



St Benedict's Newsletter 261

19 July 2024



Notes from Mrs Senior

It seems that this year has decided to end in a blaze of lovely sunshine after weeks of gloom. I hope this bodes well for the summer!

At the end of this academic year I wanted to reflect on what has been another amazing year for the school community. The school has continued to thrive and there have been no end of achievements in many, many areas including public speaking, sports and the arts. This truly is a blessed school and wonderful community to be part of. As another year ends we say farewell to some students and staff. As our Year 11 and 13s patiently wait for their exam results ahead of their next steps we also say goodbye to Mrs Reid, Ms Woodruff, Mrs Kemp, Mr Tanguay and Mr Curtis who are leaving us that end of the year. We are grateful for their service to the school community and wish them well on their new adventures. In our final assembly today I spoke to the students about the sense of completeness at the end of the school year and in the summer. As the natural world around us ripens we reflect on the journey that we have made over the year to get to where we are now. We also thought about how we can get carried away by the noise of the world and that it is in the moments of quiet that we can find God. Like Elijah in the cave in the Book of Kings, God finds us in the gentle breeze not the wind, fire and earthquake and so we hope that in the weeks of summer ahead there is plenty of opportunity to be still, reflect and listen. We finished our assembly with a prayer and I would like to share it with you all:

Dear Lord,

Thank you for the year that we have spent together;
for all that we have learned, for all that we have achieved and for the friends we have made.
Help us to make good use of the time ahead to be kind to the people we spent time with,
taking care of ourselves and each other and appreciating all that we have.
Protect, O Lord and care for those whose summers may not feel like a blessing
and help them feel the love and care of the community here even when it feels far away.
Remind us O Lord after the noise and clamour of our daily lives to seek your peace
and your voice in the gentle breeze and quiet rest of summer.
St Benedict, Pray for Us.
Amen
With every wish for a blessed, peaceful and restful summer for all our families,
Yours in Christ, Imogen Senior

St Benedict's Day Mass



Thursday the 11th of July saw the annual celebration of St Benedict's day. This wonderful event was overseen by Fr Sean Connolly, Fr John Warrington and Fr Dick White respectively. Fr Sean reminded us about the life of St Benedict and challenged us to find our "cave" in the midst of a busy world. It was lovely to see the focus and reverence shown by all the students in attendance. Luckily the

weather held and apart from a small fire on the altar we all felt at peace and ready for the St Benedict's Day Fayre that was to follow in the afternoon.

Mr Wallace







St Benedict's Day Fayre

The St Benedict's Day celebrations continued into the afternoon with the school hosting its second St Benedict's Day Fayre.

The Fayre was lots of fun with each form organising a stall. The activities on offer ranged from face painting to golf, to cake with everything in between. All the stalls were great fun but Mr Wallace and Mr Adam's form (9L) pulled the biggest crowd with the chance to throw wet sponges at the teachers!

There was also a main arena run by the sixth form, where an obstacle course was created for the houses to race against each other, whilst being soaked with sponges and water guns by the sixth form. The afternoon finished with a tug-of-war, firstly between the houses and then the sixth form took on the teachers, where the teachers remained victorious.

Raffle

The raffle raised £1017, thank you very much to everyone who contributed to the raffle.

Raffle Donations

- Bury Rugby Club
- Eezybike
- British Sugar
- The Playground
- Bury Leisure Centre

- Waitrose
- Stonham Barns
- Theatre Royal
- Euston Estate
- Ickworth Hotel
- Ickworth Estate
- High Lodge Thetford
- Parents

The school would like to say a big thank you to the Polish Community, who very kindly gave the school the Polish Sausages for the St Benedict's Day Fayre.









Sports Day 2024



The weather wasn't on our side this year but we managed to dodge the rain and complete sports day over two days. This involved students from Years 7 to 10 who took part in athletics events to represent their houses in the biggest sporting event on the Bennies calendar. There were some fantastic performances from students and many sports day records were broken. I would like to say a huge thank you to staff, 6th form and the student body for making the day such a memorable and exciting day.

House Results for 2024

1st - Nursia - 1604 points

2nd - Monte Casino - 1603

3rd - Subiaco - 1498

Top boy and girl for each year:

Year 7 - Gregory Slater and Bea Harpur-Davies

Year 8 - Jacob Gurrell and Nina Siarkowska

Year 9 - Ben Baldock and Molly Murphy

Year 10 - Joe Ferdinand and Violette Davy

I would like to say a huge thank you to the Year 12 students who sold ice creams in the afternoon and raised a total of £180. This is an incredible amount and has been donated to the my Wish Charity.

Sports Day 2024 is now over and Monte Casino have been toppled by Nursia, we're excited to see what will happen next year.

Mr Turner



1 - Year 7 Winners



2 - Year 8 Winner



3 - Year 9 Winners



4 - Year 10 Winners



5 - House Cup Winners Seth Gaw and Phoebe Krieger









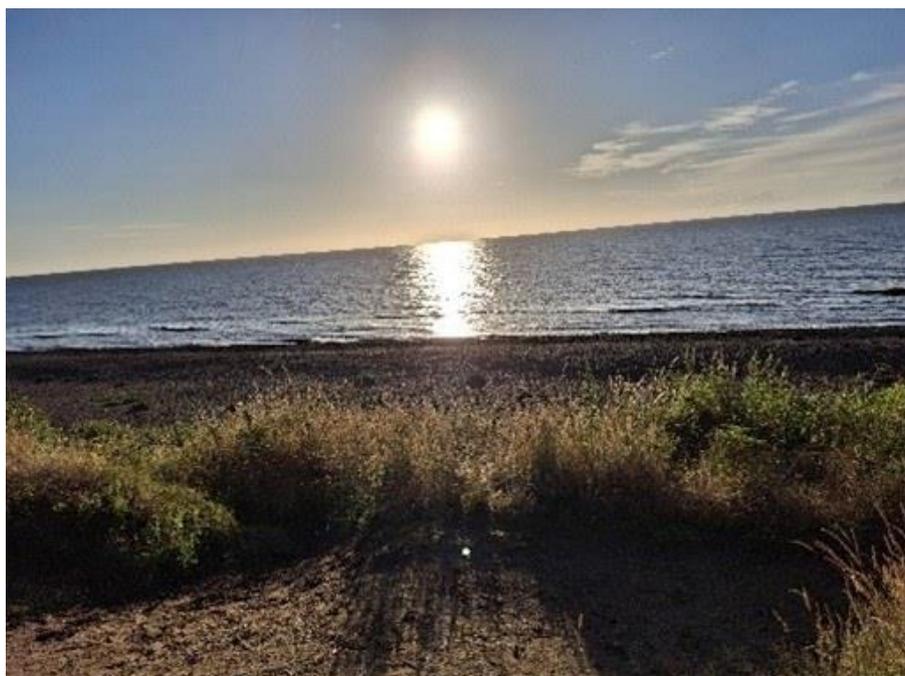
Gold and Silver Winners



6 - Gold Winners

Philippe	D'Mello	Silver St. Benedict's award
Lisa Marie	Ferino	Silver St. Benedict's award
Lilly	Hardy	Silver St. Benedict's award
Adam	Herd	Silver St. Benedict's award
Daniel	Herd	Silver St. Benedict's award
Leona	Jose	Silver St. Benedict's award
Tommy	Langton	Silver St. Benedict's award
Holly	Mabbett	Silver St. Benedict's award
Annabelle	Mansfield	Silver St. Benedict's award
Nathanael	Senior	Silver St. Benedict's award
Oscar	Slade	Silver St. Benedict's award
Bea	Smith	Silver St. Benedict's award
Lena	Baginska	Gold St. Benedict's award
Evie	Chambers	Gold St. Benedict's award
Beatrice	Harpur-Davies	Gold St. Benedict's award
Linduli	Jayaneth	Gold St. Benedict's award
Imogen	Knight	Gold St. Benedict's award
Eleanor	Moylan	Gold St. Benedict's award
Gabriella	Pochec	Gold St. Benedict's award
Teisha	Roughly	Gold St. Benedict's award
Hannah	Thomas	Gold St. Benedict's award

Duke of Edinburgh



Bronze and Silver Qualifying Expeditions

It was a privilege to take both Bronze and Silver students on expedition this year. They all behaved amazingly and took on the challenge of the expedition especially with the added dimension of sunshine, thunderstorms and flash floods! They certainly demonstrated the school's values of resilience, compassion and wisdom.

Their navigational skills were put to the test when they found footpaths closed or followed the wrong path. In the evening, they prepared some lovely and imaginative meals, especially the Silver group and in some cases, pancakes for breakfast.

For the Silver group the second and third day were very challenging due to the weather; there were many socks and boots trying to dry over the climbing ropes as well as tops and hoodies!

They were very tired on Monday morning and still quiet in their tents at 7am in contrast to the day before when some were awake at 4.30! Mr Adams and Mrs Berry serenaded them with wake-up songs to get them out of their tents and ready for the day ahead amid much moaning and groaning.

They all successfully completed the expedition section of the Duke of Edinburgh Award and they should all be very proud of themselves!

Mrs Reeman



House Celebrations

On Thursday we celebrated the House winners for each year group as a result of accumulated house points. As the inflatables arrived so did the sun. In what has become a summer tradition the winners of each year group were invited to have allocated time on the inflatables. The winners of Year 7: Monte Cassino, Year 8: Monte Cassino, Year 9 Subiaco and Year 10 Subiaco. The Year 12s had the opportunity to enjoy the experience during lunchtime.

Congratulations to all the House winners.

Mrs Wray



Geography Field Trips

Over the last week the Year 10 Geography students headed to Hawstead to complete the physical geography field work component of their GCSE course. The three classes investigated changing river characteristics of the River Lark. Most students enthusiastically got into the river, and those that didn't helped their groups by recording data and making observations. All students were impeccably behaved over the three days and the work completed will undoubtedly help them to succeed in their final exams next summer.

Mr Sayer



Cambodia

On Monday 8th July a team of fifteen eager and excited year 12s got on a plane with 5 accompanying adults to go and carve out a new small humanitarian venture.

We are in the pilot year of a project that we hope will endure for at least 5 years, to go into rural areas of Cambodia and support the education of local villagers. Unlike some other programs that aim to teach English in underdeveloped nations which are accessible to under 18s from the UK, we are trying to reach beyond the cities and teach in the villages where English teachers are nearly non-existent.

The journey has been fun, but we got off to a rocky start when the border crossing from Vietnam to Cambodia closed for the day, which set our schedule out for our visit to the capital, and then the trip leader's phone got snatched while talking to a Tuk Tuk driver.

Undeterred, Matt booked a night with a swimming pool in Vietnam, switched to his spare phone, shuffled the schedule and we carried on!

On Wednesday, we visited the harrowing Tuol Sleng Genocide Museum, which sheds light on the horrors of the Pol Pot regime which sent an up and coming nation back into the dark ages through a policy of terror on its own citizens. In less than 4 years a quarter of the population died through the actions of the Khmer Rouge as they attempted to create a utopian society, free from technology and love. The museum is difficult, but gives some grounding in recent Cambodian history.

We had high class, expert massages in the beautiful and relaxing Soma Spa, followed by a mad dash to the coach for yet another coach journey! Although we have been on too many coaches now, each and every coach has been new, very comfortable, and covered in LED lighting!

On Friday, we had our first experience of being with the young Cambodians we are going to try to teach next week, and the day was a delight. Cerys already named it as the best experience ever and everyone had stories to tell of the micro relationship they were able to quickly form with the warm, friendly and happy Cambodian children. From playing volley ball, to reading stories, to playing imagination games, each person seemed to find the evening rewarding and fun!

We can't wait to tell you more about our adventure, and if you'd like to follow our progress you can find some of our photos on Instagram here [@cambodia.volunteer.2024](#)

[Instagram Link](#)

Matt Spiller

Shakespeare

Year 7 Inter House Shakespearean Monologue Contest

Three houses

all alike in dignity

in the fair library

where we lay our scene...

A huge congratulations to all those brave pupils in Year 7 who took part in the inter house Shakespearean Monologue contest, held in the library on Monday 8th July. Following their recent *Shakespeare in Context* unit in English, students were challenged to pick their favourite monologue and perform it. At stake, the honour of house glory, and some Haribo to sweeten the deal and help with some of those pre performance nerves.

There was a brilliant atmosphere in the library, with all the students amazingly supportive of each other. From "To be, or not to be" to "we happy few, we band of brothers" the students picked a great variety of monologues. The calibre of performance was really high, Mrs Keefe and I were kept hard at work as judges.

Huge congratulations go to Adam Herd and Alice Roper, who's performances were inseparable, shared third place. Jeremy Robinson was outstanding in his second place performance. Daniel Herd really stole the show however with his masterful first place performance.

A big thank you to all those who took part, we already can't wait for next year!

Mr Wilson

New Year 7s

This week we have welcomed our new year 7 students to St Benedict's. They have had three action-packed days learning all about St Benedict's, making new friends and have already become part of our community.

On Wednesday, they spent the day breaking the ice with their new classmates, learning about their form saint and house and completing the St Benedict's treasure hunt. On Thursday, they experienced what it is like to follow their new timetable and met many of their new teachers. Today, we were visited by Father Dick and we celebrated mass together at St Benedict's for the first time.

Our new year 7 have had a brilliant three days having shown great resilience and we can't wait to see them at summer school and then in September.

Mr Senior

Careers Update

Exploring RAF Careers

On Tuesday 9th July I attended an inspiring and insightful Careers Lead Engagement Event at RAF Wittering (Cambridgeshire and Northamptonshire). Guided by WO Emma Hanson and Sgt Daz Rivers, our group met with RAF trainees, apprentices and personnel in the Engineering, Logistics, Police, Non-Destructive Testing and Repair, Catering and Physical Training sections on the base. I was so impressed by the extensive range of (paid for) career opportunities both across the different sections and within them - many of the younger personnel were already planning tours across the world and trying out other roles, not to mention taking part in international sporting events (skiing, football, hockey, shooting...) in Germany, Canada, Australia and other nations. We learned that the professional training of personnel is delivered by civilian organisations and there is significant collaboration with industry and other public and military forces. This supports the seamless transition of RAF personnel into skilled career roles when they leave the Royal Air Force.

Our guided tour of RAF Wittering's Heritage Centre included checking out the cockpit in a Harrier Jump Jet... an opportunity not to be missed! I am very much looking forward to visiting RAF Wittering again with students who are keen to explore this career path.

Level 3 (A Level equivalent) Apprenticeship opportunities

Here are some fantastic career opportunities in IT and Engineering for Year 11 and Year 13 students:

IT Support Technician at St. Benedict's

In addition to the apprenticeship information sent by email (on Arbor) on 3rd July to Year 11 and Year 13 students and parents, I would like to alert you to the Level 3 IT Support Technician apprenticeship vacancy with St. Benedict's Catholic School:

[Science Technician Link](#)

Please do apply if interested - it's a great place to work!

Process /Manufacturing Engineering Apprentice with British Sugar, Bury St. Edmunds

A new apprenticeship opportunity has opened up for a Level 3 Process Engineer at British Sugar's Bury St. Edmunds plant. Minimum age for applicants is 18yrs and the salary £23,877.00. The apprenticeship will start in September 2024. One employee describes the work as **"the best chemistry set you will ever get to play with!"** Click on the following video link to learn more about this science/ engineering role: [Vimeo](#)

To apply, you will first need to create an account on the British Sugar Careers web page: [Link](#)

Good luck with your applications!

Online Careers Event - Path to Elite: Becoming a Royal Marine - Wednesday 21st August.

Meet Commandos and discover the path to joining this prestigious group. Learn about the application process, the motivation behind joining, and the commitment required to earn the coveted green beret. The Physical Training Instructor (PTI) will guide you through preparations for one of the most demanding recruitment processes in the Armed Forces, showcasing the famous Tarzan Assault Course and giving you a glimpse of the training at the Commando Training Centre in Lympstone, Devon.

To book your place, go to: [Ticket Link](#)

All the best for a wonderful summer break.

Miss Hahn





Abbeygate Badminton Club

Badminton Club nights at Abbeygate B.C.



JUNIOR CLUB NIGHT

THURSDAYS
6pm – 8.45pm

6pm – 7.15pm
Group 1
Beginners
and Improvers

7.15pm – 8.45pm
Group 2
Intermediate
and Advanced

Junior sessions are led by experienced Badminton England Level 3 Licensed Coach, Jo Hughes. Safe and fun environment providing opportunities for young people of all ages to learn and develop from beginners to advanced.

VENUE

Sports Dome, King Edward VI School,
Bury St Edmunds, IP33 3BH
(access via Spring Lane)

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Please contact

Simon clubsec@abbeygate.club, or
Jo coach@abbeygate.club T 07947 406476

www.abbeygate.club

SENIOR CLUB NIGHT

MONDAYS
7pm – 9.30pm

We are a friendly, social club with opportunities for competitive play.

We use feather shuttles and enter teams in the Bury, Newmarket and Ipswich Leagues.



Dates for your Diary



2 & 3 September - PD Days

4 September - Students back to school

10 September - Year 13 Information Evening

12 September - Year 11 Information Evening

21 September - Open Morning

Contact Us



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