



St Benedict's Newsletter 305

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others.”
Philippians 2:3–4

This passage reminds us that peace is rooted in humility, in recognising that others’ needs and perspectives matter just as much as our own. When we put others first, we open the door to reconciliation and understanding. When we lay down our pride and see others as God sees them, we become instruments of His peace. As C.S. Lewis wrote, “Humility is not thinking less of yourself, but thinking of yourself less.” The *Prayer of St Francis of Assisi* captures this beautifully:

“Lord, make me a channel of your peace.

Where there is hatred, let me bring love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.”

This week we were challenged to understand that peace isn’t just a prayer we say, but something we *do* every day. Peace begins when we stop and think before we act. When we choose our words carefully, refusing to fuel gossip or conflict, and asking, “*Will what I say build peace or break it?*” Peace calls us to see others with the eyes of mercy. It reminds us that everyone is struggling in their own way and that healing begins when we respond with love rather than revenge. It’s choosing to hope, to keep showing kindness, and to stay calm in moments of difficulty or disagreement. Peace is not a one-time act, but a daily commitment to keep going, even when it’s hard.

At St Benedict’s we can live out Peace through small acts each day:

- **Wisdom:** Choosing to listen before responding and seeking to understand the roots of disagreement rather than reacting in anger.
- **Compassion:** Remembering that even those we disagree with are made in God’s image and are loved by Him.
- **Resilience:** Continuing to choose peace and reconciliation, even when it feels easier to hold a grudge or walk away.

As we reflect on Peace let us challenge ourselves to take five quiet minutes this week to pause and pray. To think of a person, or perhaps a group of people, with whom we often disagree or find it difficult to get along with. Moments like these are where peace is most

needed, and where it can most easily be lost. So, ask yourself honestly: Have I allowed pride to shape my attitude toward them? Have I ever spread rumours, sought drama, or added to the tension between us? Then, look at them through God's eyes. They, too, are made in His image, loved, valued, and deserving of peace. Ask yourself, can you recognise the goodness that exists within them? Can you begin to place their needs, or even just their dignity, above your own desire to be right?

This week, let your prayer be simple: *"Lord, make me a channel of your peace."* May that peace begin in your heart, and flow outwards to those who need it most.

Prayer

Loving God,

Make us channels of your peace.

Where there is conflict, help us to bring calm;

where there is division, help us to build bridges;

where there is pride, teach us humility.

May our school community become a place where peace grows through kindness, respect, and love for one another.

Through Christ our Lord.

Amen.

Careers Update

Resources for Parents/Carers and Students

Take a look at the [Careermap](#) website which provides information and links to School Leaver opportunities, College and University courses, careers of the future and other careers and education related information.

Young Professionals Parent / Guardian Information Evening Virtual event Thursday 16th October: 6pm - 7.30pm

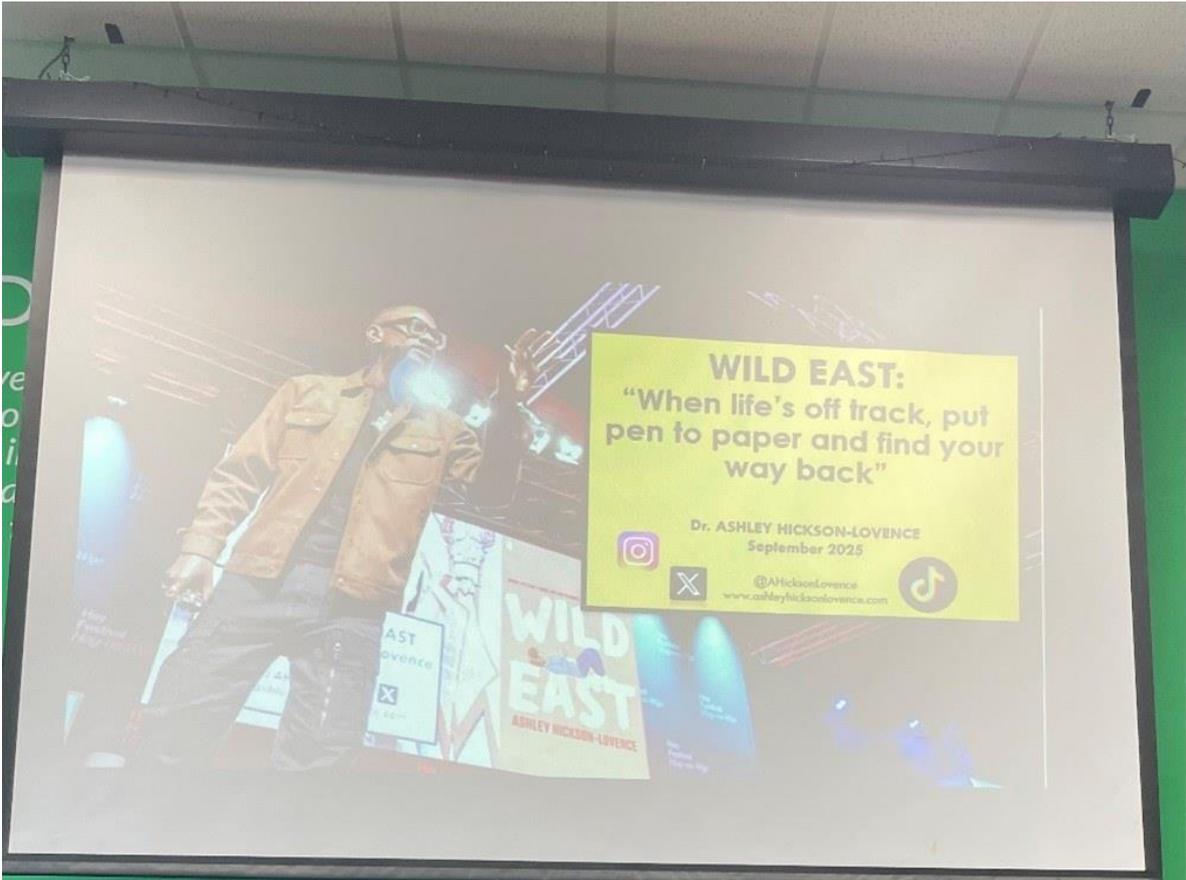
Gain an in-depth understanding of the career and work experience prospects for your child in sectors such as Finance, Data, Technology, Law, Engineering, and different Corporate Functions. The session will be led by the direct hiring managers from global organisations in:

- **Law:** Mishcon de Reya, Clifford Chance, A&O Shearman, University of Law
- **Business/Finance:** KPMG, PwC, BDO, CIMA, RSM
- **STEM:** Wates, RAF, The Army, National Grid

Register at: [Young Professionals Parent & Guardian Information Evening Your Child, Their Future Event 2025 Survey](#)

Ms Hahn

Ashley Hickson Lovence – Author Visit



On Tuesday 7th October, all students in Year 9 and Year 10 (and their teachers) were lucky enough to attend the visit by Ashley Hickson Lovence, a local prize-winning author. The visit was organised by Bury Literature Festival due to Alexis Josy winning their creative writing competition.

Ashley was an inspirational speaker, who kept the audience engaged for his talk. Students and teachers were buzzing after the event as you can tell from the response below.



On Tuesday (7 October) we were visited by Ashley Hickson-Lovence for the creative writing competition. We learnt about how his own life influenced many of the themes and characters in his book Wild East, as well as hearing some extracts from the book. It was incredibly inspirational to hear about how he has persevered through criticism from students and rejection from many publishers, which led him to success. I especially enjoyed hearing about the storyline of Wild East, as well as being read this wonderfully written book.

Elizabeth Nicholls 10P

RBL Art Competition



Royal British Legion
Competition
Create a piece of art to
commemorate those in the
Royal Navy
It can be a drawing, painting
or sculpture.
Artwork will be exhibited in St
Marys Church.
Submissions to Mrs Peasey
by - Friday 18th October 2025

Sidesaddle Success



After a very successful year Tia Wynne-Rogerson (11P) and her horse Midnight Maggie have successfully qualified for the prestigious Christmas horse show, The London International on 20th December. Tia only started sidesaddle this year and has become one of the leading junior riders in the country unbeaten in equitation and jumping in the area and 3rd nationally. Finishing the season at Gransden Country Show, she qualified for the main London horse show.



Community Police Team

Next week The Community Police Team has a week of action focussing on Hate Crime which coincides with the National Hate Crime Awareness Week (11–18 October 2025). They have contacted all schools in the area and will be visiting as many as they can during the week to share information with students about Hate Crime. A community police officer, PCSO 3349 Rachel Darvill is hoping to pop into St Benedict's during a lunchtime just to say hello and be around to chat with students about what Hate Crime is and how to report it.

Ms Berry

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/>

Just a reminder that if you do not inform us by 9.00am or use the above phone/email address, you will receive an email requesting the reason for your child's absence. All unexplained absences will be marked as unauthorised and there will be a follow-up phone call from the Attendance Officer. 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



10 October - PD Day

15 October - Lunchtime Careers Talk (12.45-1.25pm) "A Career in Ecology" with Beatrix Hayter-Gare. All Year groups welcome

16 October - RHS Cross Country

21 October - Careers Workshops for Years 8-11 with a Provider of Technical Education, Training and Apprenticeships

21 October - Sixth Form Open Evening (6.30 - 8pm, no need to book)

24 October - Break up for half term

[Term Dates](#)

Contact Us



St Benedict's Catholic School

Beetons Way

Bury St Edmunds, IP32 6RH

01284 753512

enquiries@st-benedicts.suffolk.sch.uk

www.st-benedicts.suffolk.sch.uk

[Instagram](#)