

Mental Health Week

This Year's Mental Health Week (10th-14th May 2021) theme is connecting with Nature. Below is some information from the Mental Health Foundation. For more information about this year's Mental Health Awareness Week visit mentalhealth.org.uk/mhaw or join the conversation on social media using **#ConnectWithNature** and **#MentalHealthAwarenessWeek**



And remember if anyone would like to talk about mental health you can speak to your Head of Year or Mrs Bourne, Mrs Defew and/or Mrs Berry.

Leavers Hoodies

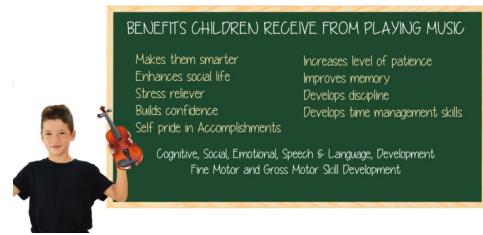
Year 11 Lever Hoodies

Miss Cox is arranging for leavers hoodies for the year group, they can be purchased directly from the company using the link and passcode below **URL:** <https://spc-yearbooks.myshopify.com/products/college-hoodie-st-benedicts-ip32-6rh?ls=RiTPDAMpT32BbSgresrHwQ>

Passcode: 86981

Please be aware the website will close at midnight on 16th May and no further orders will be made. Delivery will be made to the school in individual packages.

Musical Instrument Lessons



There is no time like the present to start playing a musical instrument. We are currently signing students up for musical instrument lessons for September (although if you want to start earlier, we can accommodate you this term). Our musical instrument teachers are very experienced and offer top quality lessons. At St. Benedict's we offer tuition on the following instruments:

Strings :Violin, Viola, Cello

Woodwind :Flute, Clarinet, Saxophone

Brass :Trumpet, Trombone, French horn

Voice :Singing

Guitar :Classical Guitar, Electric Guitar, Bass guitar, Ukulele

Percussion :Drum Kit

Piano

We are changing the way we are offering our musical instrument lessons from September. We are offering 3 different lengths of lessons and 3 different payment options. From September you will have the choice of either an individual 30-minute lesson, individual 20-minute lesson or a paired 30-minute lesson. The paired lesson will be dependant on another student of similar ability willing to share a lesson. We are also offering 3 different payment options. You can pay outright for the entire year in one payment, pay termly, or pay in 11 monthly instalments over the year. By giving you more options we are hoping that more students will take up a musical instrument. If your son/daughter wants to continue with their musical lessons in September or wishes to start an instrument please return the paperwork (which has been e mailed out) regarding the lesson to myself.

If you would like to start this term or have any questions then contact me on tdenny@st-benedicts.suffolk.sch.uk

Fundraising

Following the Art competition that took place at Christmas we are delighted to say that a total of £313.33 was raised for the Catholic Association for Racial Justice.