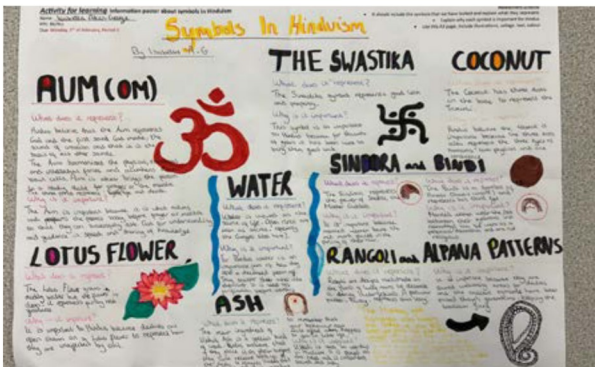
We have been going hot cross bun crazy in the run up Easter.



Senior School News

Year 8 RPE

Below are some examples of the outstanding work completed by Mr Thompson's Year 8 RPE class. They have been studying Hinduism and this work was about how symbols are used to reflect important beliefs and convey meaning.



RPE Bronze House Competition; Places of Worship.

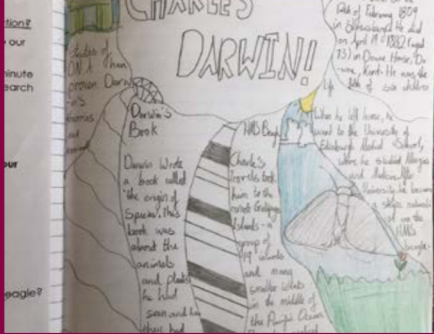
Over the Easter holiday students are invited to photograph a place of worship, this could be in the local area or for those going away it could be somewhere from their travel. Email the photograph with your name and house, details of the place of worship; religion, location, and any other interesting information you have about it. The photos will be used to make a display and the winners will gain points for their house.

Sixth Form Girls Netball Fun

It was the last Netball ISA for these Year 13 students last week! They have been an absolute credit to the school and created many memories in their years at IHS. Well done ladies!



Teaching & Learning News



In science, Year 6 have been inspired by all their research work on Charles Darwin and have created some posters.



I

INSPIRED Pupils were inspired by a display of science experiments during their lunchtime.



Year 3 have thoroughly enjoyed their work in their computing lessons on branching databases.

H

HAPPY



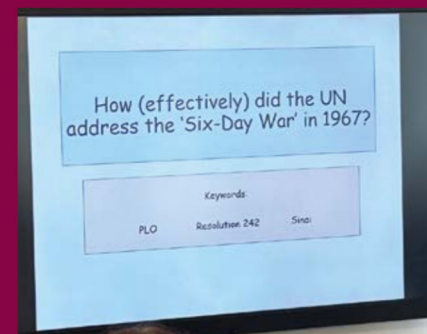
In MFL Year 11 have enjoyed competing against each other in a translation activity on Quizlet.



Year 4 have been challenging themselves in French this week. They are learning the names for food, and how to order items from a menu.

S

SUCCESSFUL



In History, pupil success is supported with a key question and keywords.



MFL Week

MFL Week

As part of MFL Week at Ipswich High School our Language Leaders organised a cake competition on the theme of Languages/Countries. They were judged by Miss Massey and the winners are:

Aqua – Lily - Very well decorated with a fantastic historical link too.

Ventus – Lucy - Beautifully decorated.

Ignis –Amelie - The time spent creating a globe – very powerful

Terra – Freddie - It was tight competition but the meticulous icing just won it

Overall winner Ali - Beautiful presentation both with the cake but also the box! Ambitious and wonderful.

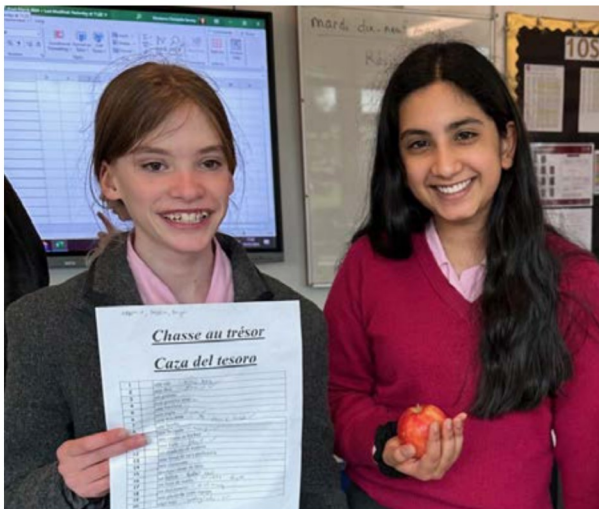


Bilingualism

What does bilingualism do to the brain? Are there benefits to being bilingual? Watch this short video from the BBC about the benefits of being bilingual: <https://www.bbc.co.uk/ideas/videos/why-being-bilingual-is-good-for-your-brain/p0gl245p?playlist=the-extraordinary-human-brain>

Year 7 Scavenger Hunt

Arya and Saskia showing off their findings at the end of the Scavenger Hunt



Year 9 Photomania

The students were exploring and finding the different items around the school.



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 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 if you are interested in entering.



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.

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a cafe, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

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Careers & LRC News

Careers Speaker Series - Spring Term: 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

Year 9, Take Your Child to Work Day – Thursday 25th April: Please see [Firefly](#) and letter that was sent home for full details, this day can be with a parent or another trusted adult to “experience the world of work”. Please get in touch careers@ipswichhighschool.co.uk by Monday 25th April if you believe it will not be possible to arrange a day of work shadowing for your child. All online forms to record pupils placement days need to be filled in by Monday 22nd April, the online form can be accessed via the firefly link above.

Year 10 Work, Morrisby Profile, and Careers Advice Sessions – Tuesday 23rd April: Please see letter home this week for full details. Tuesday 23rd April from period 4, Year 10 will be taken off timetable to complete their Morrisby Profile ahead of their 1:2:1 Careers Advice session which each pupil will receive over the following weeks with an external independent Careers Advisor. Mrs Offord will take an assembly to brief Year 10 pupils next week.

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

Last Week Thursday 14th March – Gemma Stannard – National Police Chef’s Council - Head of Strategic Hub

Last week Gemma Stannard from the National Police Chef’s Council came and talked to our students about the many various roles in the Police force including both in uniform and many other roles such as hers which is as a non-uniform member of “Police Staff”. Gemma joined the Police as a non-uniform member of “Police Staff” after completing a degree in Sociology and has enjoyed a 20 year career within the Police with varying roles mainly in analysis but now at strategic national level working with politicians at times. Gemma explained that her work and the work of her teams would be responsible for helping detectives solve and secure convictions in major serious crimes and that there are many job roles within the “Police Staff” area where you don’t have to be a uniformed police officer should students wish to investigate non-uniform jobs where they wish to make a contribution to society.

Overdue LRC books and Resources

Parents who received reminders for missing items that still have not been returned will see missing items charged for via school bill. 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>



This week's content
Week commencing 25th March

Podcast: Sex, drugs and rock n roll! When should we have these difficult conversations with our children?
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, 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

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](#).