To prove the last part of the Exercise, let $J = \sum_{a \in G'} (a - 1)kG$. Since G' is normal in G, we have for any g in G and a in G': $g(a - 1)kG = (gag^{-1} - 1)g \cdot kG \subseteq J$, so J is an ideal in kG. The same method can be used to show that $R/J \sim kG$. From this, we conclude easily that $I = J$.