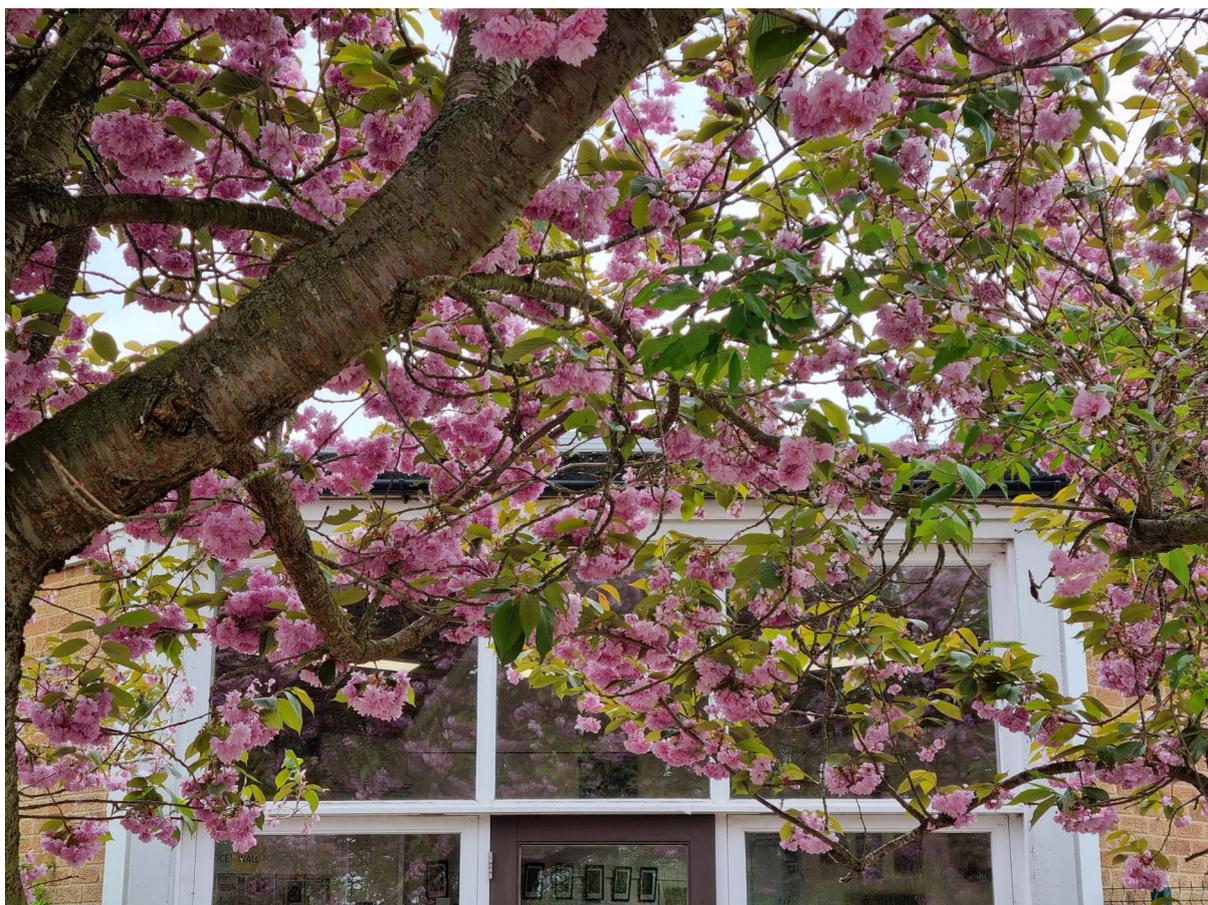




St Benedict's Newsletter 292

23 May 2025



## U14 Girls Football Win



**Thomas Gainsborough School 0 – 2 St Benedict's**

On Wednesday 21st May, the U14 girls' football team took to the pitch for their second consecutive West Suffolk Cup final, aiming to retain their title — and they did so in style.

The match began with Thomas Gainsborough School (TGS) on the front foot, dominating the first 20 minutes. Bennies struggled to maintain possession and found it difficult to break out of their own half. The TGS central midfielder dictated the early play, carving out multiple chances for her side. However, goalkeeper Evelyn Scott was in outstanding form, making several key stops — including a superb one-on-one save — to keep the scores level.

As the first half progressed, Bennies grew into the game. Improved ball retention and increased pressure allowed them to push higher up the pitch. This shift in momentum paid off when Amelia Smith made a brilliant run down the wing, curling a stunning shot past the keeper and into the side netting, giving Bennies a 1-0 lead just before the break.

The second half saw Bennies take full control of the match. Mariella Ferdinand was tasked with marking TGS's influential midfielder and executed her role flawlessly, effectively neutralising their key playmaker. With the opposition's threat contained, Bennies' attacking duo of Polly Saade and Amelia Smith began to shine. Polly delivered a perfectly timed through ball from the halfway line, splitting the defence and finding Amelia in full stride. Amelia surged forward to the edge of the box and unleashed a superb strike that soared into the top corner, sealing a 2-0 lead for Bennies.

When the final whistle blew, the celebrations began — Bennies were officially crowned West Suffolk Champions for the second year running. The team has been outstanding all season, maintaining an unbeaten record for the second consecutive year. With such a strong foundation, the future looks bright, and all eyes are now on the possibility of securing the treble next season!

**Player of the Match** – Amelia Smith

*Mr Bates*



## Orienteering Team Win Silver



On Thursday 22 May, 8 Year 9s went to Haughley Park to take part in the schools orienteering competition run by the Suffolk Orienteering Club: [Suffolk Orienteering Club](#). There were about 9 other schools competing, with each entering at least two teams, making it a very competitive event.

The event started with a briefing for the students where they were given maps and instructions on what they needed to do. Each team had four members who ran in pairs and prizes were awarded to individual pairs as well as to the teams.

The first event was a practice where the students were given a route and a corresponding map and they had to navigate around the course in the correct order from 1 - 15. This provided a great opportunity for the students to learn how to use the maps and the dibbers (electronic timing devices used for checking at each marker to confirm which order they were done in, as well as timing). The second event was the scored competition. The competitors were given new maps which included all the markers and they could choose their own route. All the competitors collected their maps at the same time and set off together working in their pairs to plan the best route to go to as many markers as possible in 20 minutes. A horn was blown at 18 minutes and another at 19 minutes so the teams knew they hadn't got long to finish, anyone who went over 20 minutes collected penalties.

Both of the St Benedict's teams performed really well, getting to grips with the map reading and enjoying the competitive element of using both their fitness and stamina for the running alongside their brains for the map reading.

The team of Lucy Murphy, Amelia Smith, Noah Wilkinson and Jake McConnell won Silver.

If you think this sounds like fun then do have a look at the Suffolk Orienteering Club's website where there is more information about upcoming local events where you can have a go at orienteering.

*Mrs Slater*

## Cambodia Quiz



On Thursday 8 May, a group of our year 12 students organised and held a pub quiz in preparation for the 2025 Cambodia trip. From the school hall, refreshments and hot food were served to raise money for the Student Centre in Siem Reap, Cambodia.

Our year 12 team would like to pass on their gratitude to everyone who came and supported our cause and a huge thank you to Mr Spiller, Mr Taylor and Vicky for making the evening possible.

*Hilly Atkinson*

It was fantastic to see the students create such a well run event that was so well supported by the community. Around £600 was raised for the student centre in Cambodia.

*Matt Spiller*

## Year 13 Leavers

Today has seen some high jinks from the Y13s due to it being their last day in sixth form! After half term they are only expected to be in school for their exams.

It has been a wonderful journey with you year 13s, we have watched you grow and mature since you joined us, and now here you are about to enter the big wide world and take your next steps; whether that be to university, travelling or straight into work. We hope you take a bit of Bennies with you and keep us updated with your progress.

Good luck for the rest of your exams, you will be missed Y13.

*Mr Richmond*

## Catholic Social Teaching

Hello, and welcome back to this section of the newsletter that offers a pause for thought.

As we continue our journey through the principles of Catholic Social Teaching (CST), we reflect on how our faith connects with the real world.

This week, we begin with the first and most fundamental strand: **Dignity**.

CST tells us that every person is created in the image and likeness of God, and so every life is sacred. CAFOD highlights, *“Each person has an innate human dignity, and no human life should be devalued or ignored.”*

Pope Leo XIV, in his inaugural address, emphasised this principle, stating:

*“We are disciples of Christ. Christ goes before us. The world needs His light. Humanity needs Him as the bridge to be reached by God and his love. Help us also, and then help each other to build bridges, with dialogue, with encounter, uniting us all to be one people always at peace.”*

This call to recognise and uphold the dignity of every person resonates deeply with our school’s mission and daily interactions. It calls us to treat everyone, ourselves included, with kindness, respect, and love. Whether it’s how we speak to others, the way we listen, or the decisions we make about fairness and justice, dignity starts with how we see each other.

Recognising the dignity in ourselves and others encourages us to treat everyone with respect and love. It's a call to see beyond labels and to value each person as a unique and beautiful creation of God.

We can show we understand this strand of CST through small, meaningful actions:

- **Wisdom:** Choosing to see the good and God-given worth in each person.
- **Compassion:** Standing up for those who are lonely, hurt, or left out.
- **Resilience:** Defending others' dignity, even when it's difficult — and remembering to value our own, even in challenging times.

Throughout the week, take a moment to reflect on how many of these actions you practice, or notice in others. If you see someone showing dignity through their actions, let them know. A kind word can mean a lot, wouldn't you appreciate being told you've made a meaningful difference in someone's day?

Simple acts, such as speaking with kindness, including others, helping someone who's struggling, or showing respect to every member of our school, all reveal a heart that honours dignity.

*"Before I formed you in the womb, I knew you." — Jeremiah 1:5*

Every one of us is known and loved by God. Let that truth shape the way we treat others and the way we see ourselves.

### **Loving God,**

You created each of us in your image and likeness.

Help us to recognise the sacred dignity that lives within every human life.

Where there is disrespect,

let us bring kindness.

Where there is exclusion,

let us bring welcome.

Where there is injustice,

let us speak truth with courage and compassion.

May we never turn away from those in need,

and may we always see your face

in the poor, the vulnerable, and the forgotten.

Teach us to treat others as we would treat Christ Himself.

Help us to grow in **wisdom**, act with **compassion**,  
and stand with **resilience** for the dignity of all.

Through prayer and work,  
may we build a world where every person is valued,  
and where your love is known in all we do.

**Amen.**

## Bury Sketchers

Bury sketchers is a sketching group which goes round Bury St Edmunds urban sketching.

Where? Sketchers go to all sorts of places around town. During the winter they go inside and, in the summer, outside. Some examples are the fire station, the abbey gardens and restaurants.

When? Sketchers go on the first Monday of each month at 7pm and at 2pm on the third Thursday of each month.

What to bring? You can basically bring anything. Lots of people use pencil and draw in their sketchbooks however others do some collage or oil pastels. Keep in mind it can get windy, and you will have to carry it with you. You don't have to bring money as it is free, and you don't need to sign up

### The Community

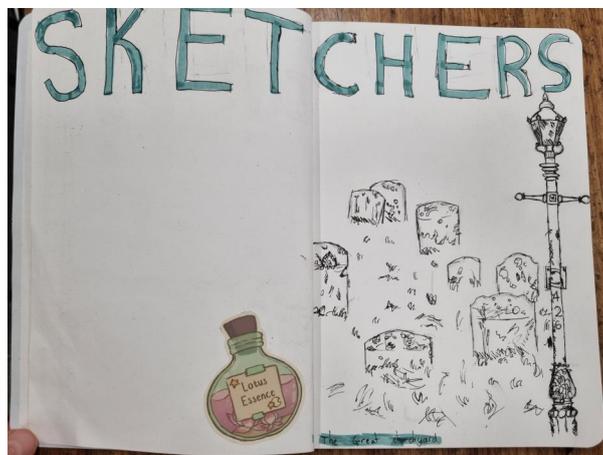
Everyone is incredibly kind and supportive. People take photos of their work and post them on Facebook. However, you don't have to. Once you start sketchers you will improve so much and you have an opportunity to get out of the house and draw something different.

Join us and everyone will be so happy to meet you.

*Meredith Taylor - 75*



1 - Drawing by Meredith Taylor



2 - Drawing by Meredith Taylor

## Old Uniform and Books

Y11 and 13 Leavers

If you have any revision books that you no longer require, we would be very grateful if you could donate them to St Benedict's, so we can ensure that ALL our students have access to revision materials in the future.

Uniform that is no longer required (especially skirts) by your families and is in good clean repair would also be gratefully received.

Any donation items can be dropped at reception.

Thank you

## Careers News



### **ALL Students to complete the Future Skills Questionnaire!**

**All students** have been asked to **complete the Future Skills Questionnaire (FSQ) this month**. They have each been sent a link to the FSQ (relating to their Key Stage) via their student email address.

The **Future Skills Questionnaire (FSQ)** has been created by the Careers and Enterprise Company (CEC), the national body for Careers Education in England. The FSQ is an annual survey that **aims to:**

- ✓ track the **progress** of learners throughout their secondary education
- ✓ cover key aspects of **knowledge, skills and attitudes** that are important for successful transitions and careers
- ✓ help us to understand the **impact** of Careers education and provide **targeted support** for students

**Please remind your child(ren) to complete the FSQ now to help us improve their Careers Education. Thank you!**

### **Insights into Apprenticeships for Parents, Carers and Young People**

[Form the Future](#) will be presenting a **FREE webinar** on Apprenticeships for Parents, Carers and young people on Tuesday **3rd June** from **5.30-6.30pm**. The webinar will include:

- the ins and outs of apprenticeships, what they are and how to find them

- an opportunity to hear from a young apprentice about their experiences
- a chance to put your questions to some qualified careers advisers and a young apprentice

To register for this webinar, go to: [All-in-one virtual event platform | Zoom Events](#)

*Miss Hahn*

## Summer Celebration

### Summer Celebration

As always we are busy planning for the Summer Celebration of students' achievements. We have been very fortunate previously to have had sponsors for an overall prize for year 13 and for individual subjects for year 13.

If you would like to sponsor a prize for Year 13 please could you contact me on:

[mcornforth@st-benedicts.suffolk.sch.uk](mailto:mcornforth@st-benedicts.suffolk.sch.uk) by 13th June.

*Mrs Cornforth*

## Summer Fayre - Raffle

### Summer Fayre Raffle – Prize Donations Needed

As we begin the Summer Term, planning is well underway for our end-of-year events, including our much-anticipated Summer Fayre on Thursday 11th July 2025.

Each year, the Summer Fayre is a wonderful celebration for our school community and a fantastic opportunity to raise money for charity. This year, we are proud to once again support My WiSH Charity at West Suffolk Hospital.

Last year, thanks to the incredible generosity of families and local businesses, the raffle raised over £800 – an awesome achievement! We are now looking for donations of raffle prizes to help make this year's event just as successful.

If you are affiliated with a business or have an item or experience you would be happy to donate, we would love to hear from you. All suitable contributions – big or small – are greatly appreciated.

Please contact Mrs Hamilton ([Dhamilton@st-benedicts.suffolk.sch.uk](mailto:Dhamilton@st-benedicts.suffolk.sch.uk)) who is overseeing the raffle prizes again this year. To ensure we have enough time to print and prepare raffle tickets, we kindly ask that all donations are received by May half-term break (Friday 23rd May).

Thank you, as always, for your continued support. Further details about the Summer Fayre will be shared in the coming weeks.

*Mrs Hamilton*

## Free Activities at Abbeycroft

**THE GREAT GET TOGETHER**

FREE activities during  
May half term for  
children & young people  
living in Bury St Edmunds

Scan the QR code to find out more

BURY ST EDMUNDS TOWN COUNCIL

EXPLORE OUTDOOR

Abbeycroft  
Let's Love Life

The poster features a yellow and orange background with a QR code and several circular images showing children engaged in activities like climbing, swimming, and outdoor games. Logos for Bury St Edmunds Town Council, Explore Outdoor, and Abbeycroft are also present.

We're partnering with Bury St. Edmunds Town Council to offer children and young people who live in Bury St. Edmunds FREE activities this May half term.

**EXPLORE OUTDOOR ADVENTURE DAYS**  
 Action-packed, safe, structured activities under the careful eye of experienced outdoor instructors.  
 Activities include axe throwing, fire-lighting, swimming, archery, catapult building, Geocaching and more!  
 Tuesday 27 – Friday 30 May 2025  
 8:30am-4:30pm  
 Breakfast and lunch included  
 For children aged 8-14 years

**ACTIVITY DROP IN SESSIONS**  
 This half term book on to one of our Climbing or Archery 30 minute drop in sessions running across Bury, for children aged 5-16 years.  
 Archery 10am-12pm  
 Climbing 1pm-3pm

**Gainsborough Park:** Tuesday 27th May  
**Moreton Hall Community Centre:** Wednesday 28th May  
**Tollgate Playing Field:** Thursday 29th May  
**Abbey Gardens:** Friday 30th May  
**Hardwick Heath:** Saturday 31st May

**FIND OUT MORE**  


**FREE SWIMMING AT BURY LEISURE CENTRE**  
 100 FREE swimming places for children & their parents /guardians to enjoy any of our floats & fun, family or wet-n-wild swim sessions between **Monday 26th – Friday 30th May.**

**To be eligible you need to live within the Bury St Edmunds Town Council catchment area IP33/IP32 postcodes**

  
**Abbeycroft**  
 Let's Love Life

## Data Collection Sheet Updates

It is important that the information we hold about your child is kept up-to-date.

Please remember that as a parent/guardian/carer, you can check, amend and update most of your child's information on Arbor, including changing your mobile number and address or adding information such as religion, family contacts, medical information and transport method.

If you are struggling to do this please email [Arbor@st-benedicts.suffolk.sch.uk](mailto:Arbor@st-benedicts.suffolk.sch.uk) where we will be able to help you.

Thanks

*Mrs Defew*



GCSEPod is an excellent resource that can be used throughout the lead up to GCSEs.

### [Parent Resources](#)

## 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



23 May - Break up for Summer Half Term

2 June - Back to school

9 June - Year 8 France Trip Departs

10 June - Lunchtime Careers Talk with Mr Wilson: Emergency Management: Preparation and Response to Large-scale Natural Disasters

16 June - Year 10 mocks starts

19 June - Year 7 Walsingham Trip

23 June - Year 12 mocks start

23 June - Year 11 Prom

24 June - Year 13 Prom

25 June - Japan Trip Departs

28-30 June - Duke of Edinburgh Assessment Weekend

8 July - Sports Day

11 July - St Benedict's Day and Fayre

18 July - Break up for summer

[Term Dates](#)

[Contact Us](#)



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