

I think we can safely say that we are all glad it is Friday. It has been an extremely emotional week for us all, staff and students alike and we know it has been difficult for you as parents as well with two days of strike action.

The year 11's again have had a busy week with DT Food and Drama exams taking place.

We very sadly say goodbye to our amazing art technician Shelly Norman who is leaving today for a new role. Shelly has been with us for 10 years, she will leave a big hole in the art department. We wish her the best of luck for the future and a massive thank you for everything you have done here at St Benedict's.

### Parent Governor Vacancy

We currently have a vacancy for a parent governor a letter and information was sent out yesterday, if you have any questions or would like to chat about the role please do get in touch.

### Exam Invigilators

We are always in need of exams invigilators, if this is something you think you might be interested in, please get in touch.

Have a lovely weekend

### Author Visit

On Tuesday 14th March, the school welcomed Jennifer Antill in at lunch for a talk on the 1825 Russian Revolution and the novel she has written set around this period. We learnt some fascinating facts about life in Russia in the 1820s, including the prevalence of duels (because they had nothing better to do), the fact that most of the population was serfs/slaves and how people survived in the freezing conditions.

Thank you to the students who came along to support and listen to the talk.

Mrs Slater

### World Youth Day

Luc, Adam, Oscar, Clotilde and Kirsten would like to extend their gratitude to everyone who generously donated to the sponsored walk that we undertook last December.

The group will be holding an Easter raffle on Friday the 31<sup>st</sup> of March for all year groups and teachers with exciting prizes to offer. We kindly encourage everyone to join in and help by donating towards our upcoming World Youth Day trip to Portugal in July. You can donate through us in person or visit the link <https://www.justgiving.com/crowdfunding/worldyouthdaystedmundsparish>

Your support to us would be greatly appreciated. Thank you very much.

Kirsten Taylor Year 11

## Hi, I'd like to talk about ADHD.

Like lots of people I have ADHD and it has its pros and cons.

ADHD stands for attention deficit, hyperactivity disorder. In short, you're super active and find it hard to focus, even on things you find interesting.

Hyperfocus is also often part of ADHD. Just the sound of it is cool. It isn't easy to explain, but it gives the person a full shut off to distractions and only one thing in your mind with loads of energy to spend on that one thing. Sadly, it doesn't happen all the time, especially if there is more than one thing to do which means it looks like you "can't focus".

Having lots of energy is also often part of ADHD. This isn't a pro or con but it has its perks and disadvantages. Lots of energy is great in PE but in a quiet lesson? Not so much.

People with ADHD can be very creative and some people with ADHD are very successful. Because many people with ADHD have lots of different interests, we can see things in a different way and come up with different solutions to problems.

ADHD can be annoying though; it can be hard to sit still and even harder to remember lots of instructions and where things are. Sometimes random thoughts pop into your head and this might be unpredictable for other people if they are talking to you. It can look like some people with ADHD are not trying when they are because it is extra difficult to pay attention and sometimes other people find this annoying. My teachers and my friends at St Benedict's understand my ADHD and that makes it easier for me to be myself. Thanks for reading.

Nate Senior Year 7

### Idiom of the week

  Idiom is how something is said in a language that is different to how it is said in another language. This can be sayings or slang words or phrases.

Here is an interesting one in French;

**J'ai la flemme** = (literally) I have laziness = (idiomatically) I can't be bothered.

« Tu veux aller au cinéma avec moi ce soir ? »

« Bof ! Non merci. J'ai la flemme ! »



Can you use it correctly this week?

MFL Department



## Astronomy Group Event- Coloured Stars!

Yesterday evening (Thursday 16th March) the school's Astronomy Group hosted a presentation in the Drama Studio. Unfortunately the weather was against us and we could not make use of our Langley-Newtonian telescope after sundown; however, we did have the benefit of the presence of Mr Derek Langley himself, our benefactor on behalf the Vinten Trust – more about Mr Langley later.



The event was open to staff, students and parents and was attended by a loyal group of 8 families with keen year 7 and 8 student astronomers, many of whom had come to our last meeting in December. Sadly, the guest speaker Dr Matt Bothwell from Cambridge University was unable to come due to a last minute family medical emergency. However, a backup plan was in place and the Group was given a presentation entitled "Coloured Stars". Most might think that all the stars we see when we look up at night are just pinpoints of white light all the same, just differing in brightness. But no! Get your eyesight adjusted for night vision and, if you know where to look, some stars take on a very distinctive colour.

The Group heard about the famous "twinkling star", Sirius, with its white dwarf companion; the blue-white giant that is Rigel; the yellow giant that is Capella, a system that is not just one star but four; Aldebaran, an orange giant that is the "eye of the Bull" in the constellation Taurus. The star of the show was, of course, Betelgeuse, the red super giant in the constellation Orion, the mythical Hunter. Betelgeuse is known to be near the end of its life as a star and will eventually "explode" as a supernova. A few years ago astronomers thought that we were witnessing the beginning of this event as Betelgeuse dimmed significantly. As it has turned out, Betelgeuse has brightened up again so still has some life left in it. But it caused us to ponder the question of how our own Sun will end its life – and what will happen to the planet Earth.

Back to Mr Derek Langley – although the weather prevented us deploying our main telescope, Mr Langley had thoughtfully brought his own, more mobile, reflector telescope and, following the main presentation, he gave the Group a tutorial that included important general advice on starting up in observational astronomy.



Thanks go to our own Mr Cameron-Laker, a keen Group member, for his help in setting up the audio-visuals in the Studio. Also to Mr Steward, formerly of this parish, who remains a staunch supporter of our Astronomy Group.

Mr Gregory

## High School Musical – Sold Out For 3 Nights

After what felt like an agonising three year wait, Bennies were finally able to put on a school production, and what a fantastic run it was! We would like to recognise all the hard work and effort from those involved in school time, lunchtimes and after school rehearsals. They should feel so very proud, and we are really proud of them, naturally. We had a young cast, and they did so well. From the confident and stylish principal actors, to lively and engaging supporting actors; the fabulous chorus; the brilliantly upbeat band; the stunningly acrobatic dancers; to the incredibly efficient stagehands; to the unparalleled technical support on lighting and sound; to the hugely receptive audience members, we would like to say a massive THANK YOU for such a memorable show. How many readers still have "It's the start of something new" still running through their head, we wonder?

The Jocks, led by Matthew who was wonderfully charming as Troy, sent many hearts a-flutter. They combined sporting agility with some pretty impressive dance moves. Not easy while simultaneously bouncing a basketball...

The Brainiacs, led by the supremely talented Martha in the role of Gabriella, displayed a stunning vocal range and brain power. Girl power to all the STEM students out there.

The Skaters and their deadpan humour provided many laughs. You can now take your skateboards home instead of whizzing up and down the corridors after school hours. The Thespians, led by Aoibheann and Oscar as limelight seeking siblings Sharpay and Ryan respectively, were wonderous. Their comic timing and chemistry made for a winning combination. The hilarious audition scenes and the cafeteria scene in particular will live long in the memory.

Eliza in a tour de force as Mrs Darbus with each night getting better and varying her performance. Some of the biggest laughs were reserved for her.

Henry as Coach Bolton showed an impressive acting ability and knocked our socks off. His portrayal was such a transformation, what a dark horse he is!

Ella showed marvellous characterisation skills and was terrifically authentic in role as Ms Tenny.

Freya's innate effervescence proved invaluable when performing as Jackie Scott (aka the Velvet Voice of East High) lifting the cast every time she appeared. Her vocal skills are legendary.

Alanna, Amelia, Leja, Ciara, Delfina & Annabel were excellent cheerleaders and their obvious friendship and camaraderie paid off in their daring routines. We could all breathe a sigh of relief after their stunts were successfully executed. The gorgeously expressive lyrical dance routine from Alanna & Ciara was so elegant and well received.

Amelia, Maddison, Imogen, Ella, Amelia, Sharon, Kiarah, Sophia and Lucy as our delightful and dependable Chorus – you were the absolute backbone of the show. Without your enthusiasm, fantastic singing and acting, the show would not have been nearly such a success! Chorus is such an integral part of any show which is sadly often overlooked. Your performances did not go unnoticed; you were remarkable. You all were. Programmes unsold during the interval are still available and make a superb memento.

TBC: Coming in 2024... Hairspray!