



This half term has flown by in a blur of activity and excitement. So much has been achieved and already those early days of September seem a distant memory (not to mention the vague recollections of the summer's heat). The October half term is a wonderful opportunity to reflect on what has been achieved, to rest, recharge and enjoy a slower pace. The autumn half term is a marker on our route and a reminder of the routines and changing paths through the both the familiar and the new.

As we approach All Saints Day after half term, the reminder of the pattern of life we all follow and the links we have to those who went before us in faith is reassuring, comforting and serves as a renewed call to holiness in our own lives. A chance to pray, think, rest and enjoy the comforts of the season.

Yours in Christ, Mrs Senior

Norwich Cathedral

Last Friday I had the privilege to take more than 50 students from years 10 and 11 who had asked to visit Norwich Cathedral where we were able to pray in the presence of the relics of St Bernadette.

This ancient practice is something the students have never experienced before, but it was a good opportunity to explore the question of what helps people to pray, while we were in the cathedral the students were a credit to the school in their behaviour and they engaged with the event prayerfully and positively.



It is good to offer the students a range of opportunities and, while we are often able to offer

students more 'youth work' ways of experiencing their faith and meeting Christ personally, this was a credible and positive way to experience some of the more devotional aspects of faith, and I'm glad to be able to say that our students gave it a go with mature open eyes. Further information about the relics tour can be found at <https://stbernadette.org.uk/>



Rubik's Cube Competition



How fast can you solve a Rubik's Cube?

We are holding a Rubik's Cube Competition with timed heats for each year group starting after half term. The dates are listed below:

Timed Heats per Year Group – in E2 at 1pm on the dates below:

Year 7 Heat – 3rd November

Year 8 Heat – 10th November

Year 9 Heat – 17th November

Year 10 & 11 Heat – 24th November

6th Form Heat – 1st December

The Final will be held on Number Day 11th January. House Points and Sweets for participants and winners.

Rubik's cubes and timers provided.

Speak to Mrs Eastwood for more information.

LRC News

Well done to all our KS3 students for reading and quizzing on more than 15 million words so far this year! Well done!!!

Students can continue to quiz over the half term break as well!

Special thank you to all of our library assistants who helped organize the non-fiction selection in the library!

We look forward to welcoming students back on Oct 31st, 2022!

Chess Club

Can you solve these puzzles? If so, stop by on the 31st of October, and win a prize from Mr. Walker!



(Puzzle 1, White to move- what white piece would you move next and why?)

(Puzzle 2, black to move- what can black do to put white in check?)

Mr Walker



Libby Hart 11L Great Britain Dressage Success on the International Stage



Last week Year 11 student Libby Hart of 11L spectacularly represented Great Britain in the CDI International Dressage Competition in Keysoe, Bedford.

Over the course of the three-day event, Libby competed in Team, Individual and Freestyle events placing in the Top 10 in all categories (in a field of over 25 competitors). Libby especially excelled by achieving 4th place in the Freestyle event to music which was marked according to Libby's artistic merit.

Libby described the events as being judged on the competitor's mastery and control of the horse: 'Imagine trying to teach someone to dance, but you can't show them and you're speaking horse!'.

In the future, Libby will move up from Ponies to the under 18s Juniors category where she would potentially compete with 18 year olds. Libby also plans on acquiring another, bigger horse in the future and participating in the Under 21s 'Young Riders' category.

On behalf of the St. Benedict's community, I congratulate Libby on her tremendous success and wish her all the best for her bright Equestrian future!

Public Speaking

It is with true delight that St Benedict's celebrates the beginning of a new academic year of spoken-word competitions for all Key Stages. We kick off with the talents of our sixth form public speakers, who will be competing via Zoom on Hallowe'en. Trusting that they are not spooked by the date, I would like to wish the very best of luck to the following students, though they have worked hard to ensure they will succeed through their own efforts and merit: Catherine Dunn, Will Blewitt, Jasmine Lau, Amelia Tas and Flora Eggleston – the last three of whom are new to the discipline and its demands. Each student is presenting an independently chosen and researched topic in a four- to five-minute speech, at the end of which s/he will be asked some searching questions by the adjudicators. It is expected that two candidates will go through to the next round against local schools. We must recognise the extra preparation and commitment required to participate in these extra-curricular events and hope that, above all, they enjoy the experience and see it as the start of a new opportunity.

Mrs V James

Congratulations

A huge congratulations to Nate from 7P, who became the first student in school this year to achieve the Bronze St Benedict's Award.

To achieve a Bronze Nate has:

Received 50 House points from staff acknowledging his compassion to others, resilience and wisdom shown in school.

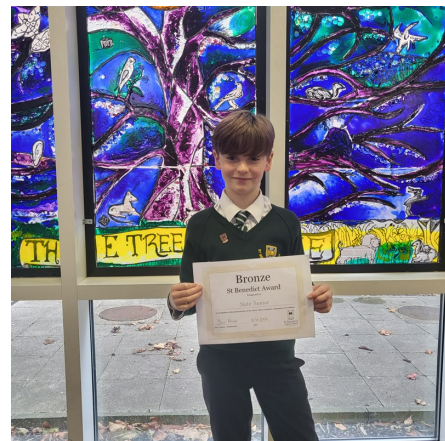
Attended 20 extracurricular clubs

Attended careers talk from a guest speaker

Contributed to active worship in tutor time

read two books from the library and completed two book reviews.

The St Benedict's Award is student led and Nate has shown commitment and a super attitude to achieve this award by half term. He has now set his sight on achieving Silver by Christmas!



Hopefully more Bronze Awards will be awarded after half term with many students only needing to complete one or two criteria.

Well done, Nate!

Mr Taylor

Sixth Form Open Evening



The Sixth Form Open Evening on 18th October was a great success with a number of prospective parents commenting on the calibre of our students, so a BIG thank you to all those who helped on the night. If you were unable to attend but would like to know more about studying in our sixth form, please do contact Mr J Richmond, jrichmond@st-benedicts.suffolk.sch.uk

Suffolk Schools Area Cross Country

Championships Royal Hospital School

Thursday 13th October

It was fitting that Thursday 13th October began with an overcast sky and a touch of drizzle, as it marked the start of the Suffolk Schools Cross County Championships. Once again, the Royal Hospital School (RHS) in Holbrook played host to the 'Area' races.

The RHS was founded in 1712 as part of Greenwich Hospital to provide boys from seafaring backgrounds with the 'rare privilege' to learn arithmetic and navigation. Originally housed in what is now the National Maritime Museum in Greenwich, London, such was its popularity that it moved to its current campus in 1933 overlooking the River Stour: a fantastic location for cross country.

The first race of the day was the Minor Girls with St Benedict's placing four runners in the top 50 with Alanna Evans in 13th (10.41), Lucy Murphy 21st (10.55), Amelia Smith 40th (11.23) and Imogen Grove in 48th (11.33). They were ably supported by Eliza Rowley 62nd, Lucia Harding 113th, Elodie Massuard 114th and Lola Dirosa 117th. Not to be outdone the Minor Boys also placed four runners in the top 50 with Noah Wilkinson first home in 11th (12.47), supported by Oliver Lamas Nakagawa in 25th (13.16), Aiden Cameron in 37th (13.30) and Rupert McDonell-Stafford in 43rd (13.37). Jake McConnell was only just behind in 59th, followed by William Gammon 78th, Oscar Barrett 92nd, Ethan McCleary 115th, Jacob McNee 119th, Nate Senior 128th, Luke Mullen 151st and Raul Apostol 171st.

The Junior Girls went one step further and placed seven athletes in the top 50 with Eva Torfinn (13.16) leading them home in a fantastic 5th place, with Molly Murphy 13th (13.39) and Emma Payne 14th (13.40) racing for the funnel around half a minute behind; just in front of Elanor Slater 22nd (14.17), Ciara Evans 23rd (14.24), Violette Davy 28th (14.47), Eliza Ionescu 44th (15.39) and Linduli Jayaneth 92nd. Charlie Oxoborrow secured the highest placing for a St Benedict's student of the day to finish in 3rd position (13.31) in the Junior Boys race, supported by Paddy Matthews in 11th (14.58), Archie Coogan (15.56), Harry Gladstone 38th (15.56) and George Wightman 39th (15.57). Yet again Harry and George had a great tussle to finish just one place apart. Seth Gaw 59th and Oskar Lipinski 60th also had a good race to the finishing line and were followed by some great packing with Matijus Juchna 83rd, Oliver Hayes 87th and Andrzej Liwack 89th.

In the Inter Girls race Phoebe Harpur-Davies showed great resilience to finish in 7th position despite the fact that she was feeling distinctly under the weather while warming up. In the Inter Boys race Henry Baldock showed that he isn't just a great 400-800m runner but that he can turn his talent to longer distances by finishing in a superb 22nd position, with Kuba Kluczyinski just a few places behind in 25th. In some ways, this was just a warm up for these two students as they then returned to school and played superbly in the Y11 football team's match at County Upper. Giles Atfield 44th just got the better of Taylor Valach in the home straight to finish 44th and 45th respectively; and were supported by Jack Carter-Wright 64th and Filip Niezwiecki 69th.

It was a really enjoyable day. The students were great company and it was lovely to see them show such resilience during the races, and compassion afterwards as they supported their peers and congratulated each other on their successes. In total, 22 St Benedict's students finished in the top 50 in their age groups and qualified for the next race at Ipswich High School on Saturday 26th November. We are extremely proud of all the students who participated in this event as they were a credit to both themselves and the school. Mr Murphy



Socks!

We have noticed that a significant number of students have started wearing white sports socks rather than plain dark socks. White socks are not part of the school uniform. After half term we will be speaking to students who are not following this expectation and we will keep in school spare socks so that changes can be made and we ask parents and carers to support the school in following school uniform expectations. We try very hard to ensure that our uniform is smart but economical and do not want anyone to purchase socks for school use that do not meet these expectations.

Hardship Fund

We wanted to issue a reminder regarding our family hardship fund. We know that times are challenging for everyone and as a community we want to do all that we can to support one another. As part of this we operate a hardship fund to support families who are experiencing financial difficulties. In the past the hardship fund has been used to support the purchase of school uniform items and other essential items. If any member of our school community would like to request support from this fund please contact either the appropriate head of year or the Headteacher directly. The hardship fund is a community support and similarly if members of our community feel that this is an area where they can make a financial contribution to help fund this work, this facility is available through parentpay.

Duke of Edinburgh Bronze Award 2021-22



The bronze award expedition took place last weekend, the 15th and 16th October. There were 40 students taking part in the expedition and had to navigate the countryside, 12km per day, prepare a substantial hot meal and camp overnight. They also had to walk with all their kit. We were blessed with beautiful weather and the students were a joy to spend the weekend with. They rose to the occasion and performed all the

tasks they needed to with good humour and determination, they certainly demonstrated wisdom, resilience and compassion. A massive well done to all our DofE students, they were a credit to the school and their parents.

