



# St Benedict's Newsletter 299

18 July 2025



## Catholic Social Teaching

Hello, and welcome to this week's reflection on Catholic Social Teaching (CST).

This week, we explore the principle of The Dignity of Work and Participation. The Church teaches that work is more than a way to earn a living; it is a form of continuing participation in God's creation. Every person has the right to meaningful work, fair conditions, and the opportunity to contribute to the life of their community.

CAFOD goes on to explain that work must be valued as it allows people to express their dignity and creativity, support their families, and make a difference in the world. Everyone should have a say in decisions that affect their lives, especially those concerning employment, education, and the wellbeing of the community.

Our mission at St Benedict's reminds us of the value of every individual's contribution. Whether it's through our studies, our responsibilities at home, or our roles within school life, we are all invited to work with purpose and care.

Pope Francis spoke of work saying "Work is fundamental to the dignity of a person... It is not just a means of earning one's daily bread, but also of personal growth, to build up our society and to contribute to the common good." — *Laudato Si'*, ¶128

And Pope Leo XIV (while known as Robert Francis Prevost) reminded us "To uphold the dignity of work is to uphold the dignity of the worker. We must never separate the task from the human heart behind it."

Living out this principle means recognising the value of everyone's contribution and ensuring that all voices are heard. At St Benedict's, this could look like: taking your responsibilities seriously, valuing group work and collaboration, allowing others to have their say in class discussions, appreciating the roles of cleaners, cooks, teachers, and support staff, and taking part in clubs, projects or leadership roles. These actions help shape a school community where everyone belongs and contributes.

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

- Wisdom: Valuing the work and efforts of every person in our community.
- Compassion: Supporting and encouraging those who feel overlooked or unheard.
- Resilience: Continuing to participate and contribute even when things feel challenging.

God gave us the gift of work not as a burden, but as a way to create, to connect, and to serve. When we honour the dignity of work, we honour the dignity of each other.

Let us challenge ourselves this week to reflect on our own contributions. What are you doing with your talents? Are you listening to others' ideas? Are you recognising the efforts of those around you?

"Whatever you do, work at it with all your heart, as if working for the Lord." – Colossians 3:23

Loving God, You created us in your image and called us to work alongside you in building a world of justice, peace, and love. Help us to value the dignity of all work and to honour those who serve quietly. May we use our gifts wisely, support one another compassionately, and grow in resilience through our daily efforts. In all things, may our work glorify you. Amen.

As we rest and recharge, may we continue to grow in wisdom, compassion, and resilience, and return in September ready to build a school rooted in justice and love.

Loving God, As we reach the end of our school year, we thank You for all we have learned and shared.

Help us to carry with us the values of our faith: To recognise the dignity of every person, To stand in solidarity with those in need, To work for the common good of all, To care especially for the poor and vulnerable, To be peacemakers in our homes and world, To protect the gift of creation, And to value the dignity of work and the voice of every person.

May our summer be filled with opportunities to grow in wisdom, show compassion, and build resilience through prayer and action. Guide us in Your love, Lord, So that in all things, we reflect the light of Christ.

Amen.

## Sports Day Results

The trophies were found, the points counted and now we can reveal the results for Bennies Sports Day 2025!

### **Year 7**

1st – Subiaco 394 points

2nd - Monte Cassino 384 Points

3rd - Nursia 336 Points

Winners - Subiaco – Hugo McTrusty

**Best Boy** - Sydney Astle

**Best Girl** - Mabel Stafford

### **Year 8**

1st – Subiaco 390 points

2nd - Monte Cassino 389 points

3rd - Nursia 382 points

**Best Boy** - Nana Atuah

**Best Girl** - Sophie Bolton

**Year 9**

1st – Monte Cassino 451 points

2nd - Nursia 387 points

3rd - Subiaco 335 points

**Best Boy** - Noah Wilkinson

**Best Girl** - Alanna Evans

**Year 10**

1st – Monte Cassino 426 points

2nd – Subiaco 333 points

3rd - Nursia 328 points

**Best Boy** - Harry Gladstone

**Best Girl** - Molly Murphy

**Overall:**

**1st- Monte Cassino 1660 points** - Eleanor Slater and Marcel Wiewiora

**2nd - Subiaco 1448 points**

**3rd – Nursia 1443 points**



*1 - Year 7 Best boy and girl, Sidney Astle and Mabel Stafford*



*2 - Year 8 best boy and girl, Nana Atuah and Sophie Bolton*



*3 - Year 9 best boy and girl, Noah Wilkinson and Alanna Evans*



*4 - Year 10 best boy and girl, Harry Gladstone and Molly Murphy*



*5 - House Winners - Monte Cassino*

*Eleanor Slater and Marcel Wiewiora*

## School Games Gold Award

We are delighted to announce that we have achieved the School Games GOLD Mark Award for the 2024/25 academic year. The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success. We are extremely proud of our pupils for their dedication to all aspects of school sport, including leaders and officials who made our competitions possible. As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year. We look forward to applying once again in 2026!

*Mrs Wright*



## Duke of Edinburgh

On the weekend of the 28th June we set off with 84 bronze students and 16 Silver students to complete their qualifying Duke of Edinburgh Expeditions. Students set off in good spirits and were mindful of the heat, echoes of 'top up your water', 'put sun screen on ' and 'where's your hat!' followed the students around Bradfield Woods and over 100 litres of water was topped up!

They set up camp at the very busy campsite at Bradfield Park Scout Camp and quickly set up their tents and went to explore. Each group cooked an evening meal, a lot of pasta was consumed, one group made burgers which they had frozen and kept cold with ice packs during the day, others had Wayfarer type meals. They also cooked breakfast in the morning pancakes being a popular choice with a topping of syrup or fruit. Students set off an hour earlier than planned to miss the worst of the heat and were again in good spirits. At the end of the second day a very hot and tired Bronze group arrived back at Nowton Park all looking forward to getting home for something nice to eat and a shower!

The Silver group arrived back at camp after a second day of walking; they managed incredibly well with the heat and soon had their tents back up for a second night under the stars. They took advantage of the now empty campsite and took part a loud and prolonged game of manhunt followed by S'mores cooked over the tangiers. The next morning, they broke camp again an hour earlier than planned and taking a more direct route to avoid the worst of the heat. At Nowton Park they cooled off under the trees and completed their presentations until they were picked up.

It was a very successful weekend all round with thanks to the staff and governors who supported the expedition and our assessors Mr Murphy, Mr Hemple and Mr Cameron-Laker who now have 100 reports to write!!

*Mrs Reeman*









## DT Food Practical

At the beginning of July our Year 10 Food Preparation and Nutrition students completed their practical mock exam over three days. Their task was:

**Street food is becoming more popular in this country and can be found not only at organised events but increasingly in the streets of our towns and cities. Research, prepare and cook two dishes (and accompaniments, if appropriate) that demonstrate your technical skills and show the best of street food in Britain at an event of your choice.**

As part of the task they also had to do investigational work to include both primary and secondary research. The 30 students produced the most amazing food from scotch eggs, sausage rolls, jerk chicken sticky honey and ginger chicken, waffles with maple syrup and bacon, empanada, enchiladas and several churros to name a few!

They all did incredibly well and staff commented on the high standard of food produced in two hours, they should be incredibly proud of themselves and I am expecting great things for their Year 11 practical.

*Mrs Reeman*







## Careers Update

### Parent and Carer Feedback - Careers Programme 2024-25

I would like to offer a huge **Thank You** to those parents and carers who have already responded to my questionnaire about our school Careers Programme. Your feedback is vital in helping me understand where you need further information, advice and guidance (IAG), which I am only too happy to offer. If you have not yet completed the Feedback Questionnaire, please do so by clicking on this link: <https://forms.office.com/e/Dty69BRzrt>

It is clear that more IAG on how best to help your child(ren) on their careers journey at St. Benedict's is one of the areas you would like us to develop! As an immediate response to this, I will be attending all of our year group Information Evenings next term to begin talking directly with parents and carers about Careers and the support available.

Given that we are about to break for our summer holidays today, I will share just a couple of resources and links to work experience opportunities (below) for you and your child(ren) to explore during this time. I wish you all a very restful, enjoyable and sunny summer and look forward to engaging with you more in the next academic year.

*Miss Hahn*

## **Parents, Carers & Careers**

Amazing Apprenticeships' [Parent and Carer Zone](#) is a useful information resource that can support you in guiding and advising your child(ren) as they move forward in their career journey.

Get My First Job have launched **Parent's Evening - a free quarterly Newsletter** for parents and carers to support their young people aged 14-19 years as they plan their future. To subscribe click on this link: [Form](#)

## **Virtual Work Experience (VWEX)**

### **Lloyds Banking Group - Law Summer Virtual Work Experience**

Tuesday 29th – Wednesday 30th July 2025

10am – 2pm

In this VWEX programme you will look at in-house legal teams within this FTSE 100 company, hear about the experiences of legal professionals, look at skills and CVs and the impact of AI in this field.

Places are limited!

**Register here:** [Lloyds Banking Group:2 Day Legal Work ExperienceVirtual Survey](#)

### **NHS Virtual Allied Healthcare WEX**

Geriatrics and Recovery

3rd August 2025

**Find out more here:** [NHS Healthcare Careers Virtual Work Experience - Allied Healthcare Mentor](#)

## **Celebration Performance at Snape Maltings**

On Wednesday 9th July 50 St Benedict's students went to Snape Maltings to perform as part of their series of concerts 'Celebration'. We had our school orchestra, a group of singers and 12 fabulous dancers performing. We performed a 12 minute set of Circle of life, he lives in you and finished with Toto's Africa. The performance was amazing! Well done to everyone involved!!

*Mrs Roughley*





## House Celebration Day

On Wednesday we celebrated the winning Houses for each tutor group. The students enjoyed time in their tutor groups on the inflatables for the number of houses points they have achieved over the course of the year.

The winners were:

Year 7 - Monte Cassino

Year 8 - Nursia

Year 9 - Monte Cassino

Year 10 - Monte Cassino



## A Level Sociology

### **Can you help A Level Sociologists?**

As part of our Sociology A Level, Year 12 students study the Sociology of Health. Part of our course is to study the roles of medical practitioners, as well as complimentary and alternative medicine. If you are a medical practitioner, or a complementary and alternative medicine practitioner, and would be happy to share about your role with our Year 12 students in the next academic year, then we would love to hear from you! Please contact Mrs Eden: [eeden@st-benedicts.suffolk.sch.uk](mailto:eeden@st-benedicts.suffolk.sch.uk) if you would be able to help. We would be so grateful to have the opportunity to hear from specialists in these areas.

Thank you!

*Mrs Eden*

## Inspiring Young Scientists at St Edmund's Catholic Primary School

As part of our ongoing primary liaison programme, it has been an absolute pleasure working with the bright and enthusiastic students at St Edmund's Catholic Primary School. Over a series of visits throughout the academic year, Mr Gregory and I have delivered engaging and thought-provoking science workshops to Year 5 and Year 6 students, exploring a range of fascinating scientific topics through hands-on investigations, historical context, and interactive demonstrations.

The students explored topics ranging from evolution and plant biology to gravity, Newton's laws, and even Martian soil!

Our journey began in December with a Year 5 workshop on evolution. The students showed remarkable curiosity as they delved into the “Tree of Life,” dissected lilies to understand reproduction in flowering plants, and learned about Darwin and Wallace’s vital contributions to science. Their insightful questions were a joy to answer!

In the spring and summer terms, Mr Gregory returned for physics-based workshops, where Galileo and Newton took centre stage. From dropping feathers and bottles to launching Alka-Seltzer rockets, the students showed not only enthusiasm but a genuine grasp of scientific reasoning. Mr Gregory was particularly impressed by how they tackled tricky concepts like gravity and air resistance with confidence and excitement.

Our final workshop of the year took students on a scientific mission to Mars. Through a series of analytical tests, they used scientific practical techniques to identify a simulated Martian soil sample. It was a brilliant blend of imaginative storytelling and rigorous investigation, supported by resources from the UK Space Agency and ESERO-UK.

Across every visit, Mr Gregory and I were continually impressed by the students' attentiveness, insightful questions, and scientific thinking. They are a credit to themselves, their teachers, and the wider school community.

We are deeply grateful to Mr. Gregory for his remarkable inventiveness, enthusiasm, wisdom, and expertise. The students wait eagerly for his visits and they are consistently captivated by his engaging presentations and fascinating experiments. To say that they are enthralled would be an understatement—they truly cherish him.

Mr Gregory and I look forward to continuing this inspiring partnership in the future, nurturing the next generation of scientists and explorers.

*Ms Mak*







## A Big Thank You

The school would like to say a 'Big Thank You' to all the very kind donations we received for the St Benedict's Fayre Raffle. We don't have a final figure for the money raised yet but have been told that it was more than last year.

Thank you to everyone who helped sell tickets and to those who bought tickets, the money will be given to the 'My Wish Charity' at West Suffolk Hospital.

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

2 cubic metres of firewood worth £200 from Euston Estate

Afternoon tea for two - Ickworth Estate worth £60

'Free Day Out' - National Trust

Farm tour - 3 people, Euston Estate

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 donated a prize, we are very grateful.

*Mrs Hamilton*

## Polish Sausages

MASSIVE THANK YOU TO POLISH SCHOOL COMMUNITY!!!

On behalf of our entire school, we would like to extend our massive thanks for your generous support and enthusiastic involvement during our recent event.

Your volunteer donations of the delicious Polish sausages you brought to share, were a huge hit with everyone—students, parents, and staff alike! The smiles on the children's faces said it all—it was a fun and memorable day for everyone.

We deeply appreciate the spirit of community and willingness to contribute. It's because of people like you that our school events are such a success.

Thank you once again for your kindness and support.

With sincere gratitude,

*Urszula Szczech, Adriana Siatka-Kasowska, Agnieszka Drabik*

## Children's Mental Health in Suffolk

At Kids Inspire, we are passionate about empowering children and young people to overcome challenges, heal from trauma, and thrive in their communities. As a leading children's mental health charity, we specialise in providing free, expert trauma support to those who might not otherwise afford it.

[Website link](#)

## End of Term Reports

### School Reports

Our aim is to publish end of year reports on ARBOR by the end of the working day on Friday 18 July. They will then be emailed home over the coming week or so. Please keep an eye out for them.

*Mr D'Mello*

## School Nurse

Please see the attached poster for information about school nurse drop-in times for next term.

*Mrs Bourne*



The poster is for the School Nursing Service, part of Suffolk County Council. It features a dark blue background with various health-related terms in different colors and fonts, such as 'SELF HARM', 'HEALTHY RELATIONSHIPS', 'DRUGS', 'ALCOHOL', 'SMOKING', 'HEALTHY EATING', 'BULLYING', and 'EMOTIONAL HEALTH & WELLBEING'. The central white box contains the following text:

**School Nursing Service** Suffolk County Council

**SELF HARM** HEALTHY RELATIONSHIPS

**DRUGS** ALCOHOL

**HEALTHY EATING** SMOKING

**SELF HARM** DRUGS

**HEALTHY** BULLYING

**SMOKING** BULLYING EMOTIONAL HEALTH & WELLBEING

**School Nurse Drop-in**

**Wednesdays**  
**10<sup>th</sup>, 24<sup>th</sup> September**  
**8<sup>th</sup>, 22<sup>nd</sup> October**  
**12.40 – 1.25**

**Location:**  
**E2**

Everyone welcome  
Drop in for a confidential chat  
about anything that's on your  
mind

[www.suffolk.gov.uk/schoolnursing](http://www.suffolk.gov.uk/schoolnursing)

## ParentPay

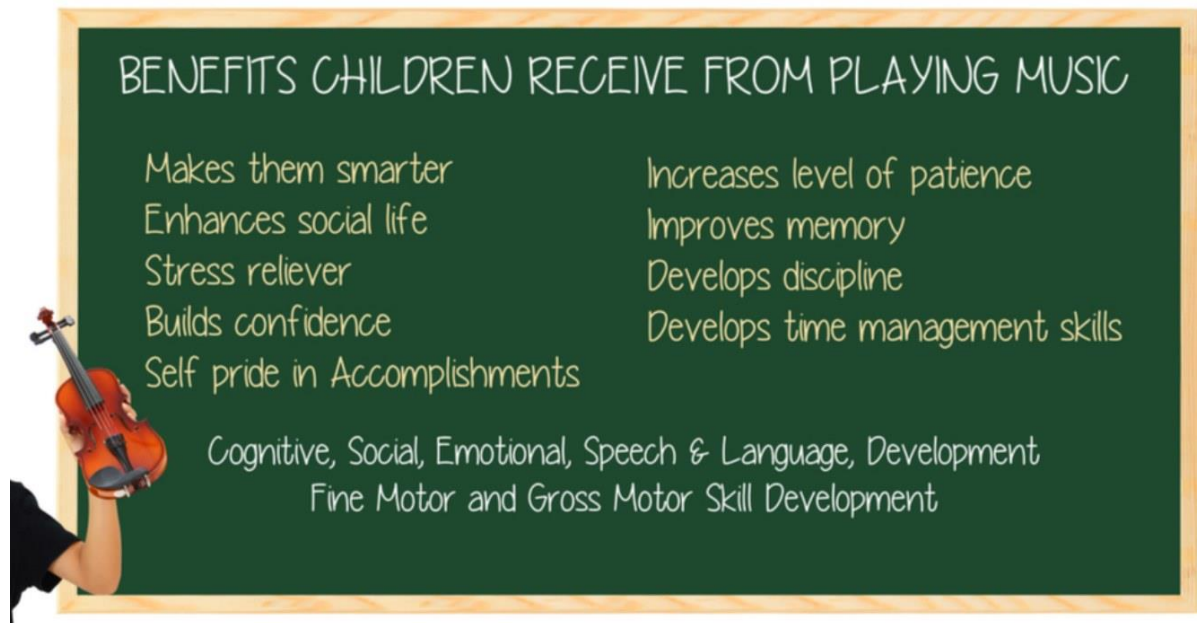
### ParentPay

As we approach the end of term, please may we ask parents and guardians to check dinner money balances on ParentPay. If there is an overdrawn balance, kindly repay via ParentPay,

equally if there is a credit balance that you would like refunded, please contact [Finance@st-benedicts.suffolk.sch.uk](mailto:Finance@st-benedicts.suffolk.sch.uk).

*Mrs Ellis*

## Music Lessons



Don't forget if you would like to sign your son/daughter up for musical instrument or Lamda lessons or to continue having lessons you must complete the online form

<https://forms.office.com/e/Zd6JBvwxPg>

If you have any questions about the lessons please pop me an e mail.

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

*Mrs Roughley*

## Uniform and Punctuality

St Benedict's Catholic School prides itself on having a neat and dignified uniform, representing our identity to the community as a whole. High standards of personal presentation reinforce our values of self-respect and pride for our school and in ourselves.

If a student is unclear whether an item of clothing or appearance is acceptable, they should – in advance – speak with their tutor or Head of Year. All clothing must be clearly marked with the student's name.

Please see the website for full details of the school's uniform policy: [Uniform](#)

Thank you very much for your assistance in helping us to maintain our uniform standards.

Please can we also remind all students that they need to be in school before the first bell at 08:50 to prevent a late mark being recorded. Please see the school website for more information about attendance: [School Day](#)

## 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



14 August - A Level results day

21 August - GCSE results day and Sixth Form Enrolment

1 September - PD Day

2 September - Students back in school

27 September - Open Morning

[Term Dates](#)

## Contact Us



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