



Congratulations

Huge congratulations to Year 9 student, Edison Lorejo, who recently won a number of titles at the Suffolk County Swimming Championships. Edison won Gold medals in the 100m backstroke and 50m backstroke and Silver medals in 200m backstroke, 50m butterfly and 50m front crawl. Edison is currently ranked in the top 30 of 14 year olds in the country for 50m backstroke.

Amazing Achievement

Elijah Yarnold -Da Silva is an affiliated member of Thetford Athletics Club. He has been a member of the club less than 6 months but in that time has achieved a top 10 position among his age group in the East of England for the 60m sprint during 2022 and after last weekend is in the top 5 for his age group having competed in the county indoor finals and beaten his personal best of 8.25 seconds by 13 tenths of a second to achieve a new PB of 8.13 seconds. this gained him the title of Norfolk County Champion. He also competed for the first time ever in the long jump and having had just one instructional session came storming home with 2nd place, he only lost out on the lead by 1.5cm to much more experienced athletes.

Elijah, his coach and Mum are keen to get him out competing as much as possible this year. A massive well done to Elijah and we wish him all the best in the future.



U14 Boys County Cup Football. St Benedict's 3-1 County Upper

On the 2nd of February, the U14 Boys had their much anticipated second round cup game against County Upper. The boys started strong, pressing County's back line high up the pitch, forcing them to make mistakes. Five minutes in, Seth Gaw finds himself just inside the box and hits a clean strike over the goalkeeper to put Bennies in front. Bennies then became a bit complacent, letting County through our defensive line, forcing some great saves from Rory Blewitt in goal. Unfortunately, a lack of communication from a corner kick led to County equalising. The boys switched back on, and continued battling for the equaliser. Yaseen Ali's excellent work rate paid off, latching onto a loose ball for a finish over the goalkeeper, making it 2-1. The boys finished the first half in style, with a great through ball by Yaseen into Charlie Oxborrow, who calmly slots it past the goalkeeper one on one to make it 3-1 to Bennies. The second half saw an even contest, with both sides having some good chances on goal. However, it remained goalless, sending Bennies through to the third round. All the boys played fantastically well, but special mentions to our captain Mateusz Szczech & Archie Coogan for dominating the midfield.

Mr Bates

Trip to Cambodia

This Wednesday Mrs Slater and Mr Spiller will be starting an exciting trip to Cambodia where they will make preparations for a new annual trip which we plan to offer for our students from 2024.

The trip in 2024 will be an opportunity for students in year 12 to travel to schools in our twin parish of Siem Reap where they will visit a number of schools and support the provision of English teaching in some of the more rural impoverished areas of northern Cambodia.

Hopefully it will be self-evident that our students will gain hugely from the cultural exchange, as they will see and experience the lives of people who exist every day in a developing country, they will see how joyful, ambitious and strong the Cambodians are, but also see how hard and heart-breaking their situation can be. From this they will gain some new perspective on life, which will in turn help them to make better life choices for many years to come.

Cambodia is a place that is rapidly improving and Tourism is becoming a core part of the local economy, to obtain good jobs in the tourism sector, English is a very valuable skill. This means that, unlike many other cultural exchange opportunities, our sixth formers can go to Cambodia with a genuine skill where they can be really useful, the teachers in rural Cambodia where we will be visiting speak very little or no English and their teaching and the students' outcomes could be vastly improved by regular contact from our school.

The visit this half term will be to go and get the information first hand about this trip, to be able to prepare well the trip for 2024, if you'd be interested in hearing about the trip with regular updates you can join the mailing list by emailing the word 'Join' to mspiller@st-benedicts.suffolk.sch.uk

Matt Spiller

Italian Conversation Club



Next Friday lunchtime we will be having an introductory lesson, along with native Italian speakers. This will involve an introduction into Italian, along with lots of practice with the Italian themselves and games.

Anyone is welcome to join. It'll be a nice send off before you all go as well. This starts at 12.50pm sharp. Mr De Olivera