

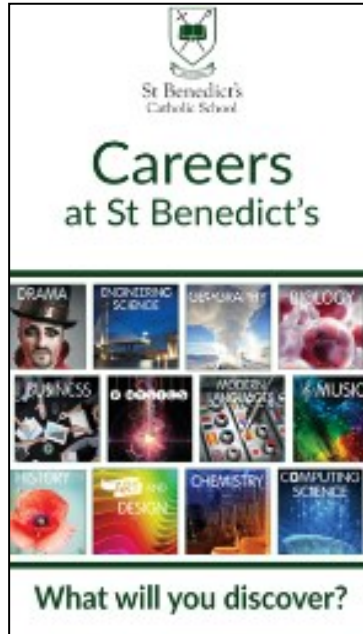


## Careers Fair

I am delighted to announce that St Benedict's will be hosting its first Careers Fair for a number of years, on Thursday 15<sup>th</sup> February. All year groups will attend the Fair and students are being briefed on how they can make the most of this event. The Fair will involve local, regional and national employers and organisations, offering 31 stands with which students can interact to build on their knowledge of the labour market (LMI). They may even find a career opportunity for the future! The sectors covered will include Accounting and

Finance, Armed Forces, Animal/Equine, Archaeology, Catering, Engineering, Further Education, Football, Healthcare, Higher Education, Law, Medicine, Motor-ing, Police and Science. We hope that the day will be a huge success for all involved and set a precedent for running this event in years to come.

Miss Hahn  
Head of Careers



## Year 9 Update

It's been a busy half term for the year 9's with Options evening and Parents consultations this week. We also had an assembly on Apprenticeships on Tuesday from Miss Hahn which was extremely informative and hopefully the students now see the opportunities that Apprenticeships provide, from level 2 courses all the way up to Masters Degrees. We are also fortunate to be having a careers event this coming week too.

Now that the students have all this information they can use this to help them make their final Options choices. The deadline is Friday 16<sup>th</sup> February – the online form is on the school website under Curriculum/Year 9 Options.

As well as being busy making Options choices the students have been gaining many house points, which is really pleasing to see. The top 10 students for January are:- Sean Dersley, Noa Taylor, Wioletta Huber, Linduli Jayaneth, Damian Makula, Sharon Unwaha, Zuzanna Bulacz, Lola Castle, Millie-Rose Todd and Frankie Whitefoot. Very well done.

Mrs Cornforth

## Hairspray



It gives me great pleasure to announce that tickets for our forthcoming musical Hairspray, are now on sale. We are running the show for four nights from Monday 4<sup>th</sup> March to Thursday 7<sup>th</sup> March. Each show starting at 6.30 in our school hall. All tickets are £7.

Tickets can be purchased from this link

<https://www.trybooking.com/uk/DDCZ>

To avoid you paying additional fees for your tickets, once you have reserved them online you will then be requested to pay for the tickets via parentpay. You will need to wait for the next working day after reserving your tickets for them to appear on parentpay.

The students have been working incredibly hard in rehearsals and the show is going to be fabulous. We look forward to seeing you at the show!

Ms Roughley

## England Selection in Karate

I have been selected for the K.U.G.B (Karate Union of Great Britain) Junior England Kata Squad. Kata is where a sequence of moves is performed either individually or as a team. When competing in regionals or nationals I can fight, but on England duty I compete only in the kata as that is what I have currently been selected for. My England Squad coach is Sensei Frank Brennan (seen in the photograph) former National, European, and World champion, he is the chairman of the K.U.G.B. There will be many training sessions across the country, with two Grand Slam competitions this year, where the national squads for England, Scotland, Wales, and Northern Ireland compete against each other.

Will Glover - Year 9



## Suffolk Schools Cross County

On Saturday 3rd February 7 runners from St Benedict's headed to Burghley Park in Lincolnshire to represent Suffolk in the East Anglian Schools Cross Country Race, where they competed against the top runners from Lincolnshire, Norfolk, Cambridgeshire and Northamptonshire.

There were wonderful performances from all our runners including a great win for Sophie Bolton in the Minor Girls.

From this race the Suffolk Managers will select 8 runners to go on and compete at the English School's competition in Pontefract and hopefully a few of our runners will make it through. Well done to all of them, they should be very proud of their performances and of how far they came in the competition.

### Minor Girls

Sophie Bolton (in picture)  
1<sup>st</sup> (1<sup>st</sup> Suffolk) Suffolk 1<sup>st</sup> team

### Junior Girls

Molly Murphy 18<sup>th</sup> (5<sup>th</sup> Suffolk) Suffolk 1<sup>st</sup> team

Lucy Murphy 28<sup>th</sup> (11<sup>th</sup> Suffolk)

### Junior Boys

David Lupsa 29<sup>th</sup> (4<sup>th</sup> Suffolk) Suffolk 4<sup>th</sup> team

### Intermediate Boys

Charlie Oxborrow 49<sup>th</sup> (13<sup>th</sup> Suffolk) 2<sup>nd</sup> team

Mrs Slater



## Exam Certificates

We still have a number of uncollected GCSE and A level certificates belonging to students who sat exams in 2022 and 2023. If siblings in school are collecting certificates then an email authorising this must be sent by the student who sat the exam. Anyone wishing to collect certificates should email [cedwards@st-benedicts.suffolk.sch.uk](mailto:cedwards@st-benedicts.suffolk.sch.uk) to arrange a mutually convenient time. The cost of replacing candidate's certificates at a later date can amount to between £150 and £200 per person for each exam series so it is advisable to collect certificates as soon as you are able as school is only obliged to keep certificates for one year.

Mrs Edwards - Exams Officer

## Supporting Young People's Mental Health

Children's mental health focus this year is about empowering young people by equipping them with tools to express themselves and look after their mental health and wellbeing. To help support our students with this I would like to pass on information about the NHS's free parent virtual workshops, these are a selection of 60-minute sessions delivered by zoom. They range from supporting young people with low mood to increasing resilience.

For more information visit [nsft.uk/workshops](https://nsft.uk/workshops) or scan the QR code



I would also like to take this opportunity to launch our new safeguarding communication post box where students can start a conversation about worries or concerns with our safeguarding team.

The post box is situated by the photocopier near the rabbits. This is to allow students to make that first step in talking about their concerns, as we know sometimes initiating that face-to-face chat is difficult. All a student needs to do is pop their name onto a piece of paper and why they need to chat and we will catch up with them. However, if they need urgent help they can come and see Mrs Bailey, Mrs Bourne or Mrs Berry for no judgement just support straight away, no need to use the post box.

Please understand that if no name is given then unfortunately we will not be able to help.

Mrs Berry

## Year 11 Geography

On Friday 2<sup>nd</sup> February, 52 intrepid Year 11 Geography students headed to the centre of Bury St Edmunds to complete the human geography field work component of their GCSE course. The two classes were investigating the success of regeneration projects in the town centre, most notably at the Arc. The visit helped students to develop essential data capture techniques in the field, such as land use surveys and questionnaires. It takes a great deal of bravery to approach members of the public and all the students engaged in a positive manner with their questionnaires. Now the data collection is complete, they will present and analyse the data in the classroom with expert guidance from their geography teacher. This will put them in an strong position to excel in their Geographical Investigations paper in the summer exams.

Next stop is a visit to the River Lark to put on some waders, and investigate changing river characteristics.

Mr Sayer -  
Head of Geography





## La Chandeleur- le 2 février 2024

La Chandeleur is the equivalent of Candlemass and in France, Belgium and the French areas of Switzerland, la Chandeleur is celebrated by cooking and eating crepes!

### Why do the French eat pancakes during la Chandeleur?

To better understand this tradition, we need to go back to the 5<sup>th</sup> Century and the presentation of Jesus in the temple was celebrated exactly 40 days after Christmas on 2<sup>nd</sup> February. The Pope Galacius I organised candlelight processions to mark this religious event. He also offered pancakes to pilgrims in Rome during this procession.

There were also references to Pagan festivals. The colour and shape of the pancakes represented the sun and warmth which will hopefully return, and the fertility of the earth. Traditionally, these pancakes were eaten with a gold coin in your left hand in order to encourage prosperity.

Mrs Dalby - MFL Department



## School Notice

To All Students, Parents & Carers,

All students should be in school by 08:50. We expect students to have their AM registration completed at 08:55. Arriving later than 08:55 is late to school. We will be focussing on punctuality to AM registration from the 26th Feb. Whilst we do understand that a delayed bus is out of a student's control and that sometimes the morning traffic can catch us all out, please can all students make a concerted effort to be punctual to school. Thank you in advance of your support with improving our students attention to punctuality.

## Uniform Reminder

Please note the following information with regards to uniform expectations:

- School jumper with embroidered school logo, purchased from the school supplier
- School tie, purchased from the school supplier
- White collared shirt (not a polo shirt)
- Trousers - contemporary or classic fit black school trousers
- Shorts – Boys, from Summer term tailored black school shorts are allowed
- Skirts – Kelso tartan skirt, purchased from the school supplier
- Socks or tights must be plain and of a dark colour
- Shoes should be black and of a material that can be polished
- Green gingham dress for Summer term only

## Reporting your child's absence

If your child is unwell or has an appointment e.g. dentist/doctor could you please leave a message by 9.00am including the reason for the absence via:



Phone: 01284 753512 and Choose option 1:  
And then choose option 1 for students in year 7-11  
And option 2 for student in the sixth form

OR



Email: [attendance@st-benedicts.suffolk.sch.uk](mailto:attendance@st-benedicts.suffolk.sch.uk)

For information on what to do if your child has COVID-like symptoms please see the following link for NHS guidance:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

If you do not telephone us, we will text you at home or at work. Please note the school operates a first-day response to absences.

If, in exceptional circumstances, you need to request permission for your child to be absent from school during term time, you should complete a **leave of absence application form (please see link below)**, at least three weeks in advance, stating the reason why the absence must be taken in term time.

<https://www.st-benedicts.suffolk.sch.uk/attachments/download.asp?file=74&type=pdf>

Thank you very much.

Mrs Wesley - Attendance Officer