

As we approach the end of another very strange term I would like to take this opportunity to reflect on the journey that the school community has been on over the past two years. Despite the many challenges and difficulties that we have all faced, the school continues to be a place filled with joy, hope and love. We shared time this week on Tuesday as part of the National Day of Reflection and the respect and thoughtfulness of our students underlines the mission and work of the school.

As we look towards Holy Week, may Christ's resurrection and the promise of an eternal life encourage us to look ahead to all the joys that lie ahead, walking in the ways Jesus taught us.

Yours in Christ

Imogen Senior

ELSA

We are delighted to announce that Mrs Simmons and Ms Koppert have completed their ELSA training and are now offering the emotional support within the school.

What is ELSA?

ELSAs are Emotional Literacy Support Assistants who have received psychological training from educational psychologists to support the emotional development and well-being of young people at school. They help students to:

- identify and manage emotions to increase self-awareness and well-being,
- provide the time and space for pupils to think about their personal circumstances and how to problem solve in order to arrive at more effective outcomes,
- plan and deliver individual (and small group) support programmes to improve relationships,
- participate in supervision from educational psychologists.

Most ELSA programmes will last for a half term, at times longer, depending on the support required.

You can find out more about ELSAs at www.elsanetwork.org

As we come to the end of this term I would like to take the opportunity to thank and congratulate our students at St-Benedict's. I could not be prouder of our student body with how they have settled back and conducted themselves since returning on the 8th March. Once again they have shown their resilience and character.

The changes we made to our school over lockdown have been considered carefully in the hope our students could feel supported returning to school and normal routines. Moving to one timetable for all students has meant school, despite the ongoing COVID measures, has had a positive community atmosphere which has been wonderful to be a part of. We have been impressed by the take up in our extra-curricular clubs that have been allowed to start up again since the Government restrictions have eased. We hope that these clubs will continue to be supported next term and I encourage you to keep an eye out for the club's timetables on the notice boards around the school.

Our attendance figures for the week returning 8th March was 95.6% followed up with 95.22% week beginning March 15th and this is a testament to the attitude that all our students and parents have towards the importance of learning and being back at school. Thank you all.

After Easter we will continue to make careful steps back to normal school routines. Now that the new timetable is established and working well, we will focus on punctuality to lessons so that all students can make the most of their learning, without the interruption lateness can bring to lessons. The warmer weather will also enable students to participate in lessons without coats. While coats can still be worn to transition around school due to

greater flow of students being outside, students will not be allowed to wear non uniform jumpers and hoodies in school and they must take coats off once in lessons.

I do hope all our students are able to enjoy a well-deserved rest over Easter especially after navigating a very challenging term of learning from home and in school which they did so well!

Easter Prayer

Lord, the resurrection of Your Son
has given us new life and renewed hope.
Help us to live as new people
in pursuit of the Christian ideal.
Grant us wisdom to know what we must do,
the will to want to do it,
the courage to undertake it,
the perseverance to continue to do it,
and the strength to complete it.
Amen

God bless
Mr Taylor



Science News

If you had been able to pop into the school during February you may have seen Mr Tanguay, our Senior Science Technician, beavering away in the DT room ably assisted by Mrs Dunn, our DT/Science Technician. Mr Tanguay produced a long, metal tube along which he inexplicably drilled a line of small holes. Then, after sealing off one end of the tube, he sealed off the other end with some sort of electrical device. Finally, a length of rubber tubing was attached. What could this possibly be?

All was revealed last week to Miss Mak's class of excited Year 8s, to whom she was teaching the science of sound. Mr Tanguay had in fact manufactured an incredible apparatus called a Rubens' Tube.



Invented by the German physicist Heinrich Rubens in 1905, it is designed to dramatically demonstrate how sound waves are propagated through the air, or in this case a flammable gas. Once the tube became connected to the laboratory gas supply the gas emerging through the holes along the length of the tube could be lit, resulting in a neat row of small flames. Here comes the trick: the electrical device that Mr Tanguay attached to one end of the tube was a speaker that could transmit sound waves down the length of the tube through the gas inside.

That's the trick, here's the science: sound travels by propagating waves in the movement of particles through whatever medium it is travelling, air, water, solid or, in this case, the laboratory gas inside the tube. When the ends of the pipe are sealed and a flammable gas is pumped into the device, the escaping gas can be lit to form a row of flames of roughly equal size. When sound is applied from one end by means of a loudspeaker (that's Mr Tanguay's "electrical device"), internal pressure will change along the length of the tube. If the sound is of a frequency that produces "standing waves", the wavelength will be visible in the series of flames, with the tallest flames occurring at pressure nodes, and the lowest flames occurring at pressure antinodes. The pressure nodes correspond to the locations along the tube with the highest amount of compression and rarefaction – simples!

The result is a spectacular view of the line of flames forming a wave pattern that, quite literally, dances to the music!

Spring Term Reports

We plan to have these available for viewing on Edulink by the end of term. Please look out for an email alerting you to their availability. They can be accessed under the Assessment Tab on Edulink and will be clearly labelled as being Term 2 reports. The Term 1 report will still be there for reference.

Mr D'Mello

Astronomy News

Last Friday (19th March) produced a beautifully clear evening sky, ideal for some astronomy. Mr D'Mello took advantage of this to arrange an after-school study event for his Year 11 physics students, who were studying stellar classification. While the Sun was setting, in the Drama Studio we were given a presentation entitled "Coloured Stars". After this, with the sky outside clear and dark, we ventured out to do some stargazing.

This time of year happens to be ideal for looking at stars of different classes as indicated by their colours. In the great southern-sky constellations we can observe Sirius (a blue-white star), Procyon (a white star), Pollux (an orange giant), Capella (a yellow giant), Aldebaran (an orange-red giant), Rigel (a blue supergiant) and, last but not least, Betelgeuse (a red supergiant).

Although we have the Langley-Newtonian 12" reflector telescope, this particular evening we put into use the school's new stock of astronomical binoculars. Thanks to Mr D'Mello and the generosity of the Ogden Trust we have acquired 15 excellent 10x50 binoculars, the type that are favoured by amateur astronomers as they give a superb wide-field view of sections of the night sky.

As well as the coloured stars, there was a notable conjunction of celestial objects high in the south-west sky that was ideal for binocular observation. That evening, the crescent Moon (in its waxing phase) was accompanied in close view by Mars and Aldebaran. In the background around Aldebaran was the open star cluster known as the Hyades that, although easily visible to the naked eye, was brilliantly observed using binoculars.

Although the binoculars are the property of St Benedict's, they are available for use by our friends in the other Ogden Trust schools in Bury St Edmunds.



Musical Theatre Club

In Year 7? Like to sing and dance?

We are starting up a Year 7 Musical Theatre club after school on Wednesdays. In the club we will be learning dance routines and songs from famous musicals. Due to Covid restrictions we can only have 15 students attend. If you would like to attend you make sure you see Ms Denny to save your place. The club will run till 5pm.

Mrs Denny