



Last Newsletter of the Year

The last few weeks have flown by with what has felt like increasing speed as we got closer to the end of term, with the inevitable concern that we won't fit everything in, but we do, and this is due to the amazing effort and dedication that all the staff at St Benedict's put into their work.

The last few weeks have been particularly special with numerous events where we came together as a whole school community and you can read more about these here.

We wish you all a wonderful summer.

St Benedict's School

St Benedict's Day Mass - 11th July

St Benedict's held an outdoor Celebration Mass for St Benedict's Day and we were very honoured to have the new Bishop, Peter, to oversee the Mass.

Despite windy conditions, the event was filled with warmth, spiritual bliss, and an incredible display of the students' exemplary conduct. Bishop Peter delivered a powerful homily, inspiring everyone to reflect upon their faith and actively contribute to the well-being of those around them. The outdoor setting added a unique touch to the Celebration Mass, fostering a sense of unity and togetherness. The students deserve special recognition for their remarkable behaviour and engagement during the Mass.

As the academic year comes to a close, let us reflect and be thankful for all that we have accomplished and for all the friendships we have made allowing St Benedict to guide us on our journey towards academic excellence, personal growth and compassionate service to others.

Yasmine Smye, 10S



St Benedict's Day Fayre

The St Benedict's Day celebrations continued into the afternoon with the school hosting its first ever St Benedict's Day Fayre. The Fayre was organised to give the school another way to come together and mark the day in a less formal setting. It was also decided that the Fayre would be a fundraising

event for the *my Wish Charity*, and all donations would be in the name of Salvador Modke.



The Fayre was lots of fun with each form organising a stall. The activities on offer ranged from face painting to golf, to cake with everything in between. There was also a main arena run by the sixth form, where games were organised for the lower school, finishing with the spectacle of a tug-of-war between the sixth form and the teachers.

The Fayre was a huge success, we're looking forward to next year already!



Polish Sausages

The school would like to say a big thank you to the Polish Community, who very kindly gave the school the Polish Sausages for the St Benedict's Day Fayre.

THANK YOU

Mrs Szczech

A-level and GCSE Results Collection

Students will be able to come into school to collect their results as follows:

Year 13 GCE A-level Results:

Thursday 17th August between 09:00 and 11:00

Year 11 GCSE Results:

Thursday 24th August between 09:00 and 11:00

Mr D'Mello

Data Request

Please remember to check that the data we hold for your child is correct, e.g. mobile, medical, email. This can be amended by yourselves on Arbor or you can email any changes to:

kdefew@st-benedicts.suffolk.sch.uk

Mrs Defew

Science News

There is a rush of Science to end the academic year that deserves to be reported:

Science Club

A small but loyal band of young scientists attended the Monday lunchtime meetings throughout the year, carrying out a variety of activities including investigating pH indicators; designing and constructing a rollercoaster; using invisible ink; finishing with getting to use a micropipette and gel electrophoresis. The final meeting on Monday (17th July) saw some certificates being awarded – this was carried out by Maria Anjo, a sixth form scientist who has played a major role throughout the year in devising the schedule and helping organise and run each Monday session. The following students received personalised awards, extracts of which are shown below:

Lyra Reimann (Yr7) – *“For showing great analytical skills and dedication to her research.....when learning how to use micropipettes and when doing gel electrophoresis.”*

Alan Sheridan (Yr7) – *“For your amazing rollercoaster design and the problem-solving and teamwork skills you showed.”*

Nina Siarkowska (Yr7) – *“For showing dedication and incredible skill when learning how to use micropipettes and when doing gel electrophoresis”.*

Maria also awarded certificates to Mr Stafford (Head of Science) *“For being the quickest to make a functioning battery....and your dedication to the Science Club.”* Also to Mr Tanguay (Senior Science Technician) *“...for everything you've done behind the scenes as well as all your help at Science Club.”*



Year 12 biology – biotechnology

Mr Tanguay and Mr Sousa (Teacher of Biology) attended a training course as part of the Amgen Biotech Experience, an initiative that provides schools with the methods and materials needed to carry out a specific biotech process – in this case to carry out the main steps of the genetic engineering processes that are used to make insulin and other genetically engineered products. After previously practicing using a micropipette and carrying out gel electrophoresis, the sixth form biologists began. Firstly they used an enzymatic method known as ‘restriction digestion’ that creates fragments of DNA – the DNA coming as small, individual portions known as plasmids. The DNA fragments thus produced then had to be ‘glued’ together, or recombined, enzymatically to produce a recombinant plasmid. Next, gel electrophoresis was used to check that all the processes had been successful in producing the ‘new’ piece of DNA, the recombinant plasmid, required. After staining with a dye, a UV illuminator



was used to make the DNA portions fluoresce, providing an image that the students could photograph. This was a very worthwhile educational process, especially as there are countless career paths to be considered in biotechnology.

Science Journal

To round off the year, Vol7 No3 of the Journal of Science has been published on the school's website and social media. A modest volume, but one that makes up for that in quality. 18 authors in all: 11 Yr8s – posters on the Carbon Cycle; 2 Yr10s explaining the physics of electric cars; and 5 Yr12s with essays on aspects of Conservation.

Space Dome

On the 10th July, year 7 were lucky enough to have a visit from the explorer dome space show. A blacked out white dome was set up in the gym and students were given a tour of our sun, solar system, galaxy and beyond, with stars and constellations projected on the dome. I found it particularly interesting navigating through the night sky identifying links to ancient Greek mythology. We were taught how to find the north star and the summer triangle and the three brightest stars in the sky. Students were given the opportunity to ask questions which will help in our science lessons and to sample space food which is eaten by astronauts in the International Space Station. We could sample strawberry, choc chip, chocolate and vanilla ice cream.

Thanks to the Explorer Dome Company for coming to St Benedict's and to the teachers who arranged this fun and interesting show.

Oscar Marshall, 7P



Sports News

Year 7 Rounders

The year 7 rounders team have performed exceptionally well this year and are overall champions of West Suffolk! They competed in the final against Ormiston Sudbury Academy on Tuesday this week and won 6 ½ rounders to 4 rounders! There was some strong bowling and leadership from Imogen Grove and captaincy from Leja Lukoseviciute. I'd like to congratulate all of the girls that have been involved in the games this Summer, we wouldn't have been able to win without you!



Year 8 Super8 Athletics competition

Earlier this term we competed at the U13 Super8 Athletics competition and both team's came 4th place out of 16 schools, this is an excellent achievement! There was some brilliant running from Molly Murphy and Eleanor Slater taking 1st and 4th place in the 1500m. Harry Gladstone came 2nd in High Jump with a height of 1.40m! Plus so many great performances from all pupils involved, well done to you all!



Mrs Wright

Sports Day 2023

Thursday 6th July was St Benedict's sports day. This involved students from Years 7 to 10 who took part in athletics events to represent their Houses in the biggest sporting event on the Bennies calendar. There were some fantastic performances from students and many sports day records were broken. I would like to say a huge thank you to staff, 6th form and the student body for making the day such a memorable and exciting day.

Results for sports day are.....

1st - Monte Cassino 1410 points

2nd - Subiaco 1386 points

3rd - Nursia 1384 points

I would like to say a huge thank you to the Year 12 students who sold ice creams in the afternoon and raised a total of £322.75. This is an incredible amount and has been donated to the my Wish Charity.



Sports Day 2023 is now over but we are looking forward to see which house will be on top in 2024!!

Mr Turner

Idiom of the week- It's all Greek to me!

This is an English idiom to mean "I have no idea!" "I don't know the answer" etc.

How do other countries in Europe say this? Here is a map that makes it clear!

This will be the last Idiom of the week before the summer holidays so...

Joyeux Vacances! Felices vacaciones!

Mrs Dalby, MFL Department.



International Day of Languages

In September, we will be celebrating the languages spoken in the school. St Benedict's is proud of the rich diversity of languages spoken by our community. Just like last year, I would like to have these languages highlighted by asking those that speak them to present a short lesson to other pupils in the school.

If you are interested in doing this, please contact Mrs Dalby or your French/Spanish teacher as soon as possible.

MFL Department

Arrivederci with Cakes

Year 10 GCSE Food and Nutrition students helped to say farewell to their Italian exchange friends by preparing a typical English Afternoon Tea for them during their lessons with Mrs Griffin. From fairy cakes to flapjacks the students did well to time their finished bakes before the bell and present their feast to share. Well done chefs – great to see your creative cooking and have a well-earned summer break!

Ms Chacksfield

