



St Benedict's Newsletter 294

13 June 2025



Catholic Social Teaching

Hello, and welcome to this week's reflection in our newsletter that offers a pause for thought.

As we continue to explore the seven strands of Catholic Social Teaching (CST), this week we turn our attention to the principle of **The Common Good**. This teaching reminds us that society must be organised in a way that allows all people, not just a few, to reach their full potential and thrive. It calls us to create a community where everyone's needs are met, and everyone can flourish.

CAFOD explains that working for the common good means thinking beyond ourselves. It involves recognising that our rights come with responsibilities, to each other, to our school community, and to the wider world. It encourages us to act in ways that build a society rooted in justice, peace, and shared wellbeing.

At St Benedict's, our mission *Developing Wisdom, Compassion and Resilience through Prayer and Work* calls us to work together for the good of all. When we live for the common good, we help build a school and society where everyone is valued and supported.

In the words of Pope Francis “The common good is much more than the sum of individual interests. It moves us from seeking personal advantage to pursuing what is best for everyone.” *Fratelli Tutti, §182*

Living out the common good means making everyday choices that help others thrive as much as ourselves. We can look out for those who need support, include others in our groups and activities, and use our talents to benefit the wider school community. We are called to be responsible citizens who care for our environment, speak and act fairly, and think about how our actions impact those around us. Through acts of service like volunteering, fundraising, or simply offering kindness we contribute to a community where everyone is respected and has the chance to grow.

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

- **Wisdom:** Making choices that benefit the whole community, not just ourselves.
- **Compassion:** Caring about the needs and wellbeing of others.
- **Resilience:** Continuing to work for what is fair and good, even when it’s difficult or unnoticed.

Throughout this week, reflect on what living for The Common Good challenges us to ask: “*What kind of world do I want to help create?*” It calls us to live not just for ourselves, but for one another. Each of us has the power to contribute, through kindness, fairness, and a willingness to serve.

Take a moment this week to think about what you do that supports the good of others. Can you recognise this in others too? Acknowledge and thank those who help to build a more caring and united community, your words can lift and inspire them.

“Let each of you look not to your own interests, but to the interests of others.” – *Philippians 2:4*

Loving Father,

Help us to live not just for ourselves, but for one another.

Open our hearts to the needs of our school and the wider world.

Teach us to act with wisdom, to show compassion,
and to remain resilient in working for justice and peace.

May our efforts build a community rooted in love and fairness,
where all people can thrive in your image.

We ask this through Christ our Lord.

Amen.

Outstanding Work in English



D-Day Through My Eyes

I open my eyes: grime-covered, breathless, determined. Over the sand, many are slowed down by the biting of bullets eating away at their wounds. Those with light equipment

would pass the test. No wonder – those central to the gunfire would die and the chaps with heavy equipment would drown before they'd get to taste the sand. I wait no longer with mumbling thunder of guns. Even the rain feels like miniature bombs on my helmet.

Back at home the beaches were a gentle reminder to relax. I used to go down to the water and swim for miles. As I stepped on to that very beach, flashbacks of my family appeared but were broken by the sound of metal banging and boots stamping.

Now, the only memory is of the plan I have been taught: get to the seawall.

Barbed wire, corpses of comrades.

Nearby, I spot a grenade. Without hesitation, I take it and blow up the turret at the top of the cliffs until only red... Blinded, I feel numb but fall asleep.

Ms James submitted this work from Matei-Edmund Podar from her Year 9 Core English Class

PSHE and Citizenship Workbook Cover Artists Wanted

Please see the picture for information about what to do if you would like your artwork to appear on next year's PSHE and Citizenship workbooks!

Mrs Cobbold

PSHE and Citizenship Workbook Cover Artists

Wanted!

We are looking for people to create an image which could go on the front of the PSHE and Citizenship Workbooks for next year.

- They need to be landscape.
- They need to have space near the bottom for titles etc to be added and the image to still make sense.
- They can be done in any material or style, but need to be clear when photocopied.
- They need to be based around one or multiple themes covered in PSHE and Citizenship e.g. You, Faith, World Relationships, Law, Politics, Health, Staying Safe, Money, Our planet, Compassion, Wisdom and Resilience.

This year's designs...



Please give any completed designs to Mrs Hamilton before 27th June. 4 of the entries will be selected and used next year.

Lessons from Auschwitz

Lessons from Auschwitz – Next Steps – Display Board

Earlier this year, two of our sixth form students, Finola and Yasmine, took part in the Holocaust Educational Trust's prestigious Lessons from Auschwitz Project. This educational and commemorative project offers post-16 students the opportunity to learn about the Holocaust and consider its relevance for today. It included hearing directly from a Holocaust survivor and experiencing the Auschwitz-Birkenau Memorial and Museum through a one-day visit to Poland.

As part of her 'Next Steps' project, (an opportunity to share what they have learnt and experienced with their school and wider community), Finola has created a display outside K4. The display highlights why learning about the Holocaust is important.

I would encourage students to go and see this display and engage with what Finola has shared.

Well done Finola, thank you for sharing what you have learnt with us.

Mrs Eden



St Benedict's Athletes Shine at Suffolk Schools Track and Field Championships

On Sunday 11th May, St Benedict's athletes delivered a series of outstanding performances at the Suffolk Schools Athletics Track and Field Championships, held in conjunction with the Suffolk Athletics Championships at Bury St Edmunds Leisure Centre. The sunny, warm weather provided the perfect backdrop for a fantastic day of competition.

In the Under 13 Boys' events, Sidney Astle and Evan Cameron competed in multiple disciplines and both came away with well-earned medals. The long jump proved especially exciting, with the lead changing hands several times before Sidney secured gold with a leap of 3.88m and Evan close behind in second place with 3.73m. Sidney also claimed third in the high jump with a clearance of 1.00m. On the track, Sidney finished a strong third and was thrilled to receive a gold medal for the Suffolk Athletics Championships, as the two runners ahead of him were not club-registered. Evan also impressed, reaching the final of the 100m and finishing fourth with a time of 16.8 seconds.

In the Under 15 Girls' category, Year 8 student Beatrice Harpur-Davies performed admirably against older competitors, placing fourth in both the long jump and 200m. Alanna Evans had an excellent debut in the 300m, finishing in second place, while Amelia Smith ran a superb personal best to also claim second in the 800m. In the 1500m, Sophie Bolton earned a well-

deserved second place in 4:56.5, with Lucy Murphy finishing eighth in a competitive field, recording a time of 5:23.0.

The Under 15 Boys were equally impressive. Jacob Gurrell sprinted to second place in the 100m, clocking in at 12.9 seconds. In the 1500m, both Aiden Cameron and Oliver Lamas ran strong races, while Aiden also secured fifth place in the long jump with a leap of 4.13m.

In the Under 17 Girls, Molly Murphy was our sole representative and delivered a standout performance, front-running her way to victory in the 800m with a new personal best of 2:23.6.

The Under 17 Boys produced explosive results in the sprints. St Benedict's made up nearly half of the 100m final, with Matijus Juchna finishing second in 11.9 seconds, closely followed by Elijah Yarnold-Da Silva in fourth (12.1) and Daniel Pietera in sixth (12.9). Matijus went on to win the 200m in 23.4 seconds, reversing the result against his West Suffolk Athletics Club training partner. Daniel also impressed in the field events, leaping 5.01m in the long jump to secure second place.

We are proud to announce that all athletes who finished first or second in the U15 and U17 events have been invited to represent Suffolk Schools at the Anglian Track and Field Championships in Peterborough on Saturday 21st June. While not all are able to attend, we wish the best of luck to Alanna Evans, Amelia Smith, Sophie Bolton, Molly Murphy, and Jacob Gurrell. We look forward to sharing their results in a future update.

Mr Murphy

Careers Update

Reminders

[West Suffolk College](#) is hosting an **Explore Your Options** event **exclusively for Year 11 students** on Thursday **19th June** from **5.30-7.30pm**. Students will be able to meet course tutors, submit their application, complete their interview and be offered a place (subject to achieving the entry requirements) all in one evening!

Students can register (free) for this event at: [West Suffolk College Explore Your Options Event - Eastern Education Group](#)

Year 10 Next Steps

As mentioned in last week's Newsletter, as students in Year 10 will be applying for their post-16 destinations from this October, it is time to book onto **post-16 Open Events** at colleges and Sixth Forms of interest. Students can visit and apply to as many post-16 destinations as they wish. They will make their final choice based on GCSE results next August.

Details of Open Events can be found on Sixth Form/College websites.

Note: Open Events at **Hills Road** Sixth Form College (HRSFC) and **Long Road** Sixth Form College (LRSFC) in Cambridge take place **in July only**.

Unlocking Opportunities in Health & Social Care



FREE 3-Day [Junior Academy Programme](#) with [Care Development East](#)

Through a series of interactive workshops led by Social Care professionals, students will explore exciting careers, gain hands-on experience, and get valuable advice on pursuing a career in Health and Social Care. Refreshments provided. **All participants will get a FREE Goody bag and Certificate of completion.**

Date: 13-15 August 2025

Venue: West Suffolk College

Ages: 10-13 yrs (10am -12.30pm) and 14-16 yrs (1.30 - 4.00pm) - *under 16s must be accompanied by a parent/guardian*

Sign up NOW by emailing: opportunities@caredevelopmenteast.co.uk

Ms Hahn

Art Exhibition

Save the Date: Art and Design Exhibition Monday 30th June 2025

Please join us to celebrate the work of our talented Art and Design students on **Monday 30th June** from 6pm-7.30pm

Come and see the inspiring work by students on our GCSE Art and Design, Textiles, A Level and Product Design A Level courses.

We would love to be able to share the work with a wider public audience so are looking for a local venue where we can curate the exhibition? Can you help? If you know of somewhere suitable that would like to work with the school to showcase our wonderfully talented artists, please do get in touch: cchacksfield@st-benedicts.suffolk.sch.uk

Ms Chacksfield







Raffle

Exciting News!

Raffle Tickets to go on sale next week. Raffle tickets will be sold for our Summer Fayre, raising money for My Wish Foundation. Students will be given tickets to take home and sell - we would be grateful if you could encourage this. We have a range of wonderful prizes to be won, kindly donated by parents and local business. Some of these are listed below - but this is not a complete list!

2 x season tickets for 2025/26 Bury Rugby Club

1 x Team signed shirt - Ben Cooper

Eezy-bikes - 2x bike hire for day

Gift voucher for Dermalogica Facial - worth £60

Hamper

Case of wine

Full Body Massage -£45

£25 Amazon voucher

Bury Leisure Centre- swim passes

2 x tickets to Young Company Production of Sword in the Stone - Bury Theatre Royal

Farm tour - 3 people, Euston Estate

2 cubic metres of firewood worth £200 from Euston Estate

Afternoon tea for two - Ickworth Estate worth £60

'Free Day Out' - National Trust

Abbeygate cinema (Bury) and King's Newmarket cinema- 4 tickets to each

Gas Boiler Service

£50 voucher for home delivery - fish

32 GB iPad 6th Generation Network 2 Supplies

2 week membership of David Lloyd Leisure, Bury St Edmunds

Thank you so much to everyone who has donated a prize, we are very grateful.

More information on how to buy the raffle tickets will follow next week.

Mrs Hamilton

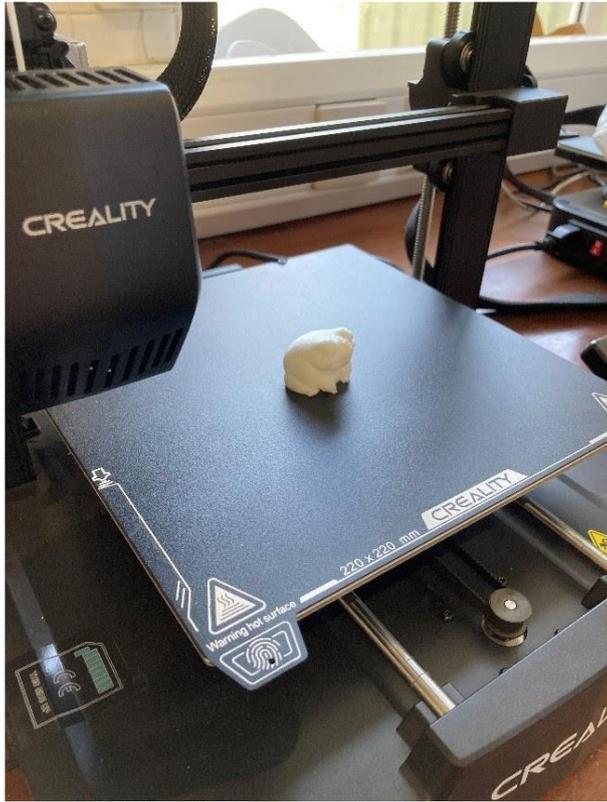
[New 3D Printers - A Big Thank you to the Vinten Trust](#)

We are thrilled to have been supplied with two new 3D Printers for use in the DT workshop. The printers have been supplied by the local Vinten trust who provide financial assistance towards capital projects in schools in Bury St Edmunds, to specifically help improve the quality and quantity of teaching/training in science, mathematics, engineering and design technology.

The printers are now up and running to support students with their NEA projects in Product Design which will help them to create all sorts of exciting designs, models and prototypes.

Thank you Vinten for all your support, it is really appreciated.

Ms Chacksfield and Mrs Kellett



Sublimation Printer

A Huge Thank you to the Bury Arts Society for their kind funding of a Sublimation Printer and Heat press for the Textiles Department

We are so grateful to have been supplied with our wonderful new Sublimation printer and Heat press by the local Bury Arts Society. The printer and heat press are now up and running to support students with their GCSE project work in Textiles, enabling them to create their own designs on Cad as well as by hand and print, in repeat, onto fabric.

A Huge Thank you to the Bury Arts Society for your support; it is very much appreciated.

Ms Chacksfield and Ms Ashcroft





Stella Maris Award

We are excited to be joining the Stella Maris Partnership for leadership which will help our students continue to develop wisdom, compassion and resilience through prayer and work. Matt Spiller, Lay Chaplain and Stella Maris lead said, 'We are looking forward to introducing the award to our new students in September as well as continuing the journey with our present year 12, this programme provides a solid structure for the aspirations we already have for our students.'

The award, created by Notre Dame Catholic Sixth Form College in Leeds is supported by the four Catholic universities; St Mary's Twickenham, Leeds Trinity, Newman Birmingham and Hope in Liverpool. All recognise that leadership is about growing in character and service to others. The programme will be delivered through Core RE - you can find out more about it on our website here [St Benedict's Catholic School - Stella Maris Leadership Award](#). As part of the programme, students will reflect on the virtues they need to work on, to help them flourish as well using their skills and talents to help others. There are three levels of award; bronze with a focus on service, silver with a focus on leadership and gold, which focuses on innovation.

The Stella Maris programme fits well with the mission of our school as service is a key part of being a student at St Benedict's and this award allows them to be recognised for not only all the amazing things they do, but also for the ability to develop practical wisdom and good judgement.

Mrs Senior said, 'helping our students be prepared to go out into the world, to live a life of good judgement, not just following rules, is central to our mission.'

Mrs Herring



Fitness Suite

The school offers many clubs to its students. I would like to tell you about one of my personal favourites: Fitness Suite. (Year 7)

Fitness suite is the school gym located near the hall. It is perfect for any kind of exercise. It's a great place to boost your physical and mental wellbeing as well as meet new people in your year group. You can just do it for fun or if you're serious about working out, it is a good place to get away from things that cause stress. They play music which you can request songs you would like to listen to while exercising, it makes it more enjoyable and a lively environment.

They have a few rowing machines, three treadmills, weightlifting machines and stationary bicycles.

It's usually on a Wednesday after school for about an hour. You don't need any special clothing just bring your PE kit, trainers and a water bottle.

Brock Coleman-Miles 7X

Year 11 Lockers

Please can we ask Year 11 students to empty their lockers and return locker keys to reception. Those students returning to St Benedict's in September for Sixth Form will have the opportunity to have a new locker allocated if they wish.

Any queries, please contact Finance@st-benedicts.suffolk.sch.uk.

Thank you.

Mrs Ellis

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

Norwich City Football Trials



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 where we will be able to help you.

Thanks

Mrs Defew

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

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



16 June - Year 10 mocks starts

19 June - Year 7 Walsingham Trip

20 June - Year 11 Sixth Form Transition Morning

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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