



St Benedict's Newsletter 307

24 October 2025



## Catholic Social Teaching

This week our focus turns to another important strand of Catholic Social Teaching: **The Dignity of Work and Participation**. The Church teaches that work is more than just a way to earn a living, it is a way of participating in God's creation and contributing to the good of all. Every person's work has value because every person has dignity, made in the image of God. We are again reminded in Scripture that:

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

At St Benedict's, this means recognising that every role in our school community, from teachers and students to office staff, cleaners, and caretakers, is essential. Together, we each help our school to flourish. This was highlighted in our assemblies this week that invited us to think about how we see the dignity in every kind of work. We reflected on the story of President John F. Kennedy's visit to NASA in the 1960s. As he walked through the space centre, he met a janitor carrying a broom and asked him what he was doing. The janitor replied, "I'm helping to put a man on the moon." That simple answer showed something profound, he saw his work as part of something bigger.

This story reminds us of St. Joseph the Worker, the husband of Mary and foster father of Jesus, who is a model for all workers. He was a humble carpenter in Nazareth, with scripture highlighting his virtues of hard work, diligence, humility, and faithful obedience to God. Just as the janitor at NASA saw his broom as part of a grand mission, St. Joseph teaches us that even the humblest work can participate in God's greater plan. Both remind us that dignity comes not from status or recognition, but from seeing our labour as a contribution to something larger whether building a family, a community, or even reaching for the stars.

Following St. Benedict's motto, *Ora et Labora*, we see that prayer and work together elevate human labour, making every honest effort a participation in God's creative and redemptive plan. Every role, no matter how visible, becomes a way to serve God and others.

This week, King Charles met with Pope Leo XIV at the Vatican, joining together in prayer and dialogue. Their meeting reminds us that the call to uphold the *dignity of work* and *participation* reaches far beyond our own communities, it is a global mission shared by all people. Both leaders have spoken about the importance of valuing every person's contribution to society, from those in positions of leadership to that whose quiet, faithful work often goes unseen. Their conversation is a powerful sign that when we respect every person's role and invite all to take part in caring for our world, we reflect the very heart of Catholic Social Teaching. As Pope Leo XIV recently said: "No one is exempted from striving to ensure respect for the dignity of every person, especially the most frail and vulnerable... from the sick to the unemployed, citizens and immigrants alike."

This message connects closely with our assemblies this week, reminding us that true dignity comes not from status or title, but from the way we use our gifts to serve the common good together.

When we recognise the dignity in all work, we build a stronger, fairer community. Living this out can be done in simple ways:

- **Wisdom:** Seeing the bigger picture, understanding that every person's role contributes to the whole. Whether you're tidying a classroom, leading a project, or helping a friend, your effort matters.
- **Compassion:** Showing respect and gratitude to everyone in our school community. A kind word, a simple "thank you," or helping make someone's job easier.
- **Resilience:** Staying committed to doing your best work, even when tasks feel small or unnoticed.

This week as we reflect, take a moment to think about the people who make our school a better place, cleaners, catering staff, teachers, technicians, and friends. Then ask yourself: Am I working hard, showing respect for myself and others preparing for my future? How often do I stop to appreciate the work others do for me? How can I show more gratitude and respect through my words or actions?

This week challenge yourself to find one way each day to recognise someone’s contribution, a thank you note, a kind word, or even a smile. Each act builds a culture of respect and dignity.

“Commit your work to the Lord, and your plans will be established.” – Proverbs 16:3

Loving *God*,

You created us in Your image and called us to work with You in caring for the world.

Help us to see the value in every task, no matter how small.

May we treat every person with dignity and respect,

And may our work always reflect Your love.

Guide us to live with compassion, resilience, and wisdom,

So that we may build a better world, one act at a time.

Amen.

## Careers Update

A graphic with a blue background and a white border. On the left, the word "Healthcare" is written in large white font. To the right is a photograph of a female nurse in a white coat and a male doctor in a white coat and a blue face mask, both holding papers. Below the photograph, the text "Careers assembly – Exploring opportunities in the Healthcare industry" is written in white font.

**Healthcare**

Careers assembly – Exploring opportunities in the Healthcare industry

### **WSFT Careers Workshops for KS3 and KS4**

On Tuesday 21st October, all students in Years 8-11 were introduced to Careers in Healthcare and the range of education and training pathways available to access them. Did you know that there are 350 different roles within the NHS?

Rachel Grimwood, the Volunteering and Academies Coordinator at West Suffolk Foundation Trust (WSFT) - based at West Suffolk Hospital - delivered a hugely informative and engaging presentation that included asking students and staff alike to guess how many people were employed by the NHS nationally (1.6 million), the cost of a visit to A&E (lowest level of care £86) compared to a GP (£42), and what AHP and ODP referred to (one to google!)

Rachel clarified the importance of English and Maths qualifications for all roles within the NHS and presented extensive lists of clinical and non-clinical career roles. Students learned about A Level, T Level, degree and apprenticeship pathways into these roles, and discovered the latest move to train new doctors through an apprenticeship route (yet to be widely adopted and not yet included by WSFT).

Students were informed about the core values of the NHS - perfectly demonstrated through an example journey for a patient from injury to surgery and post-operative healthcare on the ward and at home. It was a revelation in terms of how many different professionals can be involved in the care of just one individual.

Rachel highlighted the volunteering and shadowing opportunities available at WSFT once students turn 16 years: [Student programmes](#)

These programmes are important for any student wishing to evidence their interest in, and dedication to a career in Healthcare - for job roles, training and further and higher education in the industry.

There were some great questions from students at the end of Rachel's workshop which related to specific roles e.g. Physiotherapist training, and we all left feeling we knew so much more about the NHS and the amazing teamwork that the Service embodies. I am sure it expanded the career horizons for many of our students...

*Ms Hahn*

## RBL Art Competition

This week, we were honoured to welcome judges from the Royal British Legion to review the entries for our Remembrance Art Competition. They were truly impressed by the heartfelt and personal responses from our students, and the evident care and thoughtfulness in every piece.

Well done to all contributing artists.

There is such a wealth of creative pieces created by so many students: Olivia McGeorge, Patrycja Golonka, Chloe Schorer-Nixon, Ruby Smith, Daisy Farrant, Francesca Monteith, Finley Eastwood, Elsie Brandon, Maggie Matthews, Niamh Walsh, Iris Gurrell, Ainslee Breske, Erika Welch, Phaino Olugbemi

A huge congratulations to the winners featured here—each will receive a certificate and prize in recognition of their hard work.

#### Winning Entries

Dithira Jayaneth (Yr7)

*A pencil study of a warship*

Caspar Geernaert (yr9)

*Painted Royal Navy logo*

Laura Pastuszak (Yr7)

*A painted submarine with a sunset background*

Neo Ramsamy (Yr7)

*A Warship model*

Kora Puidaite (Yr8)

*Soldiers hand painting with crochet detail*

Thank you Bennie's artists for using art as a powerful way to remember, reflect and respect. I'm incredibly proud of your efforts!

*Mrs Peasey*





## Royal Hospital School - Cross Country

On 16 October we took 54 students from years 7 to sixth form to the Royal Hospital School on the Suffolk Coast, for the first round of the Suffolk Schools cross country competition. It was a perfect day for running, not too hot, windy, or raining, unlike previous years. The course at RHS is lovely, with a section along the sea wall followed by a path through some woods, before sweeping around in front of the very impressive school buildings back down to the finish line.

The races are split into minors (years 6 & 7), juniors (years 8 & 9), inter (years 10 & 11) and finally seniors (sixth form) and we had students competing in nearly all the races, so it was a busy morning. Students finishing in the top 50 in each race qualify for the next round at Woodbridge School in January. St Benedict's also did well in the school competition (scores are made up from the top four finishers in each race) with the following results: Minor Girls 4th, Junior Girls 2nd, Junior Boys 2nd, Inter Girls 1st and Inter Boys 1st, so some great team work as well as individual performances.

The following list shows the students who qualified for the next round and their finishing position:

Minor Girls - Rosie Coleman (3), Magdalena Matthews (5), Alice Gladstone (31), Niamh Walsh (40)

Minor Boys - Max Smart (38)

Junior Girls - Sophie Bolton (1), Beatrice Harpur-Davies (17), Imogen Knight (19), Clara Needham (38), Megan Balchin (39)

Junior Boys - Sidney Astle (15), Evan Cameron (17), Gregory Slater (19), Finn Brinkley-Everard (24), Kacper Kolodziej (26), Solomon Brokenshire-Dyke (27), Oscar Grove (33), Callum Sleight (42)

Inter Girls - Molly Murphy (4), Amelia Smith (5), Lucy Murphy (7), Alanna Evans (18), Hannah Jakubowski (27), Emilia Beswick (33), Eliza Rowley (44)

Inter Boys - Jake McConnell (5), David Lupsa (9), Oliver Lamas Nakagawa (14), Archie Coogan (17), Noah Wilkinson (19), Aiden Cameron (31), Rupert Stafford (39)

Senior Boys - Oskar Lipinski (43), Matijus Juchna (46), Maxwell Easton (48), Finn Senior (50)



1 - Junior Boys L-R - Sidney Astle, Gregory Slater, Finn Brinkley-Everard, Kacper Kolodziej









Panto Success



A massive well done to Lottie Sanders and Teisha Roughley in Year 9 for successfully making it into the young chorus of the pantomime Rapunzel at the Theatre Royal here in Bury. Over 70 young people attended the auditions and the competition was tough. They are in different casts so whatever show you watch St Benedict's will be represented. Between them they will perform the show 91 times.

Tickets are available from the Theatre Royal website. The show runs from Friday 21st November to Sunday 18th January.

We are very proud of you girls!



## Netball Results

### Year 9

We played Sybil Andrews in a netball friendly last week and the won 13-5! The girls commitment to netball club since the start of term has helped them gel as a team and they worked the ball down the court really well! Some great shooting from Evelyn Scott, Sophie Wray and Liliana Radford. Players player from Sybil was awarded to Melanie Bochenek-Cichocka and our players player was awarded to Liliana Radford. Well done to all!

### Year 10

Earlier this term the year 10 girls played in a netball tournament at County and played exceptionally well! They beat County 14-3, TGS 11-1, but sadly lost to KEGS 12-5. The girls all

played really well in all of the games and there were stand out performances from Amelia Smith who took some great shots as GS (not usually Amelia's position) and great interceptions from Kitty Cooper.

*Mrs Wright*

## Alumni Jazz Concert

If you are looking for an evening of music in January then please support our Alumni, Oscar Lyons, who is performing at The Apex on Friday 16th January 2026.

Oscar is currently studying jazz at the Royal Academy of Music and has previously had sell out performances at Bury's Hunter Club. At the concert he will be performing a set of original music with a group of contemporaries from the London jazz scene.

*"Hugely talented"* - London Jazz News

*"A once-in-a-generation talent"* - Chris Ingham

Click on the link for ticket information: [Tickets](#)

<https://www.theapex.co.uk/whats-on/details.cfm?id=1029947&ins=1687390>



## Christmas Concert



## Sixth Form Applications

The Sixth Form Open Evening on Tuesday was a huge success and we would like to thank the teachers and current sixth form students for their help during the evening.

Please note that applications are made through the school website by going to the sixth form tab and clicking on the 'Sixth Form Application Form'. If you have a subject clash, please put this information in the box after the subject options which is entitled 'Please enter any comments or notes regarding your subject choices including potential subject clashes'.

[Application Form](#)

*Mr Richmond*

## ATL Reports

This half term's ATL reports will be available on Arbor from 4pm on Friday 24 October.

## Lockers

Students are offered the opportunity to hire a school locker, subject to availability.

The locker hire fee is £10 each academic year. The locker remains assigned to the student throughout their time at St Benedict's.

If your child has a locker allocated, the hire fee is now available to pay via ParentPay. Please log into ParentPay to make this payment. If the key has been mislaid, there is also the opportunity to pay for a replacement key.

If, however, your child no longer requires the school locker, kindly contact school reception or the finance office.

Thank you for your support.

Mrs N Ellis

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

## 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/>

**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



24 October - Break up for half term

3 November - Back to school

11 November - Year 8 Parents Evening

12 November - Annual Careers Fair Years 9-13

14 November - Year 11 Mocks start

26 November - Year 13 Parents Evening

27 November - Lunchtime Careers Talk: "A journey in Nursing" All welcome

28 November - PD Day

[Term Dates](#)

[Contact Us](#)



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