



## ATHLETICS SUCCESS FOR IHS

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### English Schools Athletics Success

Last Saturday Ines competed at Chelmsford in the U20 400m. Ines performed beautifully and gained a new personal best of 58:18! This is a fantastic achievement in which she has also gained English Schools Entry. Ines then went on to compete on Sunday at Harrow. From the weekend of performances Ines has received confirmation of her Suffolk Team place for the English Schools Championships in Birmingham in two weeks time.

Ines says 'this is the highest level event for a school age athlete competing at a national level so I am absolutely delighted to have been selected'.



### ISA Athletics

On Monday 19th June, Freya travelled to Birmingham and performed in the National ISA Athletics event at the Alexander Stadium for the ISA East Team. Freya previously won the discus at the regional round and then progressed to represent the team in Birmingham. Freya performed incredibly and came 1st and is now the ISA National discus champion.

A huge well done to Freya for representing the East Team and Ipswich High School.



# Prep School News

## ISA Ladybug Art Competition Winners

Amelie - 6S, Oshi - 3P, Willow - 5F, Brooke - 6G,  
Elias - 2N, Hannah - 1H, Samuel - Reception,  
Ryleigh - Nursery



## Glitter Club

This week in glitter club we have been making bags. These have been so much fun to do and useful too.



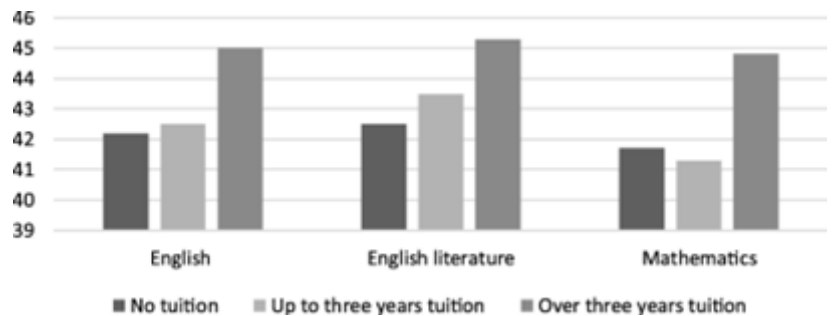
## Music News

As students in the Prep School reach the end of the school year, they will have had the chance to try out between one and four different instruments, depending on their year group. The summer holidays are an excellent time to think about continuing an instrument pupils have enjoyed or starting a new one.

This chart, produced by Cambridge University, showing GCSE results makes the link between learning an instrument and achievement in school exceptionally clear. The column on the right in each group shows the attainment of students with over three years of instrumental tuition, compared to those with no instrumental tuition and those with up to three years.

The study took a large group of students from all ranges of ability and socio-economic backgrounds and the results are indisputable – learning an instrument makes you smarter.

If you would like to discuss music lessons for your child, please contact me: [a.chillingworth@ipswichhighschool.co.uk](mailto:a.chillingworth@ipswichhighschool.co.uk)





# Prep School News

## Water Safety Week

This week the Prep School have been learning about and practising about being safe in water.



**ALWAYS FOLLOW THE WATER SAFETY CODE**

ROYAL LIFE SAVING SOCIETY UK

**Whenever you are around water:**

**STOP AND THINK**  
Take time to assess your surroundings. Look for the dangers and always research local signs and advice.

**STAY TOGETHER**  
When around water always go with friends or family. Swim at a lifeguarded venue.

**In an emergency:**

**Call 999**  
Ask for the Fire and Rescue Service when inland and the Coastguard if at the coast. Don't enter the water to rescue.

**FLOAT**  
Fall in or become tired - stay calm, float on your back and call for help. Throw something that floats to somebody that has fallen in.

Enjoy Water Safely

Learn basic lifesaving and CPR skills. Visit [www.rlss.org.uk](http://www.rlss.org.uk)

## Year 4 Swimming Gala

It was lovely to welcome Littlegarth to the pool for the first time. There were several close finishes in several races. Evelyn won the freestyle relay by a touch. Emelia seemed to be in the pool most of the event having to swim Butterfly for the Year 5's as well as her own individual event in the Year 4 team. In the individual event there were wins for Freya, Willow and Connie. Albert represented the school for the first time in a swimming gala.

## Year 6 Swimming Gala

Year 6 competed against Ipswich School in the last fixture of the year. The team included Isla, India, Henrietta, Evelyn, Lara, Freya, Annabel, Brooke, and Cora. They finished on a high by winning their age group.

The U8 team including Autumn, Arabella, Betsy, Tabitha, Emily and Oshi took part in their first ever swimming gala. They all enjoyed the experience. A special mention goes to Elspeth who also joined the U8 team.

Thank you Year 6 and we look forward to seeing you all in Swim Squad in Year 7.





**IPSWICH HIGH PREP SCHOOL  
PROUDLY PRESENTS**



ROALD DAHL'S  
**Matilda**  
THE MUSICAL  
**JR.**

**27TH JUNE 2023 6.30PM**

**28TH JUNE 2023 2.00PM**

**28TH JUNE 2023 6.30PM**

**ADULTS £10  
CHILDREN £5**

**The Hayworth Theatre  
Woolverstone  
IP9 1AZ**

[CLICK HERE TO BOOK YOUR TICKETS](#)

Book by  
Dennis Kelly

Music and Lyrics by  
Tim Minchin

This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI  
[www.mtishows.co.uk](http://www.mtishows.co.uk)



# Senior School News

## Pride Scavenger Hunt Quiz

The winners from the Pride Scavenger Hunt Quiz were;

1st place: Ruby 2nd place: Fionnuala 3rd place: Lara 4th place: Millie



## Year 9 Residential Trip to Paris and Disneyland

59 pupils and 6 staff had an early start on Wednesday 7th June as they embarked on their residential trip to Paris. They started their day going up the Montparnasse Tower for a 360 degree view of Paris taking in all the famous monuments. Some pupils took a trip to the Jardin du Luxembourg whilst others shopped the streets of Paris.

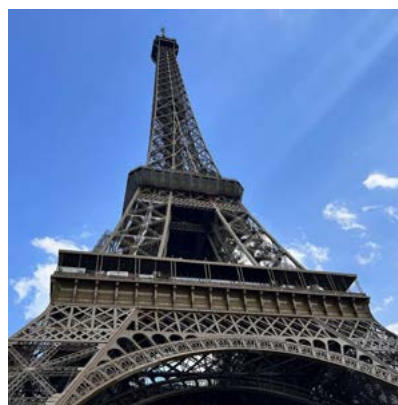
They then made their way to the iconic Eiffel Tower, walking past the River Seine and spent time taking photos in the Trocadéro Gardens.

Day 2 started off with some songs from Moana as we made our way to Disneyland Paris. Pupils spent their time exploring the park, meeting characters and going on as many rides as possible. We finished the evening watching the incredible drone and fireworks show which is always a highlight of this trip.

Day 3 saw the pupils buying souvenirs in the Montmartre area, visiting the Sacré-Cœur and watching the artists in the Place du Tertre.

## Fire & Rescue

On Thursday 22nd June two fire service instructors from Suffolk Fire and Rescue service spent some time with our Chemistry Department, sharing our experience of demonstrations of endothermic and exothermic reactions. They will use this knowledge to enrich their Hazmat course, training firefighters across Suffolk.





# Senior School News

## Netball County Success

Last Friday at the Suffolk Netball presentation evening, Amayia, Year 8 received the award for the 'Most Improved Player of the Season'! Amayia is part of the Suffolk Pathway Programme, and we wish her all the best for Suffolk trials this week.



## Athletics at Northgate

Year 8 competed in a Track and Field Competition at Northgate. There were many stand out performances throughout the evening, with some pupils competing for the school for the first time in athletics.

The girls finished second, and the boys finished tenth. Well done everyone!



## County Rounders Champions

Last week was a huge success for our U12 Rounders Team. They won five out of five matches and have gained the County Rounders Champions title. They should be very proud of themselves. Well done!



# Whole School News

Uniform + Sportswear

schoolblazer

Your school uniform and sportswear are now ready to order!

Simply log in at [www.schoolblazer.com](http://www.schoolblazer.com)

Why not order early and relax this summer with **FREE UK P&P from 3rd July - 16th July 2023**. Our returns policy is 120 days which means that any items ordered at the start of the holidays can be exchanged if you find they no longer fit before the start of term.

**FREE UK P&P**



**EASY DELIVERY**



**SIMPLE ONLINE ORDERING**



**FREE NAMETAPING**



**INTELLIGENT SIZING®**



**WE CARE**



**ETI MEMBER**

## ✓ Online Ordering

Enjoy our simple, easy-to-navigate website for straightforward shopping - we even feature a How to Shop video. Plus, you can shop easily on your phone and tablet.

## ✓ Name-taped garments

Fully name-taped orders dispatched within 3 days.

## ✓ Free UK Returns

Free UK returns, with 120 days to return your item.

We are committed to making your preparations for the new term as easy and pain-free as possible.

If you have any questions or require help, please do not hesitate to contact our Helpline on:

**0333 7000 703**

Mon-Fri 9am-8pm, Sat 9am-5pm

or email Schoolblazer at:

[customerservices@schoolblazer.com](mailto:customerservices@schoolblazer.com)

**limitless.**

Call: 0333 7000 703

[www.schoolblazer.com](http://www.schoolblazer.com)

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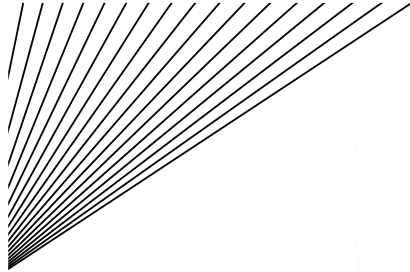
[customerservices@schoolblazer.com](mailto:customerservices@schoolblazer.com)

## Polite Reminder

When driving around school please stick to the speed limits, park considerately and follow the one way system even after the school day has ended as there are still pupils on site at this time.



# Woolverstone News



*Woolverstone Park.*

## **BERNERS FAMILY AT WOOLVERSTONE JULY 6TH, 7TH, 8TH AND 9TH JULY 2023**

2023 marks the 250th anniversary of the Berners family purchasing the Woolverstone Park estate and farm, in all about 350 acres. The estate was bought by William Berners, at an auction run by “Langfords” of Covent Garden, on Friday 13th August 1773 for the sum of £11,440. To mark this special anniversary, Friends of Woolverstone are organising a Berners Family at Woolverstone weekend on 8th and 9th of July 2023. It includes:

- Illustrated talk; “The Berners Family at Woolverstone” Thurs 6th and Fri 7th July at 7:30 pm in Berners Hall, Main Road, Woolverstone. IP9 1AR. Price £10.00, including a glass of fizz. To book tickets contact Simon Pearce. Tel: 07825708171 or Email: [simonrpearce@gmx.co.uk](mailto:simonrpearce@gmx.co.uk).
- Exhibition of the “Berners Family at Woolverstone” in Berners Hall, telling their story with information, photographs, artefacts, extracts etc. from 1773–1937. Plus, refreshments. Sat 8th and Sun 9th July. Open 10:00 – 16:00. Includes a display of vintage images with photographs of their contemporary locations and art work.
- Ipswich High School, Woolverstone Hall and Grounds. Open 9:30 – 16:00 pm. Sat 8th and Sun 9th July. Try our self-guided heritage walk around the village of Woolverstone with our new map and historical notes about buildings associated with the Berners family. Including, for this weekend only, access to the ice house.
- St Michael’s church are hosting information showing how the church evolved under the Berners’ stewardship.
- Woolverstone House gardens will be open on Saturday 8th July from 10:00 until 1:00 pm
- The Walled Garden will be open on Sunday 9th July from 12:00 noon until 4:00 pm. Refreshments will be available.

We do hope you are able to join us at some point over the weekend to mark this 250th anniversary and share in the heritage that makes Woolverstone such a rare and special place.





# Boarding News

## Busy Boarding Week

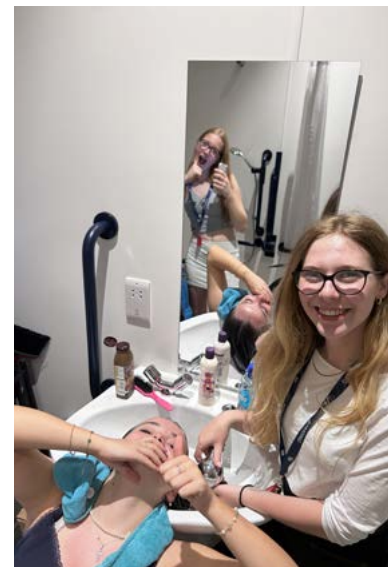
What a week! The boarders have been soaking up the sun here at The Dairy House. We are so lucky to have the amazing School grounds. We have had some lovely walks which we extended down to Woolverstone Marina, chatting and enjoying each other's company in these last few weeks of the Summer Term with such lovely views.



Our outgoing Head of House, Crystal was also busy, holding a House Council Meeting where we all get to share our views about boarding and come up with good ideas about things we like to do. Outgoing Deputy Head of House, Jake, started his packing - eventually - despite Crystal having started weeks ago! They have had a busy time with exams and we wish them all the best as they head off home for the summer.



Who would have thought that hair washing would become an activity in the boarding house, however, we love our hairdressing sink, and, pampering each other at the end of a long day is just sometimes needed. Why would you want to be anywhere else!



# LRC & Careers News

## LRC News

As we near the end of term, this is a gentle reminder to please return all books to the Prep and Senior library.

## Careers News

The June Careers Newsletter is out so check your email or click on the link [here](#) to access all news to support UCAS applications, Work Experience, Apprenticeships and various career pathways.

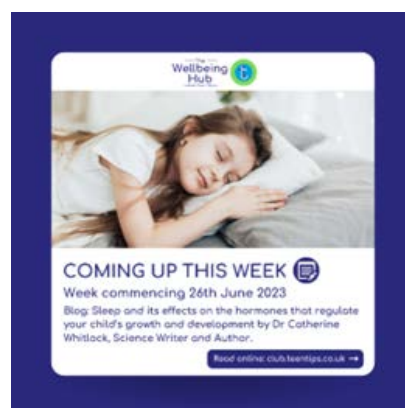
## Whole School news

Last week to focus on the importance of tolerance and inclusivity and key British values, we held a Pride Awareness week in school. The total raised for [Outreach Youth](#) was £100.



## TeenTips Wellbeing Hub

Remember to sign up to access via [Parents sign up](#) and, view the [Tour of The Wellbeing Hub](#) - Parents below. All Year 6 to Year 13 pupils have been automatically registered so can check their emails for the link to complete their registration.



## In Need of Support?

During school hours, please contact our Designated Safeguarding Lead: Mrs Finch or, Deputy Designated Safeguarding Leads: Mrs Offord (Senior School), Mrs Vickers (Sixth Form) - on 01473 780201.

## With 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](#).