

This has been another busy week in school. We have commemorated Stephen Lawrence Day in our assembly this week as well as supporting CAFOD's 'Eyes of the World' Campaign. Our students continue to conduct themselves with compassion and consideration for others and it is a joy to be in school working with them. Wishing all of our families a sunny and joyful weekend.

Yours in Christ, Imogen Senior

Eyes of the World



Going the Distance for Charity.



Joseph Bidewell has shown exceptional commitment by completing the virtual Salt Lake City marathon on 10th April. Joseph ran a circuit around his village to raise money for the Oesophageal Patients Association, completing the 26.2 mile distance in an impressive 3hrs 58 minutes.

Joseph chose to train for and complete the marathon independently. Completing his training over the past six months, Joseph chose to raise money for Oesophageal Patients Association; a small charity which supports patients and their families with oesophageal cancer and similar conditions.



This is clearly a fantastic achievement and excellent cause. If anyone would like to support Joseph's efforts, the link to his Just Giving page is below.

https://www.justgiving.com/fundraising/joseph-bidewell?utm_source=sms

This week on 22nd April is 'Earth Day' and our Year 9 students have had an assembly focused on this. Climate change affects us all, but it is the poorest communities that suffer the most. This is not an alien topic for any of us yet it is an issue that is still of major concern.

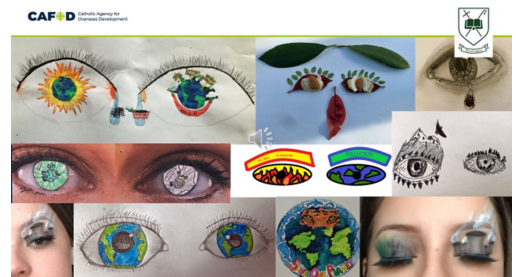
The eyes of the world are on us this year as Britain hosts one of the most important meetings on the climate emergency.



Conference of Parties **COP26** is a meeting of world leaders and governments organised by the United Nations. They will make important decisions about how their countries can help tackle the climate crisis. These decisions will affect millions of people around the world and shape the future of our global family.

Our government is hosting this meeting in November 2021 in Glasgow and they represent us. We have the power to make a difference but only if we speak up, make sure that our voices are heard, and ensure that the Prime Minister supports the poorest communities on the frontline of the climate crisis. It is important that global temperatures do not rise more than 1.5 degrees, funding for fossil fuels overseas is stopped and renewable energy globally is supported. Let us stand up and with our brothers and sisters across the world and reclaim our common home. Together we can build a better future and a fairer world.

The eyes of the world are on us. Therefore, as a year group we are taking part in the 'Eyes of the World' campaign led by CAFOD, this involves drawing a picture of eyes showing how much the world is suffering. Once all finished and collected in, we will be sending our pictures to the Prime Minister along with many other schools across the UK, letting him know that as the eyes of the world are on us, our eyes are firmly fixed on our government to ensure that our views and voices are heard.



The Duke of Edinburgh's Award

After the death of the Prince Philip, the Duke of Edinburgh, on Friday 9th April, many people are sharing their experience of the Duke of Edinburgh's Award, and how it went on to affect their life.

When I was 19, in 1991, I completed my Duke of Edinburgh Gold Award and was invited to St James Palace in London, to receive my award from the Duke of Edinburgh himself. The sense of achievement was immense. It was also the accumulation of two years of commitment to different activities.

There are five sections to the Gold Award: Physical, Skill, Volunteering, Expedition and Residential Project. For my Physical section, I took up circuit training. This was, in part, due to the knowledge that the expedition section of Gold is particularly physically demanding. For Gold, you walk at least 80km over four days, carrying all clothes, food and equipment, such as tents and stoves. Also, for the Gold award, this must be done in 'wild country' – areas remote from habitation. In my experience, this means mountains! I did my practice Gold practice expedition in the Black Mountains in Wales, in blizzard conditions, and my final in the Yorkshire Dales, climbing the three peaks, Pen-y-Ghent, Wharfedale and Ingleborough in torrential rain. These were unforgettable experiences. The expeditions were tough, but with awe-inspiring scenery, many laughs and a great sense of achievement when we reached the top of a mountain or the campsite at the end of the day!

For each of my Bronze, Silver and Gold Awards, I found the Service (or volunteering) section particularly enjoyable. For my Gold award I became what was known as a 'Gold award Leader'. As such, I helped to train Bronze participants and accompanied them on their expeditions. Today, 30 years later, this is something I still do. I am a huge believer in the benefits of the award; it encourages students to step outside their comfort zone, set themselves challenges, learn new skills and meet new people. The Duke of Edinburgh said that the award scheme serves "as a practical demonstration of what can be achieved through determination and persistence".

Taking part in the Duke of Edinburgh's award scheme is an extremely rewarding experience that I would recommend to all students. If anybody would like to learn more, please do not hesitate to ask me (Mrs Macey) or Mrs Reeman, who runs the award at St Benedict's.



Mrs Macey's Gold Expedition and invitation from the Duke of Edinburgh to St James Palace to receive the award.

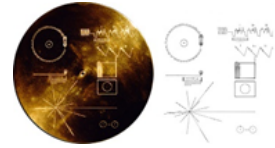
Golden Lockdown

New Online Exhibition by students makes its first launch!

Art students in year 12 and year 10 have been working hard to create an online exhibition of work.

Inspired by NASA's galactic message in a bottle, the 'Golden Record', this is our record of life in lockdown.

In 1977, renowned cosmologist and writer, Professor Carl Sagan led a team tasked to create a Golden Record of life on Earth, containing greetings, music, sound recordings and images. The Golden Record was fixed to the side of the Voyager spacecraft and launched into space in the hope of introducing us to any inquisitive extra-terrestrials who might find it.



Inspired by this intergalactic message in a bottle (which is still travelling through space) year 12 Art students have been exploring their lives through lockdown, responding to the themes of Habitat, Senses and Journey. Collaboratively and individually, they have explored these themes through sound, text, image and moving image. This website showcases the best of their work and the journeys they went on as they explored their isolation through multiple lenses during this Golden Lockdown.

We are pleased to have been guided by the expertise of Ruth Macdougall who has created a number of fascinating art and science based projects before joining us as a trainee teacher this term. Her expertise and insights have inspired the projects development and collaboration. From concertina books to found poetry and film students have developed their skills and ideas in a wonderful range of different outcomes.

This website also highlights the work of some Yr 10 students who have also been investigating art and science inspired by the Golden Record have been exploring how origami is also used in space by NASA in different ways.

We are really looking forward to sharing the work that the students have made so watch out for the link on the school website which will be **launched to the public** as our own virtual archive on **Tuesday April 27th**.



We hope you enjoy the exhibition.
Ms Chacksfield, Head of Art

Science News - Science Clubs Are Back!

After more than a year we have been able to resume Ms Coogan's highly popular lunchtime Science Clubs for years 7 and 8. There is also the added benefit of being able to conduct the Clubs' activities in our brand new Science Block.

Ms Coogan kicked off last week with a demonstration of an "Underwater Volcano"! It must be noted that the success of the demonstration was due in large part to the expertise of Dr R Davies (Science Technician), who diligently experimented beforehand in order to prepare the best possible demo.



This week the activity was all about a "Milk Colour Explosion"! Don't worry, no actual explosives were involved, as it was actually an explosion of colour caused by adding drops of food colouring to a plate of milk and then dabbing a cotton bud soaked in detergent

into the milk. The colours were seen to swirl around the plate making the most amazing, moving patterns.

At the heart of this is the fact that milk is an emulsion – ie., a mixture of water and fats, where the fats cannot dissolve in the water but remain present as tiny globules in suspension. The reason the drops of food colours swirl around so beautifully when a bud of detergent is dipped in is all to do with the interaction between polar (hydrophilic) and non-polar (hydrophobic) molecules resulting from the addition of a dab of detergent – simples! If you would like to know more – and even try it yourself at home – check out: <https://www.stevespanglerscience.com/lab/experiments/milk-color-explosion/>

HM Government NHS Test and Trace

Twice weekly rapid COVID-19 testing

Test at home
Report online
Keep life moving

Let's take this next step safely.

GET YOUR TESTS
FROM SCHOOL OR COLLEGE

Summer Term Dates

Bank Holiday Monday 3 May 2021

Half Term:

Monday 31 May 2021 (May Bank Holiday) to Friday 4 June 2021

Ends:

Tuesday 20 July 2021