



St Benedict's Newsletter 296

27 June 2025



## Catholic Social Teaching

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

This week we reflect on the Catholic Social Teaching strand of **Peace**. Peace is more than just the absence of conflict; it is the presence of justice, compassion, and reconciliation. True peace calls us to be peacemakers in our homes, in our school, and in the world. It challenges us to resolve conflict, show forgiveness, and work for justice so that everyone can live in dignity and security.

CAFOD reminds us that peace is rooted in justice. When people are treated fairly, when everyone's voice is heard, and when we act with compassion and solidarity, peace becomes possible.

At **St Benedict's**, our mission, *Developing Wisdom, Compassion and Resilience through Prayer and Work* calls us to be instruments of peace. In our words, choices, and actions, we can create a culture of peace where everyone feels safe, valued, and heard.

In the words of Pope Leo XIV "Peace be with you! Dearest brothers and sisters... This is the peace of the risen Christ, a disarming and humble and persevering peace. It comes from God, who loves us all unconditionally. ... Therefore, without fear, united, hand in hand with God and among ourselves, let us go forward. ... Help us... to build bridges—with dialogue, with

encounter, to be one people always in peace.” *Pope Leo XIV, First Greeting from St Peter’s Basilica*

We live out the call to peace in everyday ways at school, work and at home:

- Listen carefully before responding — seek to understand before reacting.
- Be the one who steps in to stop gossip, bullying, or division.
- Practice forgiveness, even when it's hard — peace begins in the heart.
- Use calm and respectful words, especially in times of stress.
- Help resolve conflict fairly — not taking sides, but seeking what is right.
- Pray for peace in the world, in our school, and in our own lives.

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

- **Wisdom:** Making choices that bring harmony rather than conflict.
- **Compassion:** Seeing the hurt in others and offering comfort and understanding.
- **Resilience:** Continuing to work for peace, even when tensions rise or situations are tough.

As we go through this week, we should remember Peace begins with us, with a willingness to forgive, to listen, and to treat others with kindness. When we live with peace in our hearts and our words, we make space for God’s love to shine through us.

Let’s ask ourselves: How can I be a peacemaker this week? Who might need a kind word, a listening ear, or a second chance? And can I recognise peace-building actions in others too?

“Blessed are the peacemakers, for they shall be called children of God.” – *Matthew 5:9*

**God of peace and justice,**

Help us to be builders of peace in our school and in the world.

Teach us to forgive where there is hurt,

To seek justice where there is injustice,

To speak words that heal and not harm.

May we grow in wisdom, show compassion, and stay resilient in our efforts to bring peace to all we meet.

We ask this through Christ, our Prince of Peace.

**Amen.**

## School Car Wash

Students from Interact - a Rotary-linked student leadership group - undertook a charity car washing event on Monday and Tuesday of this week. They used funds from 'Grow Your Own Dough' to purchase car washing materials and washed a total of 16 cars over the course of the two lunch times. For some this was their first time washing a car! It was a fantastic team effort of hard work and much fun was had along the way. One student commented that it was actually "quite therapeutic!" Staff members who bravely donated their cars to the cause were also thrilled with the results! Donations are going towards My Wish.

*Mrs Hamilton*



## Big Litter Pick

### **Year 7 Students Lead the Way in 'The Youth SVP Big Litter Pick'**

On Thursday 26th June, seven enthusiastic students volunteered to take part in 'The Big Litter Pick', an event organised by the Youth SVP and inspired by World Environment Day on 5th June.

At the end of the school day, each student grabbed a litter picker and a bin bag—kindly prepared in advance by Vicky—and headed outside to make a difference. Their first stop was the Klondyke, followed by a thorough clean-up of Howard Field.

In just one hour, they managed to collect an impressive seven full bin bags of rubbish, including unexpected items like a pair of jeans, a couple of socks, numerous cans and bottles, and even a broken traffic bollard!

The students were so engaged in the activity that, when it was time to return to school, they said it felt like only ten minutes had passed. As a thank-you for their hard work, they were treated to a fruit juice and a chocolate bar—but perhaps the greatest reward was the kind and appreciative comments they received from local residents.

A big thank you to: Ralph Rice, James Knight, William Dobson, Noah Allen, Brock Coleman-Miles, Annabelle Hamer and Lyra Reimann

*Mr Murphy*



## Year 13 Prom



On Tuesday 24 June the Year 13s gathered at the Farmers Club in Bury St Edmunds for their Year 13 Prom.

It was a beautiful balmy evening and it was great to see nearly the whole year come together to attend their last St Benedict's social event. The event itself was organised by Grace Morgan and Pola Pasik, ably supported by their prom committee, they put a lot of effort into decorating the venue and it looked stunning. The teachers who were there enjoyed themselves and it was a perfect send off for a lovely co-hort.

Enjoy your summer Year 13 and we look forward to seeing you on results day.

*The Sixth Form Team*

## Classics Dinner

On Sunday, we took some of our year 13 Classics students out to dinner at the Olive Grove in Bury St Edmunds, to celebrate finishing their exams and our first cohort to complete the Classical Civilisation A Level.

Mr Harrison and I are both very proud of them all, for their hard work and dedication to Classics and their studies. Mostly though we're thankful for their nagging for an Athens trip, as it was easily the best trip we've done and one we're looking forward to repeating!

Here's to all your hard work and future success Bennies first Classicists!

Thank you,

*Mr Elmer*





## Plastic Free July

### Youth SVP - Plastic Free July

We would like to let you know about 'Plastic Free July'. This initiative has been running since 2011 and aims to reduce the amount of plastic that people use. We in the Youth SVP would like to encourage you to go plastic free for the whole of the month. You can do this by only using reusable shopping bags. We would also encourage all students to only use reusable water bottles (which they can fill up at our new outside water fountains). It would also be good to not use plastics in packed lunches. Instead of using plastic sandwich bags, beeswax wrapping could be used instead. Additionally, rather than plastic wrapped crisps or chocolate bars, home-made cakes could be brought in as an alternative. If we all work together we can reduce the amount of plastic in landfill sites and in the seas and oceans. To find out more and make a 'Plastic Free July' pledge visit

*William Dobson*

## Walsingham

On Thursday, Friday and Saturday, Year 7s got the opportunity to go on a pilgrimage to Walsingham. We went on the coaches to the last stop on the pilgrim route before the village of Walsingham and the shrine of Our Lady of Walsingham. We were split into two groups. One group went to Elman House (the place we were staying in) and the other group went to

Holkham Hall. When the bus dropped us off at the Catholic shrine, we celebrated Mass, visited the Slipper Chapel and spent some money in the gift shop. Then we did the 1-mile pilgrimage to the village of Walsingham - many of the year group bravely choosing to do it barefoot. When we got to our accommodation, we found our rooms and put our luggage in our bedrooms. Then we had lunch and a talk about what we were doing over the next couple of days. In the afternoon, we did rock painting and made rosaries. In the evening we had free time to play with friends until it was time for bed and lights out.

On Friday we had breakfast and then walked back down the holy mile to the chapel for Mass. We then got on the coach to Holkham Hall. There were lots of activities to do there including cycling, high ropes and safari. I was in Mrs Kellet's group, so we did cycling first. It was really fun and we got to see a lot of the parkland which surrounds the hall. After lunch it was time for our next activity, the high ropes! It was really fun. There were three courses with ziplines and rope bridges. Lots of people bravely made their way round (even the teachers!). Our last activity was the safari. We went on a tractor and trailer that drove around the parkland. We saw deer fawns, rabbits, sheep, and ducklings. After that we got back on the coach to go to Wells-next-the Sea. We had fish and chips on the beach and had a big game of football.

On Saturday morning we packed up and had breakfast before getting back on the coach and driving back to school.

We all would like to thank the amazing staff who gave up their free time to take us on this great trip. It was a really good opportunity to build friendships and have fun whilst learning about the shrine. I would definitely recommend it to other year groups if they get the chance to go.

Henrietta Tatum - 7L

## Walsingham Part 2

### **Year 7 Residential Trip and Pilgrimage to Walsingham – A Journey of Faith, Fun, and Fellowship**

Last week, 127 Year 7 students and 14 dedicated staff members embarked on their much-anticipated annual residential trip and pilgrimage to Walsingham. Departing on Thursday and returning on Saturday morning the trip was a truly memorable blend of spiritual reflection, outdoor adventure, and community-building.

The highlight of the pilgrimage was the visit to the **Walsingham Shrine**, where students immersed themselves in the rich history and spiritual significance of one of the most sacred sites in the UK. They participated in the traditional walk along the **Holy Mile** from the Slipper Chapel back to Walsingham, with many students choosing to walk barefoot as a symbol of devotion—an inspiring testament to their reverence and engagement.

The students also explored the atmospheric **ruins of Walsingham Abbey**, sparking their curiosity about medieval monastic life. Their afternoon was filled with joy and energy as they enjoyed games in the local park and even challenged local children to a friendly game of football—one of many moments where community and connection shone through. On Friday morning we all **processed from Elmham House to the Walsingham Shrine**, where our students walked together taking the opportunity to reflect on the ancient tradition of pilgrimage. This special journey culminated in a beautiful celebration of **Mass with Fr Dick in the Chapel of Reconciliation**.

Evenings at the accommodation provided opportunities for quiet creativity and reflection. Students crafted their own **rosaries** and were challenged to create artwork on pebbles to represent the theme of **community**. The results were as thoughtful as they were beautiful.

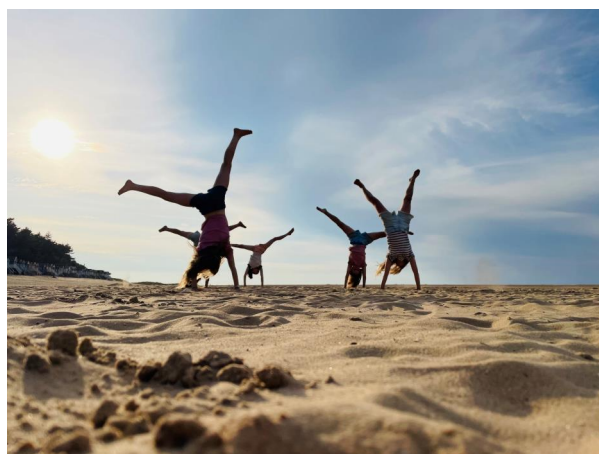
The second half of the trip took students to **Holkham Hall**, where adventure awaited in the form of a **7.5km bike ride**, much of it off-road, and a **challenging ropes course**. As part of the **Deer Safari**, students also learned about sustainable farming and estate life, offering a unique insight into rural Norfolk heritage.

No trip to the coast would be complete without a beach visit, and our pupils relished their time at **Wells-next-the-Sea**. From digging holes and building sandcastles to beach games and kite flying, all under spectacular weather, the scene was one of pure joy. The day was perfectly rounded off with a delicious **fish and chip supper**, with special thanks to the local chip shop in Wells for expertly serving 64 students and 7 staff in a single sitting each day!

Throughout the trip, our students represented St Benedict's with pride, maturity, and kindness. Several members of the public took the time to express how impressed they were with our pupils' behaviour and respect—a sentiment echoed by all staff on the trip.

This residential was not only a time of learning and fun but also a deepening of faith and community spirit. We are incredibly proud of our Year 7s and grateful to the staff who made this unforgettable experience possible.

*Mr Senior*







## Music Lessons

Are you interested in music? Do you want to step outside your comfort zone? Have you ever thought about doing extra circular clubs? I am here to tell you about musical instrument tuition!

At St Benedict's there are so many extra curriculum clubs and classes. I do musical instrument tuition which offers lessons for lots of different instruments. You can choose from Clarinet, Flute, Saxophone, Trumpet and Violin. These are just some of the instruments you can do. I play the Clarinet and have really enjoyed it for my first year at St Benedict's.

You can have these lessons as one to one or in a small group on a weekly basis. Don't worry about what level you are at, whether you are a beginner or just wanting to improve from where you are, it is for everyone! The teachers are great and will work on everyone's needs.

During the year, you will work towards your grading exam, if you choose to. It is a great experience with a calm scenery and no pressure. Just enjoy it!

If you are interested, get your parent/guardian to sign you up for next year!

*Leo Farrow 7S*

Would you like to learn a musical instrument?

At St Benedict's we offer a variety of musical instrument lessons. The lessons take place during the day and there's a choice of a 20 minute individual lesson, a 30 minute individual lesson or a 30 minute joint lesson.

We offer the following instruments:

Piano

Flute

Clarinet

Saxophone

Trumpet

Trombone

Violin

Viola

Classical guitar

Electric guitar

Bass guitar

Ukulele

Drums

Singing

If you would like to sign up for lessons in September or continue your lessons please complete the online form which has been emailed out to you.

We also offer LAMDA lessons at St Benedict's. A LAMDA exam is the speech and drama equivalent of a music grade, which begin at basic levels and culminates at Grade 8. The exams use performance to develop self-confidence, physical presence and a strong speaking voice.

LAMDA exams cover a range of disciplines including:

- Acting
- Speaking Verse & Prose
- Miming
- Reading for Performance
- Speaking in Public

LAMDA exams are designed to develop your life skills, such as clear communication, self-confidence and teamwork, through the creative platforms of drama, literature and music. The exams offer you opportunity to improve self-expression, strengthen memory and, most importantly, have fun.

Lessons will be available either as an individual lesson or paired with another student.

LAMDA Exams are a highly credited qualification that are recognised all over the world that you can use to add to your CV or university application. You can even earn UCAS points to help with university entry.

If you would like to sign up for LAMDA lessons in September or continue your lessons please complete which has been emailed out to you.

*Mrs Roughley*

## Sunset Walk



WE DID IT!

We did it!!!!!! We completed the Sunset Walk.

It was a very hot evening, regardless of this we still managed the Zumba warm up in the beautiful Abbey Gardens. The support of the local residents and the groups of musicians performing on route helped us around the course.

We made it round the course and to the finish line where we were given our medals and delicious donuts.

Special thanks goes to Sofia Lyons, Teisha Roughley, Genevieve D'Mello, Constance D'Mello, Clotilde D'Mello, Hedwige D'Mello and Adriana Lyons.

To date we have raised a massive £655.

Our just giving page is still open so if you would like to donate we would be very grateful. Thank you to everyone who has already sponsored us.

[Just Giving Page](#)

*Mrs Roughley*



## Hockey Success

Over the weekend of 20-22 June, Gregory Slater (8P), represented East Anglia at the UK Lions National Hockey Tournament in Nottingham, playing for the Anglian Eagles team. They played 6 matches over the three days against teams from all over the UK. They played amazingly as a team and won the tournament with a 1-0 win in the final over last year's winners, South Saxons.



## 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](mailto: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](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



28-30 June - Duke of Edinburgh Assessment Weekend

30 June - Lunchtime Careers Talk (12.45-1.25pm): **Emergency Management - Preparation and Response to Large-scale Natural Disasters** with Mr Wilson

30 June - A Level Art Exhibition (Sixth Form Common Room, 6 - 7.30pm)

2 July - Year 12 Further Education Information Evening

7 July - Year 12 Cambodia Trip Departs

7 July - Year 10 Next Steps Assembly with Miss Hahn (Head of Careers)

8 July - Sports Day

9 July - Year 10 Henry Moore Studio Visit

9 July - Year 6 Meet the Tutor Evening

11 July - St Benedict's Day and Fayre

18 July - Break up for summer

[Term Dates](#)

## Contact Us



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