



## TUNNOCK'S TEACAKES

**The theme for this years Tunnock's Teacake Competition was 'The Four Elements'.**

Students were given the opportunity to create a design based on this theme using one Tunnock Teacake and a selection of standard ingredients, they could also bring in two additional items from home. After much deliberation, ten successful entries were invited to the Food Studies room to create their designs. Well, done to everyone that participated and thank you to Ms Mansfield and Ms Chandler-Mears for helping to judge.

### **1st place - Lucy, Year 8**

Lucy had a fire inspired design of red food colouring suspended in gelatine (flames in water). The Tunnocks Teacake forms the core of her design.



### **2nd place - India, Year 7**

India was inspired by fire and flames, recreated with painted mint leaves and a large white chocolate fondant flame, coloured red using food dye.



### **3rd place - Amelia, Year 8**

Amelia experimented with melting sugar to create shards and blue food colouring for water. Texture was added using crushed biscuits.



## From The Head



A busy week; scooters, alpacas, yoga, ABBA, residential visits, GCSE exams and Year 13 pupils last week in school before exams! A reminder of the breath of provision that we are able to offer our pupils. I was especially proud of the Head's Leadership Team (HLT) who arranged activities to promote wellbeing during Enrichments this week. I will miss working with the current HLT Team, who stay in post until the end of the academic year, but we have started the recruitment and selection process to appoint the new 2024/25 team for September; Year 12 interviews have taken place this week and the Year 5 process to select Heads of School for the Prep will start after half term.



# Prep School News

## From Head of Prep School



The Prep School hosted a Scooter Experience Day last week with the BMX Academy. Terry Price from the Academy talked the pupils through his journey from getting his first scooter as a young boy to turning his hobby into a career. He has won both the Euro and World Championships and inspired the pupils with his resilience and attitude to never give up. His motto was "practice makes progress". He held workshops with the KS2 pupils, and they really enjoyed scootering in the School play area under Terry's supervision.

## Ersa Ski Race

Eleven pupils from Ipswich High School competed in the ERSA ski championships at the Norwich Ski Centre on Sunday 29th April 2024. Five pupils from the Prep School raced in the morning arriving in Norwich for an 8am registration. For many pupils this was their first experience of racing as both an individual as well as part of a team. Congratulations to the following pupils:

Harry L and Betsy F who came in 3rd place in the Under 10 Mixed Team Event and to Charlie C, Lucas D, Lola S, and Sophie W who as a Mixed Under 12 Team also came 3rd.

Congratulations to Madeleine W who came 2nd in her age group just missing out by 700th of a second for the gold medal position. Well done to Becca E, Molly S, and Lilian R who came 5th in their Team Event and to Charlie W for taking part in his first Ski race.

## Time to start

Year 3 have had a great start to our new topic of 'Time'. Lovely to see such happy faces.



## Alpacas come to visit

As part of wellbeing week, Prep School went to see some alpacas. They learnt lots of interesting facts!



# Senior School News



## From Head of Senior School

This week we have been enjoying Wellbeing Week. There have been a wonderful eclectic mix of additional enrichments including Bounce Fitness sessions, Yoga on the lawn, Read and bookmark making sessions and the highlight attraction was meeting the Alpacas, Ewok and Esme!

### ISA Regional Athletics

On Tuesday we took a number of athletes to the ISA regional athletics in Cambridge. Besides some wet weather everyone that took part did very well. Highlights of the day below:

Annabel B qualified for Nationals in the 1500m, finishing 2nd in her race.

Freya C regained her title in the discus and is Regional Champion.

Freddie A finished 2nd in the Javelin.

Charlie B finished 3rd in the 800m and 2nd in High Jump.

Manzur E came 2nd in 200m and 2nd in the Triple Jump.

Hettie finished 2nd in the High Jump.



There were many more athletes who took home medals and took apart and achieved some amazing results. A huge well done to all the pupils who came and took part in some very wet conditions. A huge thank you to Mrs Springham for supporting the athletes along side Mr Wright and Mrs Harrison.



# Teaching & Learning News



Terry Price, an international scooter champion, gave a key message to our Prep pupils - persevere, never give up & believe you can achieve your dreams...what an inspiration!

I

INSPIRED



Ethan has created an excellent piece of fine art inspired by the theme "objects".



The Prep School were so happy when they got to meet some Alpacas during 'Well-being week'!

H

HAPPY



Elsie enjoyed her Year 9 work day experience supporting our pupils in Nursery.



Nursery and Reception successfully managed to get the water to flow from one end of the water wall to another!

S

SUCCESSFUL



Anna-Mia is the artist of this wonderful art piece.



# Whole School News

## ISA National Triathlon

We had the honour of hosting the ISA National Triathlon at Ipswich High School last Wednesday. 214 competitors from schools all over the Country travelled to take part in a variety of races from those just starting out in the Tri-Start event all the way through to the Youth event. A total of 38 pupils from school from Year 3 to Year 11 took part. This event would not have been possible without the expertise and guidance of Emma Springham as well as PE staff, the Estates Team, and lots of help from parents. A huge thankyou to everyone involved in making the day a great success.

### Youth

Name	Year Group	Position
Samuel B	10	1st
Jonathan E	11	4th

### Tri-Star 3

Name	Year Group	Position
Freya	7	4th
Felix G	7	15th
Anna E	8	5th
Idunn HP	8	7th
Wilf HC	9	5th
Noah E	9	9th

### Tri-Star 2

Name	Year Group	Position
Darcy D	5	16th
Connie C	5	29th
Emelia P	5	30th
Rufus G	5	31st
Molly S	6	7th
Becca E	6	12th
Willow FH	6	18th
Lara H	6	19th
Stanley J	6	20th
Joseph X	6	24th



Annabel B	7	6th
sla Mason	7	8th
Brooke P	7	24th
Amelie G	7	36th



# Whole School News

## Tri-1

Name	Year Group	Position
Sebastian R	3	20th
Ollie C	3	32nd
George P	3	32nd
Rasmus HP	4	4th
Betsy F	4	14th
Autumn FH	4	16th
Annabelle N	4	17th
Mathea L	4	19th
Albert O	5	8th
William B	5	15th
Noah W	5	17th



## Tri-Start

Name	Year Group	Position
Fynn G	3	5th
Ollie B	3	6th
Max W	3	13th



# Whole School News

## Sports Celebration Evening

Join the PE Department on the 14th June for the Year 6-9 Sports Celebration Evening. We welcome rugby player Tomiwa Agbongbon as our guest speaker. He played top level rugby for Leicester Tigers, as well as Houston Sabercats in the MLR all while studying Maths and Accounting at Loughborough University. Look out for the invitation letter coming out at the start of next week.



# 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](https://nationalcollege.com).

## What Parents & Educators Need to Know about SCHOOL AVOIDANCE

Emotionally Based School Avoidance is a term used to refer to reduced attendance or non-attendance at school by a child or young person. It's often rooted in emotional, mental health or wellbeing issues. The rate of children who miss school more than 10% of the time in England has more than doubled since before the pandemic: rising from 10.9% in 2018-19, to 22.3% in 2022-23.

### UNDERSTANDING SCHOOL AVOIDANCE

### IMPACT OF SCHOOL AVOIDANCE

#### REASONS FOR ABSENCE

School avoidance is sometimes underpinned by several factors rather than one single cause. This could include something going on for the child or young person within the family or at school. A child may have caring responsibilities at home, for instance, or a change in family dynamics; bullying and friendship difficulties at school; pressure to achieve in schoolwork and exams; or moving from primary school to secondary school.

#### LEARNING AND DEVELOPMENT

School refusal can negatively impact a young person's learning and development. Attending school on a regular basis not only supports academic attainment but is also important for the development of key life skills and the growth of children and young people as citizens.

#### PATTERNS OF ABSENCE

You may notice patterns in regular absences or children regularly expressing that they don't want to attend school (particularly being reluctant to leave home on school days). If a child or young person is neurodiverse, there is some evidence to suggest there are more aspects of school life which can cause distress – such as changes in the environment, changes of routine and sensory stimuli.

#### LONG-TERM OUTCOMES

The difficulties associated with school non-attendance can be far reaching and may have a negative impact on long-term outcomes. It may, for example, lead to reduced future aspirations, poor emotional regulation, mental health difficulties, limited academic progress and restricted employment opportunities.

#### COMPLAINTS ABOUT PHYSICAL SYMPTOMS

There may be an increase in a child or young person's complaints about physical symptoms, particularly on school days or the evening before school. These could include complaining of a tummy ache, headache, or saying they feel ill when there doesn't appear to be a medical cause. Always check with the GP first to rule out medical causes or illness.

#### CYCLE OF ABSENCE

Consistent absences may contribute to sustained school avoidance over time. Further to this, the longer a pupil is out of education, the more likely it is that there is a rise in their ongoing need to avoid the activity which is making them anxious – increasing their desire to stay at home.

### Advice for Parents & Educators

#### WORK TOGETHER

If there's a concern about a child's absence and emotional wellbeing, it's important that there is clear communication and a consistent approach between the child's parents and the school, so you can take a child-centred approach together towards a plan of support or reintegration. This ensures a consistency of approach from both home and school, creating better outcomes for the child.

#### MANAGING OVERWHELMING FEELINGS

While there may be times you feel frustrated or angry, try to stay calm; acknowledge the child's worries, listen and discuss a range of coping strategies together to help them face the discomfort and overwhelming feelings. These could include mindfulness, deep breathing or going for a walk and practice the strategies in less overwhelming situations first.

#### FOLLOW REGULAR ROUTINES

Children can benefit from a regular and consistent routine. This could be a morning routine, from waking up and having breakfast through to getting dressed, packing their bag and leaving the house. A consistent evening routine which is calm and limited time on screens can also give children much needed predictability and familiarity. Schools can help create a timetabled routine for the child's school day, if required.

#### REDUCE STIMULATING ACTIVITIES AT HOME

If a child is avoiding school, reduce their access to more stimulating activities (such as watching television, playing games and spending time with friends) during school hours, where possible. This reduces the potential for the child having rewarding experiences at home, which could be interpreted as a positive aspect of avoiding school.

#### 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.



Source: See full reference list on guide page at: [nationalcollege.com/guides/school-avoidance](https://nationalcollege.com/guides/school-avoidance)

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# History Corner

## **The Orangery of Woolverstone Hall, by Naomi Limer, Head of English**

Nowadays the Orangery is one of the busiest parts of the school, full of the chatter and clatter of lunchtimes and often in use for events, prep and meetings but prior to the sale of the Woolverstone estate in 1937, it was full of an entirely different sort of life.

Woolverstone Hall was built in 1776 for the Berners family and remained a private residence until 1937. The orangery was not part of the original building but was commissioned by Charles Berners and built in 1923 by the architect Thomas Hopper as part of a series of renovations and additions to the existing house. Hopper designed and remodelled many stately homes across England and was popular with King George IV who employed Hopper for numerous revisions to his own properties.

The Orangery stands 18 feet high and 70 feet long and as the pictures below reveal, was once filled from top to bottom with a range of beautiful plants. Heated by a network of hot water pipes along the underside of the span roof, and fed by water channels below the floor, the conditions enabled the growth of a range of exotic plants and trees that were recognised as being some of the finest examples in England.



The technology was advanced for the Georgian age, and Mr James Sheppard (previously of Longleat) and his successor Mr William Messenger as Head Gardeners were famed for their expertise on the growth of peach trees, grapes and camellias and many other varieties of plant and tree.

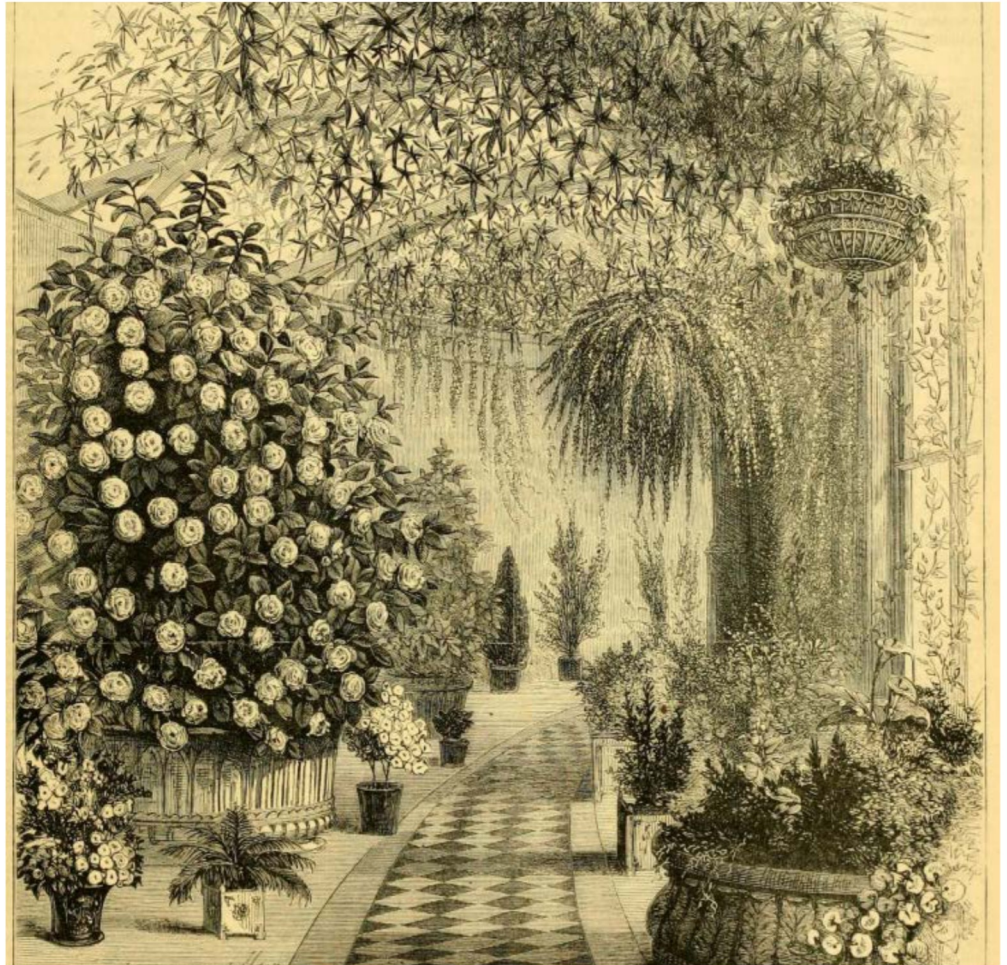


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# History Corner

The drawing taken from *The Gardeners' Chronicle* of 1874 (for which Mr Sheppard was a columnist for over 25 years), shows the celebrated camellias which held over 400 blooms. Interestingly, many of the planters pictured here are still on site, with the large planter to the right of the foreground having recently been moved from the stable block to the front of Woolverstone Hall.

With the sale of the property and its eventual use as a boarding school for boys, the orangery was partitioned and used as a dormitory for many years. Whilst it has not returned quite to its original purpose, the orangery was restored when Ipswich High School purchased the property in 1992 and is regarded as one of the finest rooms of the estate.



# Careers & LRC 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 Health & Safety Form to be completed by the businesses for each placement has now been extended to Monday 3rd June.

## Year 10, 11 and 12 University and Apprenticeship Information Evening

This will be held in Woolverstone Hall from 16:45 to 18:15 on Tuesday 11th June 2024.

### YEAR 10, 11 & 12 UNIVERSITY & APPRENTICESHIP INFORMATION EVENING

Tuesday 11th June at Ipswich High School

4.45pm - 6.15pm

Refreshments will be provided before the event

- Expert Speakers
- Topics to include university life on campus, course options and the UCAS degree application processes
- Information of the varied Degree (and MA) apprenticeships available
- Meet alumni and hear their stories
- Q&A sessions



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# 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>



“Are exams causing you sleepless nights and frazzled nerves? Fear not! We've got your back. Here are 10 practical tips to help you conquer exam stress. Watch them [HERE](#).”

## 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](#).