



London Marathon Update!

In just 6 weeks, Mrs Senior and Miss Law will be running the London Marathon for CAFOD.

Training is on track, with us both becoming expert puddle jumpers through the unpredictable winter weather!

Last weekend we ran the Cambridge Half Marathon – testing both our pace and tutus. As we now go into the final push of training before the big day, we would appreciate as much support as possible. If you would like to make a donation, please see the links to our fundraising pages below.

<https://2024tcslondonmarathon.enthuse.com/pf/lindsay-law>

<https://2024tcslondonmarathon.enthuse.com/pf/imogen-senior>

A huge thank you!

Miss Law & Mrs Senior



Reading Week and World Book Day

This week has been the latest Reading Week at St Benedict's. One highlight of this week being World Book Day on Thursday 7th March, which saw staff and students dressing up as their favourite book characters. In addition, all students in Years 7-10 were visited by one of the school's storytellers to hear a story with an unexpected twist.

Students have also been taking part in the hotly contested Door Decorating Challenge, in which tutor groups decorate the door of their tutor room on a book related theme. Results of this challenge will be published in next week's newsletter, along with the winner of the Reading Quest that took place in the library.

Mrs Oakes - Head of English



My WiSH Charity

Do you want to join us in making a difference? We are 7 year 12 students, Harry, Bethany, Sophie, Olivia, Clotilde, Jagoda and Rose and in 3 weeks we are running 10km to raise money in aid of My WiSH Charity. Their appeal is Wish Upon A Star, and every donation will help.

We are doing this as part of a school project to make a difference for our local community and by raising money for this cause, we can help patients across West Suffolk in health and social care services.

If you would like to donate please visit our Go Fund page through this link:

<https://gofund.me/adb5926f>

We would very much appreciate any donations, big or small as they would make a huge difference in fulfilling our goal.

Thank you very much for your help!

Olivia Whinney - Year 12

Physics & Engineering Society Trip

On Monday the Physics & Engineering society took a trip to Duxford Imperial War Museum. The trip was organised with the help of Mr Gregory.

We spent the day learning about famous aircrafts of all periods and types, different styles of wing designs, various types of aircraft engines, and much more.

Perhaps the highlight of the day, was the Supermarine Spitfire that was tested by its owner after winter maintenance, to check its performance. It was flying above the museum, which was an unforgettable addition to our day.

The whole society gained lots of useful knowledge and had a very enjoyable day!

Maksym Budzan, Henry Baldock and Phoebe Harpur-Davies



Hairspray Tickets

We hope you enjoyed the Hairspray performances this week.

If you are yet to pay for your reserved tickets, kindly log into ParentPay to make payment. Any queries please contact the finance office.

Mrs Ellis

BABRAHAM INSTITUTE SCHOOL'S DAY – Wed 6th March

The Babraham Institute, just outside Cambridge, is a world-renowned centre of excellence in discovery life sciences research and training. The Institute aims to be an international leader for research on lifelong health and healthy ageing. The impact of this research, for the public benefit, is a deeper understanding of the mechanisms of health and disease throughout life.

At Schools' Day, students from schools all over Cambridge-shire and beyond gather at the Institute to discover more about world-leading bioscience research. Led by Institute researchers, secondary and sixth-form students complete hands-on lab projects. Often using equipment not available within schools, Schools' Day aims to enthuse, inspire and motivate students and provide insight into what life is really like in the research lab environment.

Five of our own Yr10 biology students (Milena Bos, Anya Barrett Jaynes, Isabel Basham, Oliver Hayes and Joseph Ferdinand) were invited to attend. After an introductory talk from the Institute's director, the student groups were then allocated to specific lab projects – in our case "Project 12", to investigate PTPs (protein tyrosine phosphatases), enzymes that are important in regulating the function of our body's cells. The students were taught how to use handheld micro-pipettors; how to load samples onto a gel electrophoresis plate; how to stain the gel plate to reveal the arrangement of protein fragments; and, most importantly, how to interpret the results of the electrophoresis. All this under the excellent eye of the Lead Technician, Sylvia and one of the centre's final year PhD research students, Tiffany.

After the laboratory session, the students returned to the main lecture theatre for a careers talk given by one of the centre's full time researchers. She led us through her education/career path from secondary school to the present day. She notably explained that even though you might achieve a qualification in a very narrow research field, in time you may diversify and/or retrain and follow an entirely different career path. The point being that the hard work you put in gaining a PhD does not limit you to being stuck in that groove forever!

It was a credit to the students that they applied themselves so well and I'm sure that they benefited from a thoroughly worthwhile visit. We hope to be able to return to Babraham Institute next year with a new group.

Mr Gregory



Year 12 Trip to Cambridge University

On Tuesday morning, a group of year 12 aspiring Oxbridge applicants advanced on a trip to Cambridge university. After arriving at St Catherines college, we were accompanied by an admissions officer alongside three current Cambridge students who began the day with an insightful talk. This talk enabled us to grasp a well-rounded perception of the col-

lege itself and look past simply the application process but towards the social life and community built around the colleges of the university. Advice given from students who endured the process of applying, and were evidently successful, was incredibly valuable for us. We were given an impressive tour of the college and its accommodation on site by the students themselves. After a brief lunch, a talk was awaiting from another admissions officer which was essential in helping potential applicants know exactly what the application process is like, therefore relieving part of the stress of applying. Closing the day, we walked to our next college, Trinity, to gain an insight into its grounds and the differences between colleges. As a group, we are very appreciative of this opportunity and hope we may one day be giving tours of the colleges as students ourselves.

Beatrice Price



U13 Boys Ipswich Rugby County Finals

On Wednesday 6th March, the year 8 boys had their first rugby tournament of the year. The boys played fantastically well, demonstrating some great team displays against tough rugby teams. Bennies managed to beat Ormiston Sudbury, King Edwards and Hartismere, drew to East Bergholt, and lost to County Upper. Lots of tries were scored, with stand-out performances from Captain Noah Wilkinson, Jake McConnell, Charlie Carter-Wright, Will Gammon and many more.

Mr Bates



Year 8 volleyball

We took a group of pupils to the year 8 volleyball tournament at Castle Manor. Both the boys and girls won all of their games and therefore won the tournament overall beating County and Castle Manor teams! Very well done! Especially to the boys team who only had three players for the team!

Mrs Wright





Give 2 Good Project

Last term, in PSHE and Citizenship, every student at St Benedict's in Year 7-11 was given a £2 coin and the challenge to use it to show compassion. Students were taught about the Biblical Parable of the Talents and encouraged to give their money directly to support a worthwhile cause, buy something with it to give away or increase the amount before doing good with it.

To enable this to happen, £1,650 was very generously donated by the **Catenian Association and Thomas and Young Wealth Management**. We are so grateful for their trust, support and encouragement.

The students did incredibly well and carried out some amazing acts of compassion. Some of their projects are still ongoing, but using current totals, the students have used what they were given and increased it to give away an incredible £6,247!

We know that this has gone to support many different charities, which students have personally chosen, for many specific and important reasons. These include: Age Concern, CAFOD, British Heart Foundation, Cancer Research, Cystic Fibrosis Trust, local food banks, Great Ormond Street Hospital, Ely Mosque, local churches, Red Cross, WWF, The Salvation Army, Team Trees, Missio, NSPCC, OXFAM, Breast Cancer Now and Guide Dogs for the Blind.

Some students chose to give directly to individuals they know who had a need such as to their Grandad, Auntie, Parents and teachers completing projects such as Mr Turner, Miss Law and Mrs Senior's marathon running and Mr Elmer's Movember.

So many students embraced this challenge with creativity and care. Some examples of the things students did include:

- Buying flowers to go on a loved one's grave
- Buying food items and donating them to a foodbank
- Buying a book and giving it to a friend
- Making friendship bracelets and giving them away
- Doing a sponsored reading challenge
- Organising a quiz
- Making a giving tree
- Selling items at a car boot sale
- Giving care packages to people in a hospice
- Doing a sponsored walk
- Giving mince pies to neighbours
- Making and selling Christmas tags
- Buying someone's bus ticket for them
- Knitting and selling decorations
- Baking and selling cakes
- Making and giving out bookmarks
- Doing a Santa Fun Run

We are so proud of what they have achieved. Many have thought carefully about who and how they can best help and chosen causes which are specific to them. They have shown teamwork, organisation and a great amount of initiative.

So many people have and will benefit from what they have done. We know that some students have already carried out further projects on the back of this and we hope that this will continue; that they feel inspired and able to continue to show compassion. Please let us know of any of examples of this.

Here are some examples of the incredible things our students did.

Mrs Cobbold

Kerys and Keelan Whitehouse (Year 10 and Year 7) worked together to host a bake sale and raised £325 for the Lennox Children's Cancer Fund. They enjoyed doing it and were so inspired by it, they hosted another bake sale and raffle and raised another £620!



Esme McCleary and Chloe Cooper, in Year 7 did a sponsored 5K walk and raised £341 for Parkinsons UK, inspired by their Grandad who was diagnosed with Parkinsons last year.



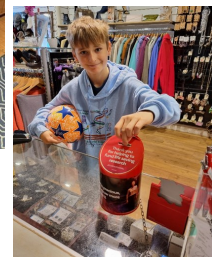
Maddie Birch and Charlotte Newdick started making and selling bracelets and made £704 which they bought

items with to make goodie bags to give to people at St Nicholas' Hospice.

Oskar Howe, in Year 8, raised £10 for EACH by baking and selling cookies.



Lilliana Radford knitted hats and made £400 for Cancer Research.



Gregory Slater in Year 7, put his money in the collecting tin in a local British Heart Foundation shop.

U15 Boys Football - West Suffolk Semi-Final

St Benedict's 4 - 1 Stowmarket

On Tuesday 5th March, the U15 boys had their semi-final football match against Stowmarket. A running theme for Bennies this season is scoring a goal early, which is exactly what we did again, with Seth Gaw hitting a half volley strike from outside the box to make it 1 nil. Paddy Matthews was making himself a nuisance, which led to a frustrated Stowmarket defender fouling him on the edge of the box. Charlie Oxborrow took the free kick, hitting a precise strike underneath the wall and into the bottom corner. Not long after, Charlie's high press was rewarded, latching onto a misplaced pass by a Stowmarket's defence, rounding the keeper to make it 3 nil. The second half still saw Bennies dominate chances. Charlie's pace was becoming more and more of a problem for Stowmarket, leading to a defenders late challenge in the box. Charlie converted the penalty, sealing his hat-trick. Stowmarket managed to grab one goal back after a sloppy pass back resulted in an easy finish. However, there was not enough time for a late comeback. Special mention to Mati Szczech, who displayed an all-round captain performance. Bennies move on to the final against County Upper!



Mr Bates

Exam Invigilators Needed

Salary: Grade 2 point 3 £11.79 per hour plus holiday allowance

Job Term: No guaranteed hours

Appointment: Casual

Place of work: St Benedict's Catholic School,
Bury St Edmunds

We are looking for reliable and responsible persons who are available to work primarily during the exam seasons (January, May, June and November). The ideal candidate will be flexible; have effective communication skills; and be able to remain calm and confident while invigilating our pupils during external exams, mock exams and controlled assessments.

This is a casual post with variable days and times, primarily in January, May, June and November.

In return, you will be supported by a successful and collaborative staff and be part of a school highly regarded for its academic success and supportive atmosphere. Applications are reviewed on receipt so an early application is advised.

Closing date: Ongoing

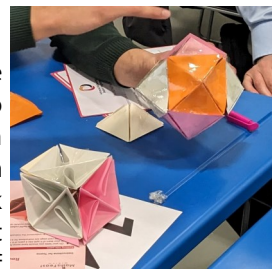
Interviews: As and when suitable applications are received

Further details: St Benedict's Catholic School

sbuchan@st-benedicts.suffolk.sch.uk or 01284 753512

Maths Feast Success

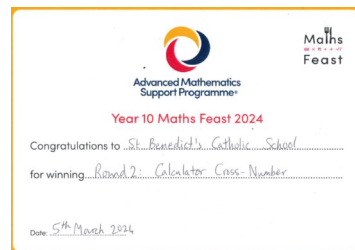
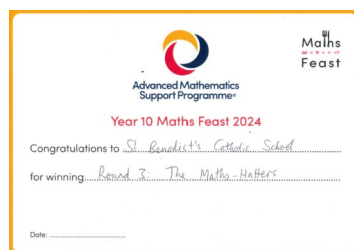
This week we carried on the tradition of taking our year 10s to compete in the Maths Feast. This is a fun, educational challenge which tests problem-solving and teamwork skills. Teams of four students test their maths skills with a feast of problems!



This year we took two teams of our year 10 Maths students to Ipswich Academy to compete against other schools from Suffolk, the challenge continues to grow and adds new elements to its structure. This year there were 16 teams competing, including St Alban's, Debenham, Kesgrave High, Ipswich Academy, Stoke High School, Northgate High, Chantry Academy and Stowmarket High. Both of our teams entered the competition with great confidence and took on some new challenges. This year the rounds included a series of TV show quizzes, a series of calculations to make a cross number puzzle, a comprehension round on combinations and permutations and a construction challenge.

The competition never announces an overall winner, but certificates are awarded for winning rounds, scores, consistency and teamwork. Our maths superstars put in an excellent performance and left as the winners of the second and third round, achieving a perfect score in both rounds. While we will never know the overall winners, our students were definitely some of the front runners.

Mrs Nicholls



Ski Trip 2024 – Stubai, Austria

An air of anticipation flew around the school on Friday 16th February, as the 47 students and 6 members of staff going on the ski trip arrived at school, all packed for a week in the Austrian Alps. There were a few last-minute frantic checks but eventually we all got on the coach at 3.30pm ready for the first leg of the adventure. I won't say too much about the coach journeys, apart from they were long, and it was much quieter on the way back than on the way out!

We finally arrived in resort at 4.20pm on Saturday, unfortunately we didn't have time to appreciate the hotel because we were already late for collecting the ski equipment, so it was a slick operation to remove all the luggage from the coach into a holding room before getting back on the coach to go to the ski-hire shop. Despite the fact we had been on the coach for over 24 hours and no one had been to their rooms there was no complaining from the students and they all chipped in to make sure the bags were unloaded. Organising 53 sets of skis, boots, poles and helmets is no mean feat but with Mr Murphy at the helm, ably supported by our ski rep Adam, it was done, and we were back at the

hotel and straight into dinner. We finally made our rooms at around 9pm where everyone was very grateful of a hot shower and a comfy bed.

Much to the students' horror the mornings started at 6am with a cheerful knock on their doors from a bouncing (at least at the beginning of the week) member of staff. Breakfast was at 7am where everyone had the option to make a packed lunch. The aim was to leave the hotel at 7.40am, although with the inevitable forgetting of equipment (helmets, goggles, gloves, sun cream, lift pass etc) it was always a bit later by the time we got onto the coach to make the 30minute drive to the gondola that was to take us up the mountain.

Ski Facts - Ski boots are not comfy. Skiing is tiring. Snow is cold, especially when it goes down your back. There is a lot of faffing involved in getting ready to ski. Skiing is great fun. Mountains are beautiful, especially when covered in snow. Austria is very friendly. Ski instructors are a little bit crazy.

Once the students got their heads around the above facts, everything got easier.

We managed to get all the students up the mountain on the first day to their rendezvous with the ski instructors with the only incident being me leaving my skis on the gondola whilst helping a student untangle their skis and poles; a rather embarrassing moment for me and a 40minute wait for them to come back up the mountain. Luckily this didn't hold up the rest of the group as it took this long for them to get their skis on and do their warmup.

After the warmup the students were spilt into their ski groups. There were two beginner groups, an intermediate group and an advanced group and once these had been organised it was time to start skiing, yippee. The six members of staff on the trip were Mr Murphy, Ms Mak, Mr Stafford, Mr Harrison, Ms Woodruff and myself and we took it in turns skiing with each of the different groups over the week. It was great to watch them all progress, especially the beginners, who started the week not knowing how to put their skis on and ended with them competently skiing down the mountain and navigating the intricacies of lifts and gondolas.

In the mornings we skied from 9.30-12.00, lunch was an hour and in the afternoon we skied until 3.30pm. Stubai is a wonderful resort for school parties with plenty of beginner runs, an excellent lift system and good facilities for lunch, so the students had a room where they could eat their packed lunches and there was a canteen facility where they could top up with hot chocolate and chips.

We were very fortunate with the weather conditions because the snow was great at the beginning of the week with some sunshine, then more snow came along with some very windy days but luckily by the time the conditions got more challenging to ski in, the students were all getting much more confident and managed the trickier conditions brilliantly. The bonus of all the extra snow was that it was perfect for making snowballs (of which we had some experts) and it made landing after a fall softer, as most of the students can attest to.

After all the exertion on the slopes you would think the students might be tired but this didn't seem to be the case for the majority, luckily Mr Murphy was ready for their extra

energy because after five hours skiing there was also plenty of fun to be had in the evenings. We went bowling, ice skating, dining at the Hard Rock Café in Innsbruck and swimming and after all these activities they were just about ready for some sleep.

I have not been on a school ski trip before and I admit I felt quite apprehensive before we left; how would the students behave, would we get any sleep, how would we keep them all safe and get them back in one piece, I was genuinely concerned. However, I needn't have worried, the students were amazing, an absolute pleasure to spend the week with. They were funny, polite, well behaved and helpful, I couldn't believe how resilient they were about so many things. They didn't complain and managed brilliantly in a foreign country, eating different food, doing an activity many of them had never done before. So, parents, thank you for allowing us to spend the week with your wonderful children, I hope they had as much fun as we did.

Mrs Slater

