St Benedict's News

Athletics Success

On Sunday 12th May four St Benedict's girls competed in the Suffolk Schools/Clubs Athletics Championships at the West Suffolk Arena in Bury St Edmunds.

Sophie Bolton, fresh from competing for the East and finishing in 37th position in the Mini London Marathon, led from start to finish in the U13 Girls 800m with a personal best and Championship Best time of 2.24.

Immediately afterwards, Molly Murphy was in the U15 Girls 800m and ran a good race to finish in 2nd position with a personal best of 2.27.1.

Eva Torfinn then ran the same distance in the U17 Girls event, which was combined with the U19 and senior race. Eva also ran well to finish in 4th position in her age group.

Phoebe Harpur-Davies chose to drop down from her usual middle distance races to run the 400m; a decision which was more than justified with a fine silver medal.

All of the girls ran brilliantly and have a good chance of being asked to compete for Suffolk in the Anglian Track and Field Championships at the SportsPark in Norwich on Saturday 5th June.

We are very proud of them and wish them every success in their future races this summer.

Mr Murphy

Scotty's Little Soldiers

Last week, two St Benedict's pupils attended an event in London for Scotty's Little Soldiers, which brought together 50 children who have experienced the death of a military parent for an afternoon of fun and games.

They both said they had a lovely time but the best part was talking to Prince Harry, Duke of Sussex.

If you would like more information about Scotty's Little Soldiers, please have a look at their website:

https://scottyslittlesoldiers.co.uk/

Ms Bourne

History Club

Over the last two and a half terms, Mr Harrison has led a very successful Key Stage 3 History Club. The students have enjoyed fun activities such as solving a murder mystery and making Anglo-Saxon shields. Last week the 'Young Historians' were invited to bring along a dish to a medieval banquet. Delicacies included 'Medieval Pottage Stew', 'Honey Knotted Rolls', a sugar icing Tudor Rose', 'shortbread' and Miss Webb's excellent 'Ginger Cake'. Mr Harrison had decorated the classroom with medieval bunting and the students enjoyed watching clips from 'Horrible Histories' as they dined. Thankfully, they all put their rubbish in the bin at the end of the feast, rather than tossing the bones from their plates over their shoulders!

Mr Murphy

Idiom of the Week- Irish Gaelic

These lovely Gaelic idioms were sent to me by a parent - Thank you Mrs O'Shea Findley!

Please do contact me if you have some idioms in a foreign language. Mrs Dalby

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Giorraíonn beirt bóthar

The literal translation is 'Two people shorten a road', suggesting that having company makes a long journey pass more quickly. The Irish use this idiom to explain that companionship makes life better.

Is minic a bhris béal duine a shrón

"Many a time a man's mouth broke his nose." This proverb warns that a misspoken word could have a consequence or two for your face!

Aithníonn ciaróg ciaróg eile

Literally, one beetle recognises another. The meaning is as per the English, takes one to know one.

Mrs Dalby

Silver Duke of Edinburgh

On the 4th and 5th of May our group of DofE Silver students took to the footpaths of Nowton and Bradfield. We were welcomed by a beautiful sunny day, and they were all eager to get started. The first day went well and all groups arrived as expected at the camp site albeit a few red faces and a series of blisters! There were culinary master pieces going on for dinner including marinated chicken with rice. Breakfast included scrambled eggs which managed to arrive at the camp site without being broken before necessary! The morning started out misty, and damp but we were rewarded by more sunny weather and more suncream being applied! They all completed the second day despite some missing muddy lanes and walking down minor roads, not ideal but they avoided getting their trainers muddy! They all finished at Nowton Park, very tired but pleased they had finished. It was a lovely weekend enjoyed by both staff and students; they were an absolute pleasure to spend a weekend with. Well done to all our DofE students and looking forward to the qualifier!

Mrs Reeman

Cyberspace Communications

On Thursday 16th May, Sgt Stuart Mulligan introduced students in years 9-13 to the fast-paced world of Cyberspace Communications, highlighting the ongoing digital defences that must be ensured to protect our nation and its infrastructure from cyberattacks. Sgt Mulligan talked about the seven-year cycle of technological advance and the evolution of specialist cyberspace roles he has experienced during his 26 years with the Royal Air Force.

We learnt that cyberspace applies as much to our immediate vicinity - all our mobile communications such as email, Facebook, WhatsApp (whose security could not be hacked by the FBI!) as well as to space. Monitoring cyber threats and dealing with space junk (some of which results from the collision of decommissioned satellites) and finding solutions to ever-advancing hacking systems and apps on an international level is the continued challenge in this field.

Having started his career journey in banking and finance, Sgt Mulligan was keen to share with students that their STEM knowledge and digital skills could lead to a range of career pathways in Cyberspace and Engineering roles. Students wishing to commit to a 9-year STEM career with the RAF after university could have their degree paid for in full, plus a free annual bonus of £5,000!

Miss Hahn

Business Brownie

On Thursday 16th May, staff and students welcomed Gary Essex from the Essex Bakery to hear about his company's journey from a sole trader, working out of his garage, to the well-established operation it is today.

Students from Applied Business and Economics A Level classes heard about his entrepreneurial activities, marketing and operational decisions made. Students learnt how external influences affect key decision making within an organisation, giving them an opportunity to apply their studies to real-world scenarios.

Students gave extra 'brownie points' for the free samples brought in to share!

Mr Adams