



Headteacher's Update

This week has seen lots of activity in the school and I am very grateful to all the colleagues who add so much to the experience of our students. Yesterday was the joint feast day of two English saints, St Thomas More and St John Fisher. They both provide examples of faith under pressure and remaining steadfast. This lovely prayer of St Thomas More is a lovely way, I think, to reflect on the balance we all need in life and how we can build on the gifts we receive.

Grant me, O Lord, good digestion, and also something to digest. Grant me a healthy body, and the necessary good humor to maintain it.

Grant me a simple soul that knows to treasure all that is good and that doesn't frighten easily at the sight of evil, but rather finds the means to put things back in their place.

Give me a soul that knows not boredom, grumblings, sighs and laments, nor excess of stress, because of that obstructing thing called "I".

Grant me, O Lord, a sense of good humor.

Allow me the grace to be able to take a joke to discover in life a bit of joy, and be able to share it with others.

Wishing you all a blessed weekend.

Yours in Christ, Imogen Senior

Why Not Languages?

On Monday 19th June, six of our Year 12 language students visited the University of Cambridge for their annual *Why Not Languages?* programme that encourages young people to continue with language learning beyond A-level. Our students experience university-style language teaching with both seminars and lectures being provided. Dr Stuart Davis from Girton College delivered a lecture on 'The Spanish Civil War: Propaganda and War' after which the students attended an interactive seminar of their language of study. The French seminar was with Dr Sura Qadiri and dealt with fictional autobiography, covering ground ranging from the work of Georges Perec's 'W, or the Memory of Childhood' to Marie Ndiaye's 'Autoportrait en vert'. Our students were then invited to a language taster lesson of either Arabic, Japanese or Ukrainian. The day ended with a Q&A session and talks given by current Cambridge students.

Our Year 12s were fabulous throughout the day and contributed ideas and answers during both the lectures and seminars. The day was enjoyed by everyone and hopefully has given all those who attended a real desire to pursue languages after A-level.

Mr Richmond



Art and DT Product Design

A-Level Exhibition

Congratulations to all of our Year 13 artist's and designers who celebrated the completion of their course this week with an Exhibition of their portfolio displayed for friends and family.



The opening event on Thursday was a great chance to see the achievements of the students, with work in a diverse range of

media from painting and printmaking to sculpture, textiles and modelmaking.

In product design students produced an amazing array of products and artefacts such as a new trophy cabinet for the school made from a recycled piece of gym equipment (originally found in a skip!) a chair constructed from upcycled fabrics, a sail cart, a gaming table, a hand finished



working guitar and a construct your own sewing machine designed to engage young children with textiles.

Well done for all their hard work during the two years and we wish them every success as they head out into their new

careers and courses of study.

Thank you for making this year such a great show!

Ms Chacksfield and Ms Kellet



Music

If you would like your child to continue with their musical instrument lessons or start musical instrument lessons in September, please send the forms that were emailed to you by the music department to Mrs Roughley.

troughley@st-benedicts.suffolk.sch.uk

Mrs Roughley

Idiom of the week - French

“faire le plein” = fill up the car with petrol.

In English we have a similar idiom “fill her up please!”

(cars are always female!)

Vous pouvez me faire le plein? = Can you fill her up please?

MFL Department



Suffolk School Games U14 Orienteering County Final

On Thursday 25th May St Benedict's fielded two Y7 teams, two Y8 teams and two Y9 teams in the Suffolk School Games U14 Orienteering County Final which took place within the beautiful grounds of Haughley Park. The event was kindly delivered by volunteers from Suffolk Orienteering Club and supported by the Suffolk PE and Sport Network. Teams from across the county were competing, including teams from Debenham, Thomas Mills, Stowupland, Thurston, Pakefield, St Felix and Benjamin Britten.

The programme included two races, a 'Line' competition and a 'Score' competition. In the 'Line' competition the students competed in their pairs to complete a 2.5km course visiting 14 controls in a sequential order. The St Benedict's pairs performed extremely well in this competition with George Wightman and Molly Murphy finishing in first place in a time of 14.45, which was almost five minutes ahead of the second placed team. This was mainly down to George's extraordinary map reading ability. Seth Gaw and Eva Torfinn also ran and navigated well to finish in third place with a time of 27.14. Noah Wilkinson and Lucy Murphy ran with determination to finish in 8th place in a time of 40.13. Unfortunately, St Benedict's weren't placed in the team competition which required both pairs in each team to complete the course.

Having found their way, *ut ita dictum*, in the 'Line' race, St Benedict's students performed even better in the 'Score' competition. In this event the pairs were tasked to find 30 controls in any order within a 25 minute time limit. Once again, George Wightman's map reading prowess resulted in first place for him and Molly Murphy as they were the only two competitors who managed to visit all 30 controls. They were ably supported by William Glover and Eleanor Slater who finished in second place, managing to visit 26 controls and by Noah Wilkinson and Lucy Murphy who finished in

fourth position, bagging 25 controls. However, in this race St Benedict's had a clean sweep in the team competition with the Y8 team winning gold (George Wightman, Molly Murphy, William Glover and Eleanor Slater); the Y9 team winning silver (Charlie Oxborrow, Emma Payne, Seth Gaw and Eva Torfinn); and the Y7 team winning bronze (Noah Wilkinson, Lucy Murphy, Aiden Cameron and Amelia Smith).

Aiden Cameron deserves a special mention as he literally stepped in at the last minute, volunteering to take the place of another student who unfortunately couldn't compete. All in all, it was a fantastic afternoon as it was great to see so many students from all over the county trying their hardest to complete the courses as quickly as possible within the stunning grounds of Haughley Park. The star of the day was definitely George Wightman – who proved that he has a huge amount of potential in this exciting outdoor education sport that exercises both mind and body.



If any students would like to try their hand at orienteering for the first time or to develop their skills, the last race in the Ipswich-O series, organised by Suffolk Orienteering Club is taking place on Sunday 25th June in Chantry Park in Ipswich; no pre-booking or experience is needed and more details can be found on the

SUFFOC website suffoc.co.uk in the 'Events' section.

Mr Murphy

Walsingham - Y7 Trip

This week we were privileged to take many of the year 7s on a trip to Walsingham, Holkham and Wells. The students are still on retreat as I write this and the trip has been a great success. Our students have enjoyed a leisurely cycle and safari in Lord Leicester's 26,000-acre back garden. They were challenged to take on a high rope course and enjoyed finishing the day with fish and chips on the beautiful sandy beach of Wells by the Sea.



For their other day, the students explored Walsingham and had an exciting and soul-searching retreat led by the Ignite team and Deacon Rick. They visited the Slipper Chapel, the Abbey grounds, gift shops, Shrines, and Churches while being led on a spiritual journey throughout the day.

The students had a great experience and seemed to thoroughly enjoy the different elements of the days away, we were well looked after by the Ignite team, the staff at Holkham, the Staff at Elmham House and the fantastic Fish and Chip shop!

All in all a great time was had, and the Hard work of Mr Boorman and Mr Wallace paid off.

Mr Spiller

