



## Mobile Phones - support from home

Managing mobile phones in schools is a challenge for many in education and this remains an area where parents and carers, school staff and the Department for Education are constantly trying to keep pace with the technology available and attitudes to it from young people.

Our school policy remains that students should not have their phones out during the school day. They should be turned off and not seen until the end of the school day. There may be very specific circumstances where students might need access to their phone (for example monitoring blood sugar in our diabetic students) but the school's position remains that phones should not be seen or heard during school and this is enforced by confiscating telephones where they are seen. There are many good reasons for this, for example: phones serve as a distraction in lessons, photographs taken on phones in school create a safeguarding risk, mobile phone usage in schools undermines other elements of the behaviour policy.

A growing body of research suggests that overuse of mobile phones stunts the development of young people's social skills, has a detrimental impact on attention span and high mobile phone usage is linked to lower self-esteem and puts young people at risk of exploitation and other harms. Mobile phones are not inherently bad of course and there are also many benefits from their use and availability - but ensuring the balance is critical. As a school we want to support young people in developing a healthy use of technology and support their wellbeing and education and there is no reason why students should have their telephones switched on during the day. We would therefore very much like to encourage parents to help us by using parental controls to support this. Iphones and Android phones allow parents to set controls for their use and we ask that parents make full use of this to support the school in supporting young people. Parental controls can be set and adjusted remotely and doing so would help students keep phones out of sight and out of mind. We have included information on how to set controls below.

As a reminder we do ask that parents and carers contact the office with urgent messages rather than calling or messaging your young person directly during the school day. Although Sixth Form students can use their phones in the common room and with staff permission at other times (for example in a lesson to access resources) they should not take videos, photographs or make or receive calls outside of those spaces and are always expected to follow staff instructions.

Thank you for your support.

Guides to support use of parental controls

<https://support.apple.com/en-gb/105121>

<https://support.apple.com/en-gb/guide/iphone/iph00ba7d632/ios#:~:text=With%20Family%20Sharing%2C%20the%20organizer,eligible%20purchases%20and%20free%20downloads.>

<https://www.bark.us/tech-guide/app-management-apple-screen-time/>

References relating to potential issues associated with use of mobile phones by young people.

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/#:~:text=Reduced%20Face%2Dto%2DFace%20Interaction,social%20skills%20and%20emotional%20intelligence.>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6174576/>

<https://www.nature.com/articles/s41598-023-36256-4>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6933501/>

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers/phones>

Mrs Senior

## School Prayer book

We are hoping to produce a school prayer book and would like to include both standard prayers and also those that are of particular significance to our school and wider community. If there is a prayer that you would like to be considered for inclusion please email this directly to me at [isenior@st-benedicts.suffolk.sch.uk](mailto:isenior@st-benedicts.suffolk.sch.uk). Prayers can be in English or in other languages and we would very much like the prayer book to be representative of our community. In order to be considered please send these through by May half term.

Mrs Senior



## London Marathon Success!

A huge thank you to the St. Benedict's community for the most incredible support as we tackled the gruelling 26.2 mile course (27.1 miles for Miss Law and Mrs Senior as they failed to follow the racing line...).

It was the first time running a marathon for Miss Buchan and Mr Turner. Despite both gaining an injury during the race, they finished with big smiles and impressive times! Meanwhile, Mrs Senior provided mini history lessons to Miss Law as they ran past the famous London landmarks. A huge distraction from the pain as the miles clocked up!

Thank you to everyone who has sponsored us, trained with us, and helped us hobble around school this week. If you would still like to donate, please see our charity links below:

<https://2024tcslondonmarathon.enthuse.com/pf/lindsay-law/post/5371728>

<https://2024tcslondonmarathon.enthuse.com/pf/imogen-senior/post/4773711>

<https://2024tcslondonmarathon.enthuse.com/pf/ben-turner04/post/5885098>

Mr Turner (3:27:21), Miss Law (6:02:01), Mrs Senior (6:02:01) and Miss Buchan (5:15:09)



## Y11 Revision Book Sale Monday Break Time Main Corridor

A number of students from last year's Y11 cohort kindly donated their revision guides to the school after their exams had finished. At breaktime on Monday 29th April there will be a 'Revision Guide Pop Up Stall' in the main corridor. The revision guides will be priced at £1 each and all the money raised will be donated to CAFOD. Once this year's exams are over we will be inviting our current Y11s to donate their revision guides so that we can run the same scheme next year.

Mr Murphy

## Chile

Mrs Senior and Mr Taylor will be heading off to Santiago in Chile on 9<sup>th</sup> May to visit three schools and find out about the work of the Manquehue movement. The Douai Foundation have been supporting St Benedict's through various projects and grants over the past two years. As part of this the foundation have funded a visit to the schools they are working with in Chile to support future collaboration and hopefully help us plan a future visit for our students. It is an amazing opportunity for the school and our students. We will keep you posted with updates.

Mrs Senior



## U14 Girls Rugby Success

On Tuesday 23rd, we took 12 girls from year 8 and 9 to a Suffolk schools girls rugby tournament and to say it went well is an understatement. We won 5 out of 6 games scoring 22 tries and only conceding four across all 6 games. What was most impressive was that the majority of our girls play rugby outside of school for local clubs such as Newmarket, Bury St Edmunds and Sudbury so it's clear that these clubs are putting in a lot of work developing these players. Throughout the tournament, they played aggressive, hard rugby but in an excellent spirit of the game helping our own and opposition players when there was an injury. Other schools commented on our excellent play, and the representatives from Suffolk Sports and the RFU said they were also very impressed with our girls excellent behaviour, manners and willingness to help tidy up at the end! All round, a very good day and one where the girls did us and the wider school very proud.

Mr Elmer



# U15 Boys Football West Suffolk Cup FINAL

## County Upper 2 - 3 St Benedict's

On Tuesday 23<sup>rd</sup> April, the Year 10 boys had their first football cup final for the school against County Upper. It was a greatly contested match, with both teams threatening at both ends of the pitch throughout the 80 minutes played. County Upper opened the scoring, with a great finish into the far corner from inside the box after some great hold up play from their striker. However, Bennies stayed resilient and kept battling, earning themselves a free kick just outside of the box at the end of the first half. Charlie Oxborrow stepped up and hit a great strike into the bottom far right corner to level the score. The second half, Bennies started to dominate possession. Oskar Lipinski played a quality trivela pass round the defensive line to Charlie, who slotted it past the keeper to make it 2-1. Charlie's non-stop pressure and pace was becoming too much for the County centre backs. A long drop kick from keeper Rory Blewitt enabled Charlie to run round the defence and calmly take it round the keeper to secure his 3<sup>rd</sup> hat-trick of the competition. County Upper did not make it easy and showed great resilience to keep fighting for the comeback. An unbelievable long range volley made the game 3-2, and made for a nervy final 10 minutes of the game. County Upper had one last chance in the final minutes, a one-one which ended with an incredible last ditch save from Rory Blewitt, keeping us in the lead. Thankfully, the final whistle blew and Bennies were victorious!! Bennies are now the U15 West Suffolk Cup Champions!!

Mr Bates



## Transport Help

Can you help support one of our families? One of our parents is urgently looking for help with lifts from St Benedict's to Moreton Hall Estate every day after school. He has two girls, one in y7 and another in y10. Please contact the office if you can help. It would be very much appreciated, Thank you.

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

Mrs Bourne