

# WOOLVERSTONE WEEKLY

18<sup>TH</sup> OCTOBER 2024



IPSWICH HIGH SCHOOL

WOOLVERSTONE HALL  
SUFFOLK ENGLAND



### Year 7 Trip

Read about the school's Year 7 residential at Bawdsey Manor.



### HISTORY HIT:

This week we learn more about the cellars at Woolverstone Hall.



### SCIENCE TRIP

Learn more about Year 5 and their trip to the Kinetic Adventure Science Centre.

FOUNDATIONS TO FLOURISH





## YEAR 7 RESIDENTIAL

The Year 7 residential trip to Bawdsey Manor took place last week. It was a truly memorable experience for the pupils, filled with excitement, learning and personal growth.

Over the course of our three-day stay, students participated in a range of adventurous activities designed to encourage teamwork and resilience. With the weather on our side, we explored the sensory trail and many students enjoyed the thrill of swinging on the giant swing and canoeing on the PGL lake, with Mr Stone taking an unplanned dip!

One of the highlights was Mrs Smith's late-night science lesson, where students had the chance to learn about and experience the Aurora Borealis together. This was a truly special moment that will not be forgotten.

It was wonderful to see our Year 7 pupils making new friendships and overcoming personal challenges during the trip. The PGL instructor noted that our group was "just on the right side of energetic," which perfectly captured the spirit of enthusiasm and camaraderie that defined our time at Bawdsey Manor.

We are incredibly proud of our Year 7 pupils and their exemplary behaviour throughout the trip.

# YEAR 7 RESIDENTIAL MEMORIES & MOMENTS





### From Mr Browning, Head

Last night we welcomed pupils and parents from Y9-13 to our brilliant Careers Fair and our older Prep pupils had an early viewing of the exhibitions. This event is arranged at Woolverstone Hall in conjunction with Holbrook Academy and it was a pleasure to welcome many of their staff, parents and pupils too. Here at IHS, we believe in the importance and power of collaboration and community partnerships. I am confident we will develop more projects that are mutually beneficial to a range of pupils across educational establishments locally in the coming months. It was a joy to see our Year5 pupils learning more about the History of our school and Woolverstone Hall this week when they visited me with their tour guide (Miss Limer, Old Girl and Head of English), they asked lots of excellent questions!

I wish you all a happy, safe and restful break.



### From Orwell

This week I caught a mouse in the IT Department but Mr Aminian said it was meant to be in the office!

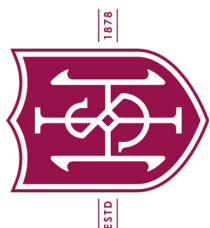


### From Mabel

And relax! It's half term everyone - have a fantastic break and see you in November!



WEEK THIS





## From Head of Prep School

The only thing better than singing is more singing. -Ella Fitzgerald

This week, the Prep School were treated to a very special 'Singspiration' assembly.

Senior pupils Maria, Jess and Ariella joined Ms Extance to inspire Prep pupils from Year 3 to Year 6 to audition for a brand-new Prep School choir, 'Voices of Tomorrow', which will provide a further opportunity for pupils to enjoy choral singing in school. The pupils learnt to sing 'I Have a Dream' from Mamma Mia, in two parts and they sounded beautiful performing the song after just a short rehearsal. Pupils were then treated to a brilliant medley of Disney princess songs, performed by Maria, Jess and Ariella.

It was particularly inspiring for the children to see photographs of Maria and Jess performing in 'The Lion King' Junior Musical, when they were pupils in the Prep School themselves. These can be seen below.

Every adult and child left with a smile on their face and full of energy and enthusiasm for the opportunities ahead. Please do watch out for future performances of the 'Voices of Tomorrow' choir.



## Year 5 Science Trip

Year 5 had a brilliant time at the Kinetic Adventure Science Centre on Tuesday. They shared their knowledge of the Solar System and gained plenty of knowledge about our great universe, satellites and NASA. The children examined rocks and soil samples taken from the moon's surface and made a model of the solar system using play dough. They participated enthusiastically in the activity room using their scientific knowledge on gravity and force and enjoyed the orienteering activity around the centre. Pupils were keen to share their knowledge with the leaders at the centre as well as with each other during the discussion about the design of the International Space Station and life aboard for the astronauts.





### ◀ Tractor Fun

As part of our "People Who Help Us" topic, the Prep School welcomed TNS Tractors and Philip Liverton Limited to the school on Thursday. The children had a great time learning about farming and were even lucky enough to sit in a tractor!

Thank you to TNS and Philip Liverton for coming to the school and for bringing along flags and some sweets. They were much appreciated!

### Exciting New Playground Equipment ▶

The children have been enjoying their new playground equipment. Thank you to the IHSA for your efforts in fundraising for the school and supplying the new equipment.



### ISA Prep School Swimming

On Thursday we took Freya, Emelia, Connie, Albert, Noah, Annabelle, Rasmus, Arabella, Sheryl, Elspeth, Anya, Nate and Seb to compete at Crown Pools in the ISA Swimming event. For some this was the first time they had competed in such a huge event. There were 20 other schools taking part this year.

All pupils had very good swims, notably Freya in the breast stroke, Connie in the fly and Rasmus in the front crawl! All three narrowly missed out on the selection of the regional team.

Emelia, Annabelle and Albert have all qualified for the regional team to swim in the Freestyle relay event at the Nationals on November 29th at the Queen Elizabeth pool Stratford.





## From Head of Senior School

As the first half of the Autumn term draws to a close, it has been wonderful to see the positive impact of our diverse trip offer inspiring our pupils. As the Year 7 have returned after PGL last week, they have come back full of smiles, having consolidated friendships, and well and truly transitioned successfully to life in the Senior School at Ipswich High School.

The trip has allowed them to build their resilience and team building skills very effectively. In addition, a group of our older pupils have just departed for the most exciting Geography trip to Iceland, where they will see close up all the wonders Iceland has to share, including walking on a glacier, seeing lava, geysers and much more so we look forward to seeing and hearing about their experiences on their return.

## U13s through to Regionals!

You may have seen in last week's edition that it was announced that our U13 girls' squad are our 2nd hockey team this term to get through to the Regional Finals.

The team had a fantastic day out at Ipswich Sports Centre competing against 8 other schools, fighting for 2 places at Regionals.

We had a very positive start in our round robin section beating Framlingham College 2-1, Barnadiston 1-0, Finborough 4-0 and a draw with RHS 1-1. We topped our group and headed on through to the semi finals where we played Woodbridge. After a fantastic team effort, we won the game 1-0. We then met Culford in the final where we drew 1-1 at full time. A close penalty shoot-out which headed into sudden death saw Culford clinch the win.

Congratulations to the team who have already begun their preparations for their regional finals on 4th December.

### Team:

Annabel, Lara, Charlotte, Sophie, Evelyn, Cora, Isla, Isha Amelie and Amelia.





## ◀ British Shooting Development Pathway 2024

After the success of the National Pistol Shooting finals, Year 10 pupils Alexis and Georgina, Year 12 Matilda, and Year 13 Tilly have been accepted into the British Shooting Development Pathway for the 2024-25 season. Congratulations to you all!



## ◀ Spanish Visit

Recently, our school welcomed a group of Spanish students from Vigo, a city in the north of Spain, for a three-week exchange program. This experience gave our Year 10 GCSE Spanish students the chance to practice their speaking skills and immerse themselves in Spanish culture. Both groups gained valuable insights into language learning and cultural exchange, making it a rewarding experience for all. involved



## ▲ Hockey Success

**By Hettie and Tilly**

Another successful day on the job-winning 4-1 against New Hall! Great goals from Tilly (2), Charlotte (1), and Chloe (1). Great communication in midfield with Chloe, Charlotte, Alva and Sienna creating great opportunities on the pitch. The forwards covered a large area of the pitch with Yasmin, Tilly, Liv and Alice pushing for the goals. The defence was effective with intimidating skills from Annie, Ivy, Freya, Hettie and Lilia. Special mention for Lily for stepping up as goalkeeper for this game, making some brilliant saves. Thanks again to our amazing coaches Mr Wright and Miss Wheelhouse for leading us to victory again!



## ◀ A Spooktacular Evening for Year 10

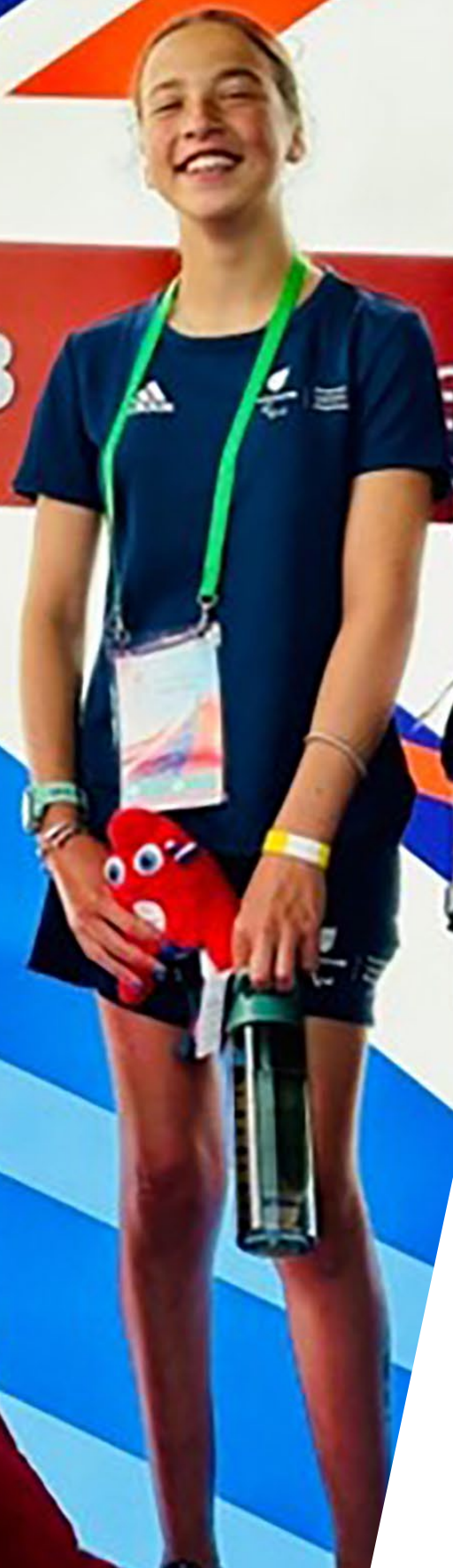
This week, Year 10 enjoyed their first year group event of the year watching the classic Halloween movie, Hocus Pocus. A night filled with popcorn and pizza was enjoyed by all!

## South East Semi-Final

We hosted the O14 swimming event where 4 other schools attended and the swimming was of a very high standard. Ethan and Tarek both won their individual events, and they were joined in the relay events by Ameille, Emily and Kanzi and finished second in both events. We finished 2nd overall and will compete in the final on November 27th.



ParalympicsGB



ParalympicsGB

PARIS 2024

# PARALYMPIC GAMES

**By Emma Springham, British Triathlon Paralympic Pathway Coach**

I had the honour of being selected onto the Paris Inspiration project for Paris 2024 Paralympics, which is a program put on by the British Paralympics Association for coaches and athletes who are expected to go to the next Paralympic games. This is a yearlong project that finishes in December.

The key point to this was to go to the Paralympic Games in Paris to experience everything the athletes and coaches do – we went to visit the Team GB House and saw where the athletes completed their media post event, and we chatted with some of the pundits. I even managed to get Millie Pickles, who was commentating for Channel 4, to take on a triathlon – which I will be helping her train for!

We saw where the athletes met their friends and family away from the media and hordes of spectators and fans, and even took part in the athletes' fanfare event once they had won a medal – they came in and rang the big bell and signed it!

The Paratriathlon was unfortunately postponed for a day due to the weather making the River Seine not swimmable. However, it went ahead on the Monday and the crowds were fantastic. They were 10 deep in some places which is unheard of in para events at home. All our athletes did a brilliant job and we won 5 medals in total – 2 Golds, 1 Silver and 2 Bronzes.

The highlight of the Games was seeing an athlete who came to a Talent ID day I ran in March 2023, and whom I had brought into our Pathway, compete in the PTS3 race and finish 4th! It was a pleasure to have spent last summer teaching him how to swim in the open water and then to see him smash it swimming down the Seine and to narrowly miss out on a podium position, which is a real Dream come true for so many. I was grateful that I had been able to share that journey with him and being able to hug him and his family after the race was the icing on the cake!

The whole experience was amazing, and I know it has really inspired both the athletes I went with and myself to see who we can find for the next games, and if we can get to go to either LA in 2028 or Brisbane in 2032!

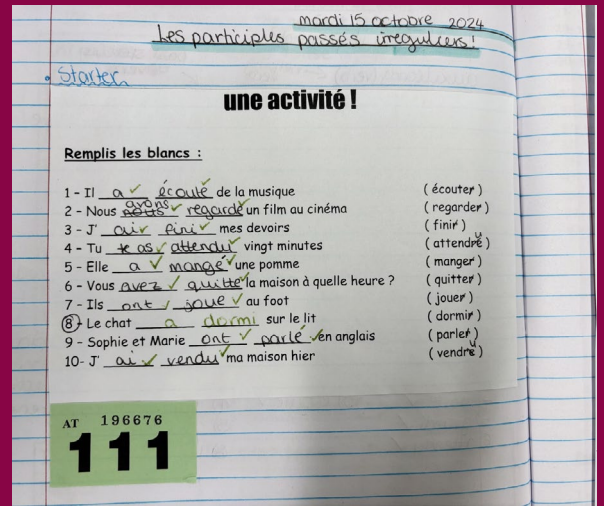




Nursery and Reception have been creating some inspirational work based on their Autumn learning journey.



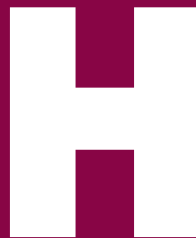
INSPIRED



A GCSE French pupil wins a raffle ticket after winning the class competition. Good luck!



Thank you to the IHSA who have funded new play equipment for Nursery and Reception and KS1 to enjoy at break and lunchtime.



HAPPY



Pupils in a Year 7 Science lesson were measuring the volume of air in their lungs.



WHN/R, Year 1 and Year 2 thoroughly enjoyed their tractor visit. The pupils learnt lots of new vocabulary!



SUCCESSFUL



Economic's students in Year 12 successfully study cost and revenue graphs.

# THE PEOPLE BEHIND IPSWICH HIGH...



MRS ANGELA CHILLINGWORTH  
DIRECTOR OF MUSIC

At Ipswich High School, each week we focus on celebrating one member of our community. This week we learn more about Mrs Angela Chillingworth who is our Director of Music at IHS.

## HOW LONG HAVE YOU BEEN AT IHS?

10 years.

## WHAT INSPIRED YOU TO JOIN THE IHS COMMUNITY?

I had heard what a happy school it is and how supportive the staff are to students and colleagues, that sounded like my sort of school.

## WHAT DO YOU LOVE ABOUT WORKING AT IHS?

Every day is different. The students are polite and hard-working. It is a beautiful place to be, especially when the sun shines.

## WHAT'S YOUR FAVOURITE MEMORY FROM WORKING AT IHS?

Recording the school hymn for Desert Island Discs.

## TELL US ABOUT A PROFESSIONAL SUCCESS STORY THAT YOU'RE PROUD OF.

I played on the main stage at the Glastonbury Festival.

## WHAT ARE YOU MOST LOOKING FORWARD AT IHS?

The 150 year celebrations.

## WHAT DO YOU ENJOY DOING OUTSIDE OF WORK?

Playing in concerts.

## WHAT IS A DREAM THAT YOU WANT TO MAKE COME TRUE ONE DAY?

Having enough boys with broken voices to have a 4 part choir.

## WISE WORDS: IS THERE A QUOTE OR SAYING YOU LIVE YOUR LIFE BY?

Music makes everything better.

## YOUR FAVOURITE SUBJECT AT SCHOOL:

Music

## WHAT TYPE OF BOOKS/MOVIES DO YOU ENJOY?

Biographies and historical.

## WHAT IS YOUR FAVOURITE LUNCH AT IHS?

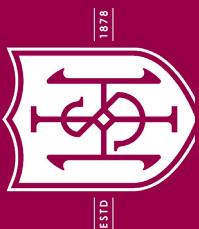
Chicken pie and lemon posset.

# Careers Events for Autumn Term

Date:	Careers Event:	Description:
<b>4<sup>th</sup> November 2024</b> – New Year 12 pupils. Information assembly on 18/10/24	Morrisby Profile	All new to IHS Year 12 pupils off timetable for P5 & Enrichment 2. Meet in Computer Suite 2 to take their Morrisby Profile. This will be followed up in January 2025 with a 1:2:1 Careers Advice sessions for all Y12 with an independent and impartial careers advisor.
<b>14<sup>th</sup> November 2024</b> – All day, BT Aadastral Park	BT Enterprise Day – Year 9 (by application)	Y9 pupils can sign up to attend the BT Business Enterprise Day where they will work in teams within a simulated commercial environment to aim to make the most profit and shares by the end of the day. We will be competing against teams from other Suffolk schools. The pupils will learn about many of the elements of working in a business enterprise from trading Stocks & Shares, raising capital, compliance, teamwork and presenting skills. A great one for the CV & application!
<b>Thursday 21<sup>st</sup> November 2024</b> , Enrichment 2, Leggett Room	Careers Talk: Fleur Oakley-Pugh - Physiotherapy	Careers talk about physiotherapy as an occupation.
<b>November</b> , PSHE classes	Year 9 Morrisby aspirations	Year 9 will re-visit their life-long account on our Morrisby Careers Software and update their Aspirations.
<b>Thursday 5<sup>th</sup> December 2024</b> , Enrichment 2, Leggett Room	Emma Springham - Paralympic Triathlon Coach.	Careers talk about sports coaching with Emma Springham, a Paralympic Triathlon Coach.



CAREERS & LRC





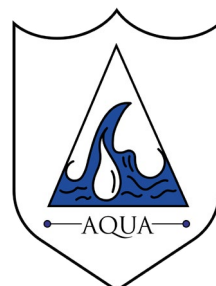
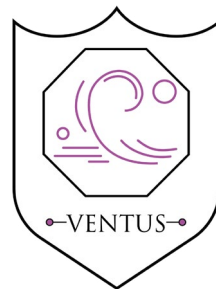
## BIG READ 2024

It is time for our annual sponsored 'BIG READ 2024', and we would love all pupils to be involved. This house event will commence at October Half-Term and continue our three-week challenge, completing on Sunday 10th November.

Pupils can choose whatever they wish to read - from comics to classics and from audio books to blogs - they are not being assessed, it's all about reading for enjoyment and pleasure.

While they read for pleasure, they will be extra motivated because they will be raising money towards vital funds for our 4 House charities of 2024/25.

The simplest way to sponsor your child is through our Just Giving pages by clicking the appropriate house shield on the right:



## 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), Mr Collishaw (Boarding), Mrs Lidstone (SENCO) - on 01473 780201.

### Out of School hours support below:

SHOUT: 24/7 - Text SHOUT to 85258

Samaritans: 24/7 - 116123

Kooth: kooth.com

General support and 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

## Parenting Support

Parenting is one of the toughest jobs we ever do but it should also be one of the most fun and rewarding.

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.



The Wellbeing Hub  
— from Teen Tips —



### This week's content Week commencing 21st October

Blog: Understanding people pleasing and how to set effective boundaries by Dr Tamara Scully, Clinical Psychologist



# What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

## CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

**U:** Suitable for all ages

**PG:** For children aged 8 and above; this content shouldn't unsettle them

**12A:** Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

**15:** Suitable only for 15-year-olds and above

**18:** Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex



## WHAT ARE THE RISKS?

### STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

### FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

### PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.



### CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

### PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

## Advice for Parents & Educators

### WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.



### REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them; this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.



### DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.



### USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.



### Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.





## HISTORY HITS

# THE CELLARS

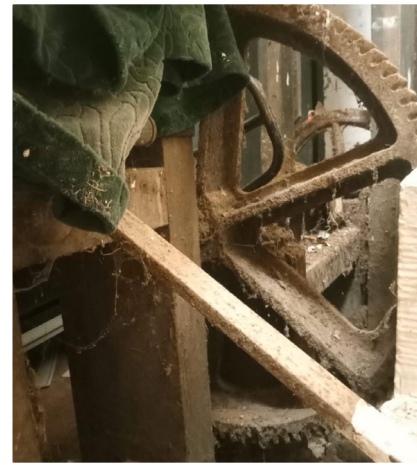
**By Miss Naomi Limer, Head of English**

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Underneath Woolverstone Hall lies an extensive network of tunnels and cellars that are strictly out of bounds and inaccessible to students. Whilst these are well maintained and in frequent use by the caretakers, it would take a brave person with a good sense of direction not to get lost in the many rooms and corridors.

Accessed via three main entry points near the servants' stairs, stairs by staffroom (where the butler and housekeeper's rooms once were) and a trapdoor in music department (close

to the old bakehouse and brewing house), these rooms served several purposes: they provided ample storage space required for the necessary provisions to supply a busy stately home and ensured quick and effective movement of servants without disruption to Berners family. In the central area, a metal platform on the floor was once connected to a pulley system that would have enabled movement of heavy and cumbersome objects from the bottom floor to the very top of the building.



The main thoroughfare follows the curvature of the ground floor wings, with approximately 20 rooms of varying shapes and sizes that give some indication to their intended use. In some, original features such as butlers' sinks still exist and in others there are stairways leading to separate coal cellars and outside courtyard spaces.

Perhaps the most extraordinary feature is a 50 metre long, straight tunnel that leads from one wing to the other, directly under the lawned area and driveway outside the main hall immediately inside the front gates. In the days of Woolverstone Hall School, the boys used this as a shooting gallery for target practice, and unbeknownst to their school masters, in other parts of the cellars they set up a secret common room with a TV in which surreptitious visits were made after lights-out. Unsurprisingly, these illicit visitations were eventually learnt of, and the older boys were apparently allowed to

continue their visits under supervision. No doubt the appeal was then somewhat lessened.

According to building surveys, other underground rooms were documented during the construction of the theatre and sports hall, and in 2015, new cellars were discovered when building the Orwell Kitchen canteen, in what used to be the outside drying area. A trapdoor in the floor hides in plain sight the entrance to a set of stairs that lead down to a large, dark and dank cellar. An adjoining room discovered at the same time was filled with 40 tonnes of concrete to prevent it becoming structurally unsound.

Rumours abound of other tunnels, yet to be found, that possibly lead to the shoreline and the church. Whilst the passage of time may well have destroyed them, perhaps one day they too will be found.



# OCTOBER HALF-TERM School's OUT Activities



Suffolk's number one Activity Camp is coming to Ipswich High School this October Half-Term! We can't wait to welcome children from all schools in the Ipswich area for spooky Halloween themed activities!



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**October Half-Term**  
Mon 28th October - Fri 1st November

**Winter Break**  
Mon 23rd December



Scan for Info

# IPSWICH RUGBY CLUB U11 (YR6) ARE RECRUITING

TRAINING: THURSDAYS 6-7PM  
TRAINING & MATCHES:  
SUNDAYS 9:30-11AM



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