

Dear Parents, Carers and students,

Whilst this term so far has been successful, joyful and rewarding it has also been a whirlwind of activity and action. The return to school has been a wonderful example of everything that St Benedict's does so well and I am delighted to see our students flourishing in their lessons and classrooms.

I would like to thank the amazing staff and students who made our Open Morning such a huge success. It was a great joy to see so many people enjoying the school and seeing the school as it really is, a happy place that seeks to help our students achieve their potential.



Students have responded maturely to the reintroduction of masks in school this week and I would like to extend my thanks to the large number of families who continue to support the LFT testing system. I am certain that this approach has really helped our community and helped ensure that our COVID case numbers have remained stable over this week. We are all too aware that COVID is going to continue to be present in our community for some time and our resilience to these challenges will be tested but so far 'normal' life has continued with only minor adaptations.

We have seen lots of clubs and activities launch in the last two weeks, we have had trips run from Art, PE, Geography as well as the Kingswood residential and it is fantastic to see these key parts of school life be embraced by so many students.

On a personal note I would like to thank those parents who reached out following the communication home regarding the protesters outside school and the threats received in school. I am grateful for this support and kind words. I am confident that unwavering commitment to the wellbeing of our young people will always be common ground for all our families.

The start of this term has not been without its challenges. Like most schools and many workplaces we are experiencing high levels of staff absence and supply issues. This is affecting our school kitchen and site staffing as well as classroom-based staff. We are using agencies where we can to cover staff but this is not always possible and so we have had to work flexibly at times around this. We are still in desperate need of a school minibus driver which is a further complicating factor. Please be assured that we are doing our best and working with outside agencies and suppliers to keep everything working as it should.



As we enter October and reflect on what feels like the longest September ever as a school we can reflect on all that we have achieved and look forward to the rest of the term ahead.

Best wishes for the weekend.

Yours in Christ Imogen Senior

Life Skills

'Life skills' is a new fortnightly session in Form time where students in Years 7-11 explore issues related to the PSHE & Citizenship curriculum. So far students have taken part in a British Values competition and learnt about how having perspective can help your mental health. We are looking forward to exploring many more practical and relevant issues as the year progresses.

Mrs Cobbold



St Benedict's Catholic School Sixth Form 2022

OPEN EVENING 19.10.2021 6.30PM-8PM

What are you looking for in a Sixth Form?

We are looking forward to welcoming prospective

Sixth Formers to our **Sixth Form Open Evening on Tuesday 19th October 6.30pm-8pm**. There will be an opportunity to learn more about life in Sixth Form at St Benedict's as well as meet with subject leads.

Sixth Form Team

Cake Sale



Wednesday 6th October in the locker area.

If you would generously like to donate any baked treats for this fundraiser, please drop your contributions to the white table at reception.

Thank you for your support!

Mrs Borne

St Benedict's News



Times Tables Rockstars



At St Benedict's we provide access to Times Tables Rockstars for all our students in Year 7 - Year 9.

When it comes to Times Tables, both speed and accuracy are important. The more multiplication and division facts students can recall, the greater chance of success when solving mathematical calculations. Times Tables Rockstars is a fun and challenging way for children to learn their multiplication facts. To become a Times Table Rockstars, you need to answer questions up to 12 x 12 in less than 3 seconds.

Throughout the year there will be Inter-Year Group and Whole School Battle of the Bands competitions with certificates and prizes to be won. The more you practice, the faster your recall of the multiplication facts will be. We recommend you spend 15 minutes, twice a week on TT Rockstars, with more frequent use during battles.

All students should have received their Times Tables Rockstars login during their Maths lessons. Please ask your Maths teacher if you have misplaced it. You can access TT Rockstars online at www.ttrockstars.com or using the app which is free to download.

Our first battle runs from Monday 4th October – Friday 8th October for all of Year 7.

Let's be Rockstars!

Mrs Eastwood

Upcoming Careers Talks

Alumni Career Talk - Banking & Finance - Matt Fildes - Monday 27th September - St Benedict's will be welcoming back former student Matt Fildes to talk about his journey into the profession. Matt will be talking about the different pathways in to the financial industry, the skills and qualities needed, and what life in the financial industry is really like. This talk will be virtual and take place in F1.

Career Talk - Midwifery - Wednesday the 6th of October. St Benedict's will be welcoming into school Ellen Pettit and Stephanie Terry, whom are both Midwives working for the NHS. Ellen and Stephanie will be talking to students interested in pursuing a career in Midwifery, and talking about the different pathways into the profession, the skills and qualities needed in the Nursing profession and what life as a Midwife is really like.

West Suffolk College - Post-16 options talk for students in Year 11 - Monday 11th October.

Career Talk - Clinical Psychology - Dr Nikki Schuck - Friday 8th October - Dr Schuck will be coming in to talk to students about her role as a clinical psychologist,

looking at the pathways into the profession, the skills and qualities needed, and what life as a clinical psychologist is really like.

Career Talk – Counselling & Psychotherapy- Anita Duke – Tuesday 12th October. St Benedict's will be welcoming back Anita to talk to students about her work in Counselling & Psychotherapy. Anita will be covering the different pathways in to the profession, as well as reflected on her own journey, talking about the skills and qualities that counsellors need, as well as the challenges that come with the role.

Career Talk - Policing, Andy Pursehouse - Wednesday the 13th of October. Andy is the Chief Inspector for West Suffolk and will be coming in to speak to students interested in pursuing a career in the Police Service. Andy will be talking about the different pathways into the profession, the skills and qualities needed in Policing and what life as a Police Officer is really like.

Career Talk - Law - Claire Lockwood - Thursday 21st October. Claire Lockwood, partner at Oslers Solicitors, will be coming in to talk students about her work as a criminal defence solicitor. Claire will be talking about the pathways into Law, the skills and qualities needed, and what life as a solicitor is really like.

Career Talk – Hannah Barry - Biomedical Scientist – Wednesday 3rd November. Hannah is an Advanced Biomedical Scientist and the Pathology Education Lead for the West Suffolk NHS Foundation Trust. She will be coming in to talk students about the different careers available within Biomedical Science.

Career Talk – Royal Air Force - Monday 8th November. The RAF will be coming in to talk to students who are interested in finding out more about the careers, and opportunities available within the RAF. Due to RAF regulations, this talk will only be open to students in years 9-13.

Alumni Career Talk - Tech Recruitment Consultant - Emile Bevan - Friday 12th November. St Benedict's will be welcoming back former student Emile Bevan to talk about his role as a Tech Recruitment Consultant. Emile will be reflecting on the impact chance has had on his journey into his current profession at La Fosse Associates, and also talking about the work he does with the likes of Deliveroo, Monzo and The Guardian. This would be an excellent talk for anyone interested in pursuing a career in IT.

Monday 6th December - Year 11 Assembly - Why Go To University. Megan Broughton, Higher Education Advisor from the University of East Anglia will be coming in to St Benedict's to talk to students in year 11 about the many benefits of a university education, and what studying at university is really like.

Please register you interest for any of the career talks with Mr Steward.

Mr Steward

Inter Form Cross Country Championship



The weather was uncharacteristically warm and sunny for this year's Inter Form Cross Country Championships, which were held on the school field on Tuesday 21st September.

The Year 13 PE students did a fantastic job of setting up the course, ready for the evening's races. It was great to see so many students from St Benedict's and St Edmund's volunteer to stay behind after school to participate.

The first race was the Y6/7 race, which consisted of one big and one small lap (2,000m). It wasn't long before a small group of athletes began to lead the race out. Archie Coogan worked hard to establish a gap between him and his fellow 7S teammate Harry Gladstone. In the final stages, although Harry started to regain some of the lost ground, Archie gained a second wind in the home straight to sprint to victory with only five seconds between them. George Wellman from 7S also finished strongly to seal third place. Close packing from the 7A team denied 7S the team victory with Freddie Scott finishing seventh and Seamus Gallagher just behind in ninth.

Not to be outdone, the top girls weren't far behind. On the first lap Mr Wallace's elite 7L squad of Eliza Ionescu, Molly Murphy and Eleanor Slater headed to the front. Going into the long lap Eleanor put in an effort to take the lead with Molly close behind. These positions remained unchanged in the second lap although the gaps widened, with Eleanor finishing in ninth, Molly fourteenth and Eliza twentieth. Kiera Swarbrick finished in twenty-ninth position which meant that 7L emerged as victors in the team competition.

We were really pleased to invite St Edmund's students to our cross-country championships for the first time and were amazed by how well they performed. Raoul and Thomas finished in twelfth and thirteenth positions overall; followed by William 17th, Nina 21st, Ella 23rd and Oscar 25th. With another year's experience they will be vying for the top places!

The next athletes to toe the starting line were Year 8/9 who had an additional long lap to complete (3,200m). Kuba Kluczynski hit the front from the starting whistle and ran a commanding race to finish first, with Thady Ginders-Coxhall only marginally getting the better of Harrison Davy in a fiercely contested sprint finish for silver and bronze. Of the

Y9 Girls Peggy Claydon and Nancy Bailey also had a close race to finish in eight and ninth places.

Perhaps the best performance of the day came from Eva Torfinn (Year 8) who finished fifth overall in the Y8/9 race to win the Y8 Girls' competition. She was followed by Violette Davy in tenth and Ciara Evans in thirteenth.

Having watched and supported the younger students, it was then the turn of the Y10 – 13 students to put all their training into practice. On the first lap, a peloton of 12C students made a tactical decision to go early in the hope that they could guide their top new signing Samuel Evans to victory. Having acted as domestiques, the 12C team then left Sam to it safe in the knowledge that completing the race would be enough to take home gold in the team competition, with Will Cameron side-stepping his way to finish 8th closely followed by Liam McGlone in 9th and Krzysztof Mikulski in 10th.

Nathan White (11X), Santiago Davies (11L) and Harry Fasey (10S) were neck and neck for most of the race, but eventually finished in this order in second, third and fourth positions with only six seconds between them. Having helped to set up the course and assisted at the finishing funnel, Y13 students Malcolm Easton and Ben Tooley were content to finish in sixth and seventh positions overall to finish in gold and silver positions in the Upper Sixth Boys' race.

The Y10/11 Girls ran extremely well with Katie Kovacs (11X) finishing twelfth overall for first Y11 girl, followed by Marta Grzegorzcy and Bea Price in thirteenth and fourteenth for first and second year 10 girls, and Charlotte Humphrey in fifteenth for second Y11 girl.

The evening's excitement seemed to come and go in a flash as the students drifted away after their races, content in the knowledge that they had pushed themselves and tried their hardest. The races also served as a trial for the school teams for the Suffolk Schools Area race on the 14th October at the Royal Hospital School in Ipswich – the team selections will be announced shortly.

Mr Murphy

Suffolk Historic Churches Trust Ride and Stride

The annual Suffolk Historic Churches Trust Ride and Stride took place on Saturday 11th September. The ride this year was the second since the pandemic began, and numbers participating seemed lower.

Former head teacher Hugh O'Neill, who participated on a tricycle last year, set out on two wheels this time around with the aim of completing 50 miles. It is for such a good cause – helping to maintain Suffolk's historic churches for future generations. We would like to thank everyone who has sponsored us. We are still collecting so will let you all know the final total in the next newsletter but the St Benedict's, money will be put to very good use keeping Suffolk's historic churches in good repair and contributing to the parish's renovations at Our Lady Immaculate and St Joseph in Lawshall.

In the morning he visited Whepstead, Coldham and Lawshall before heading down to Lavenham, Sudbury and Long Melford before heading back via Hartest.

In the afternoon, he met up with Mr Murphy and his ten year old daughter, Lucy, at St Edmund's. The intrepid trio set off for Angel Hill to sign in at St Mary's and the cathedral before heading North to the Fornham's – where Lucy was treated to a chocolate cookie at St Martin's and a chocolate digestive at All Saints!

They then re-traced their cycle tracks to head North again up to St Mary's at West Stow, whose gates were festooned with beautiful flowers. More treats lay in store at the signing in desk as Lucy was offered and willingly accepted a Penguin chocolate biscuit.

A short cycle South-West took them along a quiet lane and over the River Lark to St Catherine's at Flempton, where they were greeted by the familiar face of the lovely volunteer who gives up her Saturday to sign people in every year.

Then it was up the incline to St Giles Church in Barrow, with Lucy forcing the pace – fuelled by sugar! This was the last church that Mr Murphy and Lucy visited in 2020 before heading home along Mere Lane, but this time Lucy was keen to do more.

Hugh had a perfect plan for one more church, which included heading South over the A14 to St Nicholas in Little Saxham – another beautiful round towered church. The lovely lady volunteer gave a quick guided tour of the church including the Jacobean pulpit, the carved oak eagle lectern and the magnificent animal carvings on the pew ends.

As we were the lady's last customers of the day, she invited us to finish off the home-made shortbread biscuits that she

had made and we were only too happy to oblige. A short cycle East brought us back to St Edmund's and from there to our respective homes.

By the end of the day, Hugh ended up clocking 55 miles in total, as he got stuck in the Sudbury 1 way system, which you may think is unusual for a cyclist! Mr Murphy and Lucy ended up with 17 ½ miles. It was a really enjoyable event and we hope to do it again next year.

It was a really enjoyable day, especially as the cycle is for such a good cause – helping to maintain Suffolk's historic churches for future generations. We would like to thank everyone who has sponsored us.

Money raised will be put to very good use keeping Suffolk's historic churches in good repair and contributing to the parish's renovations at Our Lady Immaculate and St Joseph in Lawshall.

Mr Murphy



Stationary Equipment

All students need to be fully equipped to work effectively in their classes. They will need the following equipment when they start in September:

A5 size
Whiteboard
Whiteboard Pen
Clear Pencil Case
15cm Ruler
Set Square
180° Protractor
Compass
HB Pencil
Black Biro
Eraser
Prittstick



**For only £4 for you
can get all the equip-
ment listed here!!**

However, the Maths Department recommend that they use the **Casio FX83 GT X** Scientific Calculator, which can also be purchased directly from the school at a price far cheaper than in the shops of only £9 each.

Students will find that they may already have these items at home or they can be purchased locally.

We have put together a pack of the items above and they can be found on the parentshop for the reasonable price of only £4.

These will be given to your child on the first week of term providing payment is made by the deadline of Friday 9 July. Payment should be made through the parentshop **ONLY** which you can access through the school website.

Mrs Stark, Resources



On the 4th September 70 students from the 2020-21 cohort, they of Duke of Edinburgh Bronze set off on their qualifying expedition. The 11 walking groups started at Snape Maltings, camped on the Suffolk coast near Leiston and walked, on the second day, back to Snape. Without the benefit of a practise expedition, they did amazingly well especially with the weather being so warm! Some students walked along the beach to Thorpe Ness, while others remained in land, they all enjoyed the camp site and produced some impressive meals, I didn't know you could do so many things with pasta and they managed all this without their phones! We had two external assessors who commended them on their behaviour and attitude, we also had a member of the public comment on their attitude. As you can image allowing 70 students to wander around the footpaths of Suffolk it could have been very different but, as always, they rose to the occasion and were a credit to the school and their families. The students are continuing to work on their other sections, completing the volunteering, physical and skill sections and uploading evidence to DofE, again they have continued to impress me with their commitment. For the volunteering they have doing things like working in charity shops to volunteering with younger students at sports clubs and Beavers/rainbows, litter picking in their local areas, conservation projects to counting penguins online for an environmental project, skills have included learning to play chess, cooking, in an instrument and physical has included many sports including water polo. In after school sessions they have learnt first aid, food nutrition, team work and navigational skills.

It is an absolute pleasure to be part of the duke of Edinburgh scheme at St Benedict's and couldn't run without the commitment of the staff not only on the expedition but throughout the year.

We have started enrolling for this year's cohort, letters have been sent home by email with the enrolment form. If you have any questions, please contact me kreeman@st-benedicts.suffolk.sch.uk

Ms Reeman



Suffolk UK Youth Parliament
Elections for new members

We need you!

Could you represent young people in your area and make a difference? Why not nominate yourself to be a Member of Youth Parliament?

UK Youth Parliament (UKYP) is run by young people for young people. There are hundreds of Members of Youth Parliament across the UK that represent the views of young people in their local communities.

It's not about politics - it's about getting the voice of young people heard.

Interested? Run for election!

You must:

- Be aged 11-18
- Live, work or study in the area you are standing for
- Be able to commit 7 hours a month
- Have 3 things you are passionate about

Nominate yourself by 1st November 2021 for elections in February 2022

Email jess.walker@suffolk.gov.uk for an information pack and application form

Suffolk Members of Youth Parliament - Call for Candidates for Election in February 2022 - Deadline for Candidate Application forms is 1st November 2021.

Mrs Cobbold

St Benedict's Extra Curricular Timetable

Timings	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Time (12.50 – 1.20)	<p>Year 7</p> <p>Fitness Suite</p> <p>Year 8 & 9</p> <p>Girls Netball</p> <p>Year 10 & 11</p> <p>Art Club – D7</p> <p>All Years</p> <p>Manga Drawing Club – H1</p> <p>Gardening Club - The Hub</p> <p>polish your Polish – E3</p> <p>Culture Club – J3</p> <p>Invite Only</p> <p>Boccia in Gym</p>	<p>Year 8</p> <p>Fitness Suite</p> <p>Year 7, 8 and 9</p> <p>Art Club - D7</p> <p>All Years</p> <p>Science Club – D6</p> <p>Orchestra – Music Studio</p> <p>Dance Fitness - Drama Studio</p> <p>Gardening Club - The Hub</p> <p>Japanese Language and Literature Club – The Hub</p> <p>Maths Games Club – F1</p>	<p>Year 7, 8 and 9</p> <p>Geography Club – K2</p> <p>Year 9</p> <p>Fitness Suite</p> <p>Year 9 & 10 Girls Football</p> <p>All Years</p> <p>Creative Writing Club – J1</p> <p>Chess Club – H2</p> <p>Ted Talks – B4</p>	<p>Year 7</p> <p>Girls Netball</p> <p>Year 10</p> <p>Fitness Suite</p> <p>All Years</p> <p>Debate Club – J4</p>	<p>KS3</p> <p>French Club – E2</p> <p>Year 11</p> <p>Fitness Suite</p> <p>All Years</p> <p>Knitting Club – A4</p> <p>Bennies Arts Magazine – Library</p> <p>Rosary Club – H4</p> <p>Coding Club – F1</p>
After School (3.45 – 4.45pm)		<p>Year 8 & 9</p> <p>Boys Football (TBA)</p> <p>Year 10 & 11</p> <p>Boys Rugby (AEL)</p> <p>Duke of Edinburgh Bronze – G5</p> <p>All Years</p> <p>Fitness Suite (Anna Berry)</p>	<p>Year 7</p> <p>Mixed Football (TBA)</p> <p>Year 10 & 11</p> <p>Netball (HYD) Week A ONLY – GCSE PE Netball students must attend.</p> <p>All Years Table Tennis in Hall (KFA)</p>	<p>Year 10 & 11</p> <p>Boys Football (TNR)</p> <p>All Years</p> <p>Girls Rugby (AEL)</p> <p>Running Club (MUR)</p> <p>Fitness Suite (CGN)</p>	<p>All Years Fitness Suite (CKE)</p>