



St Benedict's Newsletter 265

27 September 2024



## Gainsborough House Visit

### **Gainsborough House inspires a new generation**

On Friday 20th September, 14 of our A Level Art and Art History students visited Gainsborough House in Sudbury to find out more about this local artist and his influence on the world of Art since 1750.

In the morning students had the chance to use the galleries' camera obscura and then create their own version to take home, to develop an understanding of how artists from Canaletto to David Hockney have used the tool as a drawing aid.

We then explored the galleries and garden, learning about the work of Cedric Morris and his amazing botanical and protest paintings, drawing students attention to how artists have used their work to raise awareness of the environment.

The sun shone and we all had a fantastic day, with plenty of information to take back to the school for individual projects and essays. Well done Sixth Form, an artistic treasure on our doorstep!

*Ms Chacksfield*





## Languages Day - 26 September

Languages day 26th September 2024

Languages day was a great success!

The purpose was to showcase all the different languages spoken in the school, and celebrate the different cultures. Pupils and staff dressed up in their cultural dress, which added an exciting splash of colour to the school!

Thank you very much for the cakes for the cake competition. The winners will be announced next week! The sale took place on Friday 27th and the proceeds will go to EACH ( East Anglian Children's Hospice).

We also had many pupils teaching their languages which was very much appreciated by year 8 and 9.

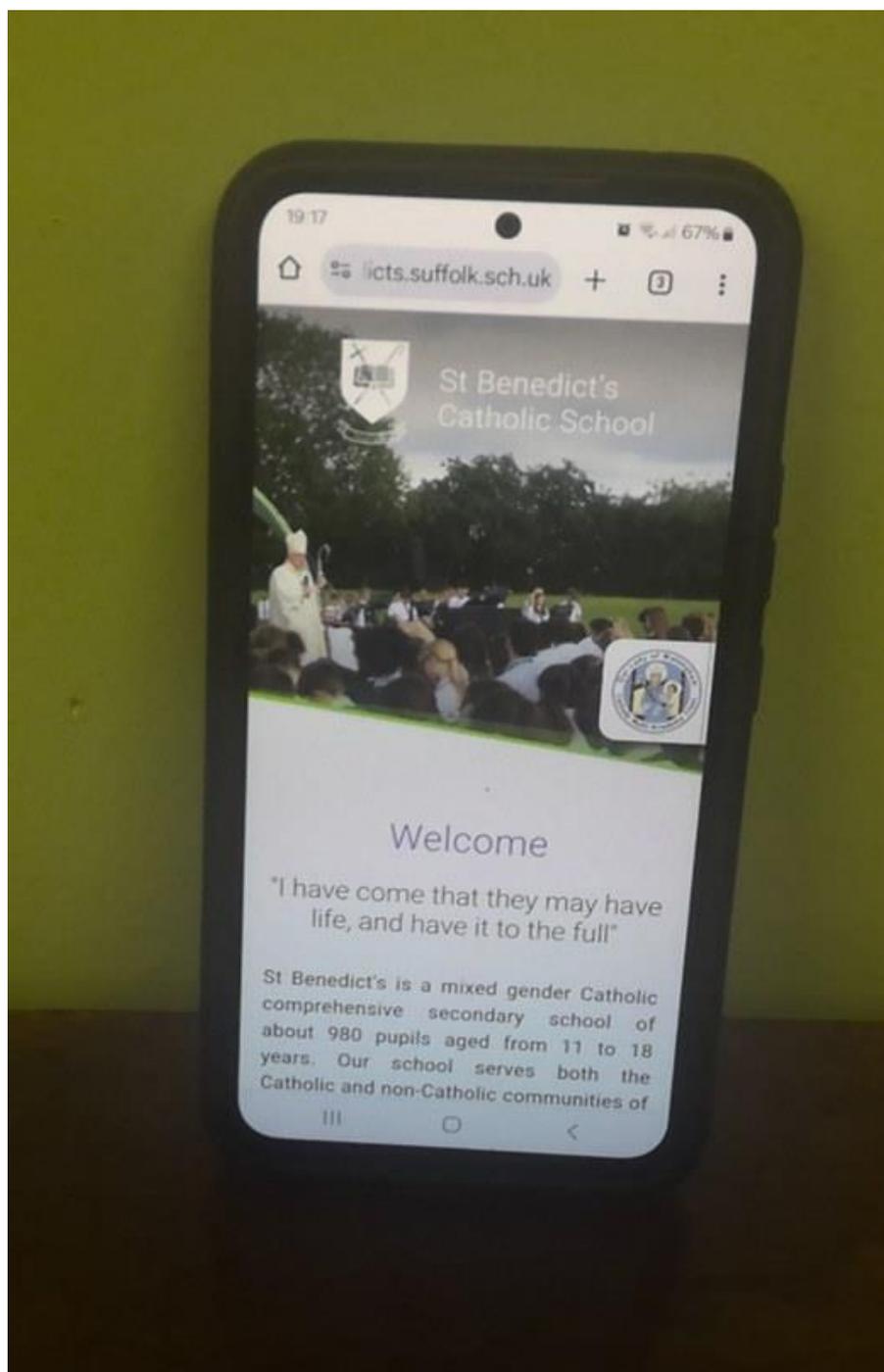
It was a great day!

*Mrs Dalby*





## Mobile Phone Use in School



There has been a great deal in the press recently about smart-phone free schools and mobile phones in schools. I thought that it would be useful to reiterate the St Benedict's approach to mobile phones of all types.

For many years mobile phones have not been permitted at St Benedict's school in years 7-11 and they should be neither seen nor heard in the school building. 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 and mobile phone usage in schools undermines other elements of the behaviour policy. Where possible we ask that phones are not brought into school at all. We are aware that

many of our students come to school independently and that phones can be an important way in which parents and carers communicate, support or monitor their young people before and after the school day. Where parents and carers feel that providing their young person with a phone is necessary or useful, we ask that any device is kept turned off and out of sight during the school day. We additionally ask parents and carers not to attempt to contact young people on their mobiles during the school day and to consider using parental controls to actively manage phone usage. Where students are seen using their mobile phones during the school day these will be confiscated and sanctions applied within our behaviour policy.

The school cannot accept any responsibility for damage to or loss of expensive items such as phones if these are brought into school and therefore we would urge that if they are brought in, they should be turned off and stored at the bottom of the student's bag.

We know that we live in an age where technology is ubiquitous and that young people have access to information, communication and resources in ever-changing and developing ways. We ask parents to be vigilant about such technologies and ensure that any use of this is age-appropriate, safe and kind. As before, we would like to draw parents' and carers' attention to the age limits for apps as they currently stand: Facebook, Instagram, Wink, Snapchat, WhatsApp and TikTok are all currently rated 13+ but this does not mean that they are recommended for those ages groups and many groups such as NSPCC would draw attention to the potential risks to young people of these and other apps.

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.

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 help 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 support this by using parental controls to manage their child's phone access. iPhone and Android phones allow parents to set controls for their use and we ask that parents make full use of this to help 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.

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

[Apple support](#)

[Apple support](#)

[Apple screen time](#)

[Android](#)

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

[Compass Services](#)

[NCBI](#)

[Nature](#)

[NCBI 2](#)

[Safe Internet](#)

NSPCC guidance for parents on social media:

[NSPCC](#)

*Mrs Senior*

## Physics At Work

### **Year 10 Students Visit Cambridge University for Physics at Work Event**

On September 19th, 60 of our Year 10 students had the exciting opportunity to visit the Cavendish Laboratory at Cambridge University for the prestigious *Physics at Work* event. Due to high demand, students were selected at random, making this an exclusive and sought-after experience.

Upon arrival, the students travelled by coach and were divided into three groups to explore a variety of fascinating exhibits. Among the most popular were the displays by the Atomic Weapons Establishment (AWE), Material Science, and High Energy Physics Research. These exhibits featured captivating demonstrations such as smoke chambers, bubble chambers, memory materials, and even the levitation of objects using sound!

The students also had the invaluable opportunity to learn from leading experts in these cutting-edge fields. In addition to the educational insights, students were informed about apprenticeship opportunities offered by organizations like AWE, which are available from GCSE level and beyond 6th form.

This inspiring and informative day provided our students with a glimpse into the real-world applications of physics. We're excited to see how this experience will shape their academic journeys moving forward!

*Ms Cleaver*



## Geography Field Trips

Last week the Year 11 Geography students headed to the centre of Bury St Edmunds to complete the human geography field work component of their GCSE course. The three classes were investigating the success of the regeneration of the Cattle Market. The visit helped students to develop essential data capture techniques in the field, such as land use surveys and questionnaires. All students engaged in the activities with great enthusiasm and several members of the public contacted the school to say how well the students conducted themselves on the trip. The next step is to analyse and write up their findings in class to help ensure success in their Paper 3 Geography exam this coming summer.

*Mr Sayer*

## Bugsy Update

Wow what a week!!!!

This week the Bugsy crew have been auditioning students for our forthcoming production of Bugsy Malone and what a fabulous week we have had. The amount of work the students have put into their auditions is incredible and we are very proud of all students who have auditioned this week. Next week we have a few call backs and then the cast list will be published outside the Music and Drama department on 3.45 on Friday 4th October. Good luck to you all!!

*Mrs Roughley*

## Recycling Project

Thank you very much to everyone who has sent in bottle tops as requested in a previous newsletter, as promised, here's a picture of what the students have created so far.

Please do keep sending in your bottle lids/tops, we have lots more ideas!

*Mr Sankey*

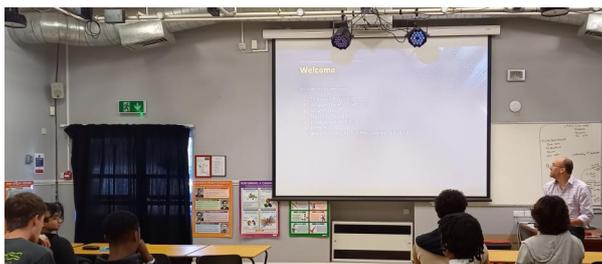


## Careers Update

### A Career in IT

On Wednesday 18th September we welcomed parent and IT professional, Andrew Lockhart into school to deliver a lunchtime Careers Talk on the evolution of Information Technology and associated careers. Formerly an IT Director at Barclays, Andrew currently works for HSBC Markets IT in London and is responsible for delivering projects that allow traders to accurately price financial products and manage their associated risks. He described how a career in IT has evolved from the *isolated, one-man coder in a basement (surviving on pizza and cans of cola!)* to the globally connected teams of people in diverse roles that may or may not require coding experience e.g. UX Designer, Business Analyst or Computer Games Designer. Andrew also outlined areas in IT that are expected to be mainstream in years to come e.g. IOT (the Internet of Things), Artificial Intelligence, Virtual Reality and Quantum Computing. Interestingly, Andrew noted that all organisations were struggling to recruit skilled IT individuals... and where demand exceeds supply in the Labour Market, we know what a positive impact this can have on the salaries offered!

*Miss Hahn*



## Year 11 Silent Disco

Just a reminder that the year 11 social consisting of a silent disco and a BBQ is on Friday 18th October from 7.30pm to 10pm. Please be aware that as the nights are beginning to draw in, students must be collected from the front of school. This will hopefully be a fun social experience for year 11 students to come together to dance and have fun. The tickets are £8 which covers the hiring of the silent disco equipment and a fundraising donation towards the CAFOD charity which our school supports.

Please log into ParentPay to get a ticket.

We look forward to seeing lots of you there.

Further details can be found in the letter that I sent home.

*Mrs Wray*

## Music & Lamda Lessons

We have some availability for lessons in the following instruments:

Guitar

Drums

Singing

Violin

Trumpet

Trombone

We also have Lamda lessons still available.

If you are interested in having lessons in any of the above then please contact me on

*Mrs Roughley*

## Talk at St Edmundsbury Cathedral

The RE department are excited to draw your attention to a talk that will be delivered at St Edmundsbury Cathedral on 9th October.

The title of the talk is 'A Different God? A Different Mountain?' and is one of a series of lectures delivered at the Cathedral as part of the Edmund Lectures. The speaker, Dr Edward Kessler MBE, is a leading thinker in Jewish-Christian Relations and will consider the purposefulness of interfaith dialogue in our increasingly diverse world.

A link to the talk is below:

[Link to lecture](#)

This talk is recommended particularly for all undertaking GCSE and A Level RE and aspiring towards the top grades; but can be attended by anyone. It looks to be both challenging and thought-provoking.

Since this is outside of school hours and fairly local, we are advertising it here for you to book your own ticket if interested. The event is free but you will need to book your place using the link above.

Mrs Hamilton and Mrs Cobbold plan to be at the event for the joy of learning but should you wish for your child to be supervised at school and then transport arranged for them to attend, please email Mrs Hamilton directly and she will investigate the possibilities of providing pizza and a minibus!

*Mrs Hamilton*

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

## Dance Opportunity

Would you like to dance on a professional stage??

We have been invited to participate in a dance show at Ipswich Regent theatre on Sunday 19th January 2025. We will perform two dances in the show, one in each act. It is a very exciting opportunity for our students as they will get the chance to perform on a professional stage.

Rehearsals for the show will take place on after school on a Wednesday evening 3.45 – 5pm in the hall. The first rehearsal will be on Wednesday 2nd October.

It truly will be an amazing experience. If you would like your daughter/son to be part of the Ipswich Regent Show then please contact Mrs Roughley on [troughley@st-benedicts.suffolk.sch.uk](mailto:troughley@st-benedicts.suffolk.sch.uk)

*Mrs Roughley*

## Polish Opportunity

Polish Community

This is an opportunity for children between 8-18 years old to take part in the TV show. See the poster details or speak to/message Ms Drabik should you have any questions.

Termin zgłoszeń (entry deadline) 21.11.2024

*Ms Drabik*

**OGŁOSZENIE O CASTINGU!**  
**SZUKAMY MŁODYCH BOHATERÓW DO NOWEGO PROGRAMU TELEWIZYJNEGO!**



Czy urodziłeś się w Wielkiej Brytanii, ale Twoje korzenie są polskie? Chcesz opowiedzieć swoją historię i pokazać, jak wygląda Twoje życie na styku dwóch kultur?

Jeśli masz od 8 do 18 lat, zapraszamy na casting do nowego serialu dokumentalnego "Polskie Dzieci w Wielkiej Brytanii"!

Jak wziąć udział? Wyślij zgłoszenie na:  
 ✉ [info@cityheroesmedia.co.uk](mailto:info@cityheroesmedia.co.uk)  
 W tytule maila wpisz: Casting – Polskie Dzieci

W treści podaj:  
 Imię i nazwisko, Wiek  
 Krótką informację o sobie i swoim życiu w Wielkiej Brytanii




## Reporting Absences

### Reporting your child's absence

If your child is unwell or has an appointment e.g. dentist/doctor could you please leave a message by 9.00am including the reason for the absence via:

Phone: 01284 753512 and Choose option 1:

And then choose option 1 for students in year 7-11 and option 2 for students in the sixth form

OR

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

For information on what to do if your child has COVID-like symptoms please see the following link for NHS guidance:

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

**If you do not inform us by 9.00am or use the above phone/email address, it will be highly likely that you will receive a text alert at home or at work.** Please note the school operates a first-day response to absences.

If, in exceptional circumstances, you need to request permission for your child to be absent from school during term time, you should complete a **leave of absence application form (please see link below)**, at least three weeks in advance, stating the reason why the absence must be taken in term time. Please note that the Fixed Penalty Fine is now £80 per legal guardian for unauthorised absences of 10 sessions (5 days) or more.

<https://www.st-benedicts.suffolk.sch.uk/attachments/download.asp?file=74&type=pdf>

Thank you very much.

*Mrs Wesley - Attendance Officer*

## Dates for your Diary



- 1 October - Year 9 Information Evening
- 2 October - Year 8 Information Evening
- 8 October - Year 10 Information Evening
- 17 October - RHS Cross Country
- 22 October - Sixth Form Open Evening
- 25 October - Break up for Half Term
- 4 November - Back to School
- 22 November - PD Day

## Contact Us



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