



St Benedict's Newsletter 295

20 June 2025



Catholic Social Teaching

Hello, and welcome to this week's reflection in our newsletter.

As we explore the seven strands of Catholic Social Teaching (CST), we focus this week on the **Option for the Poor**. This principle reminds us that we are called to put the needs of the poor and vulnerable first. At the heart of the Gospel is a call to prioritise those who are most in need. Jesus spent His time with the poor, the marginalised, and the overlooked and we are called to do the same. It is not enough to care only for those who are close to us or in positions of power, we are asked to see Christ in the poor, to hear their cry, and to act with compassion and justice. This means more than charity; it means working to change structures that cause poverty and injustice.

CAFOD teaches that the option for the poor means working towards a world where everyone has what they need to live with dignity, food, shelter, education, and security. It calls us to challenge systems and choices that keep people in poverty, and to create a more just and equal society.

One of the powerful ways this is being lived out today is through **CAFOD's campaign to Cancel Debt 2025**. Many of the world's poorest countries are burdened by unpayable debts that stop them from investing in vital services like healthcare and education. CAFOD is urging world leaders to cancel these debts to help communities thrive. You can find out more and

support the campaign on the CAFOD website. <https://cafod.org.uk/campaign/the-new-debt-crisis>

Jesus showed special care for the poor and outcast, and we are called to follow His example in our words and actions. In the words of Pope Francis: “The poor are not the ones to be looked down upon or pitied, but people who must be seen as our brothers and sisters, to be respected and loved.” *Pope Francis, World Day of the Poor 2021*

We live out the option for the poor when we open our eyes to injustice and choose to respond with love. Whether it’s donating to a charity, standing up for someone in need, supporting the work of CAFOD and the Cancel Debt 2025 campaign, or simply being kind to someone who is struggling — our small actions matter. We can use our voice and our actions to build a fairer world.

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

- **Wisdom:** Recognising the systems that keep people poor and asking how we can challenge them.
- **Compassion:** Being moved by the suffering of others and doing something about it. Reaching out with kindness and support to those who are struggling.
- **Resilience:** Continuing to care and take action, even when the problems seem too big.

Throughout this week take time to understand that when we help someone in need, we are not just doing a good deed we are meeting Christ himself. This week, reflect on how your choices and actions could make life better for someone else. Look around is there someone in school or your community who needs a hand, a kind word, or some support? Do you notice acts of compassion from others?

Take time to recognise and celebrate the moments when we put others first, they are signs of God at work in our community.

"Whoever has two coats must share with anyone who has none; and whoever has food must do likewise." – *Luke 3:11*

Lord Jesus,

You showed us how to love by reaching out to the poor, the sick, and the forgotten.

Help us to follow your example and open our hearts to those in need.

Help us to see You in the faces of those who are poor and struggling.

Give us the courage to speak out for justice,

and to act with wisdom, compassion, and resilience.

May we build a community where all are treated with dignity and love where everyone is seen, valued, and supported.

We ask this through Christ our Lord.

Amen.

Year 11 Celebration Day



On Thursday 19th June, we had our final Celebration with year 11. The day comprised; a celebration assembly with notable cameo portraits from Mr Turner and Mr Bates not to mention some other wonderful members of staff who made video appearances to say goodbye to the year group. The year then enjoyed a BBQ and time on the inflatables

alongside the traditional shirt signing. The sun shone and it was lovely to see the year 11s have such an enjoyable time with their peers and staff. They have been a really fantastic year group and have conducted themselves with real maturity during the exam period.

We are now looking forward to the Prom on Monday for a final farewell.

Mrs Wray

Sanctuary, Sunshine, Smiles and Sea Air

127 year 7 students and 14 staff began our annual pilgrimage to Walsingham yesterday. We were blessed with glorious weather and half our year 7s had a brilliant day exploring the Shrine of our Lady of Walsingham and immersing themselves in the history of this special place. Many of our young pilgrims chose to walk the holy mile back to Elmham House barefoot whilst holding a loved one in their heart.

At the same time the other half of our group spent the day enjoying the activities at Holkham Hall and having a great time on the beach. This morning it was a wonderful sight to see our whole group process to the Shrine and begin our day celebrating mass with Fr Dick.

Thank you to all of the staff and parents who have made this possible.

Mr Senior





Sixth Form Transition Morning

Today was the Year 11 Transition Morning for those who have applied to study at our Sixth Form this September.

The morning started with some team building activities and it was great to see so many of our external applicants, alongside familiar faces from Year 11 getting to know each other before September. The students then had the opportunity to attend a session for each of their subject choices, where they found out more about the syllabus and what they should be doing over the summer to prepare.

Have a great summer Year 11 and we look forward to seeing you for Sixth Form enrolment on Thursday 21 August, the same day as GCSE results.

Mr Richmond

Anthea Bell Translation

MFL Prize – The Anthea Bell Prize for Translation

Queen's College Oxford runs a translation competition every year for translation, for various levels of secondary schools (from level 1 for lower years to level 4 for year 12 and 13). It bears the name of Anthea Bell, a translator who translated many important things from French to English including the Astérix books!

We have entered this competition for the last two years and have been successful both years. This year one of our students, Mia Turner in year 12 was commended for her excellent translation. Well done Mia, and well done the rest of the class. You were wonderful!

Mrs Dalby



Year 12 Geography

On Tuesday 17th June the Year 12 Geography students ventured to the sunny Ipswich Waterfront to conduct an investigation into a regeneration project. The students planned the investigation prior to the visit and once there conducted surveys and questionnaires to evaluate the success of the regeneration project. The trip offered valuable insight into urban change and was an excellent opportunity to develop fieldwork techniques in preparation for their NEAs. Well done to all students for their engagement, curiosity and thoughtful reflections throughout the day.

Mr Sayer



Sunset Walk



On Saturday 21st June my friends and I (and our Mums) will be taking part in the Sunset Walk for St. Nicholas Hospice. Sadly in 2022 my Dad had to use the hospice for end of life care. The hospice not only helped my Dad but has given me and my mum valuable counselling and continuous support. Since losing my Dad I have been fundraising for the hospice and am currently on around £6000. It costs around £8 million to run the Hospice each year. That's equivalent to £22,000 per day. They receive some statutory funding, which covers around 20% of their costs, but they still need to generate a further £17,500 of income per day to be there for the people who need them.

Please wish us luck and if you would like to sponsor us here is the link to our just giving page. Help us to raise money to help others.

Teisha Roughley Year 8

[Just Giving Page](#)

Bury Literary Festival

Please see the photo for information about a writing competition.

Mrs Oakes

Categories:

- Children 9-12
- Young People 13-17

Prizes:

Winner and runner-up from each category will win:

- Free tickets to events at the festival
- Goody bag of bookish treats
- Opportunity to be published in Bury Free Press

Overall winner will win:

- An author event for their school
- Children category = Serena Patel
- Young People category = Ashley Hickson-Lovence

If you want to join past St Benedict's winners (Suzie Francis – runner up in the Children's category and Isadora Edwards – overall winner of the Young People category) – email your entry to Mrs Oakes by Friday 4th July.

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

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



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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