



St Benedict's Newsletter 308

7 November 2025



## Catholic Social Teaching - Haiku Reflections

### **Dignity**

Image of our God,  
Sacred worth in every soul —  
None are cast aside.

### **Solidarity**

No one stands alone,  
Bridges rise where hearts unite —  
Strangers become kin.

### **The Common Good**

Hands joined in the work,  
Many voices weave one song —

Love builds every home.

### **The Option for the Poor**

Christ among the poor,  
Empty hands reveal His grace —  
Hope restores the least.

### **Peace**

Truth must guard the weak,  
Justice walks with faithful hearts —  
Peace is duty's fruit.

### **Creation and Environment**

Earth, our common home,  
Breath of God in wind and sea —  
We tend and give thanks.

### **The Dignity of Work and Participation**

Labour shapes the world,  
Sacred sweat and honest hands —  
Creation renewed.

As we mark Reading Week, we are reminded that reading is more than an act of learning, it is an invitation to see the world through another's eyes. In the same way, the principles of Catholic Social Teaching invite us to look beyond ourselves and recognise the value and dignity of every person.

Our assemblies this week have focused on the CST principle of **Dignity**, drawing on the powerful words of Pope Francis, who reminds us: *"Human dignity is the same for all human beings: when I trample on the dignity of another, I am trampling on my own."*

The **haiku poems above** offer moments for quiet reflection on these truths. Each one captures, in just a few lines, the beauty and challenge of living out our faith in a way that honours others and recognises God's image in all people.

As we reflect on these words and poems, let us pray:

### **Loving God,**

You created each of us in Your image and likeness.

Help us to see Your face in everyone we meet.

Teach us to speak with kindness, act with justice,  
and stand up for the dignity of every person.

May we never forget that in respecting others,  
we honour You and our own humanity.

Through Christ our Lord,

**Amen.**



## Careers Update

Preparations are in full swing for our annual Careers Fair in school next week, which takes place on Wednesday 12th November.

We are delighted to welcome a wide range of new employers to inspire our students, alongside our core group of educational and public service organisations.

Next week's Careers Update will provide a full account of our event, including feedback from students, staff and participating organisations. Watch this space... !

*Ms Hahn*

## Year 12 Sociology Guest Speaker

On Wednesday 5th November, Year 12 Sociology students had the privilege to welcome a visiting speaker, Dr Brown, who is a local GP. She spoke to us about her journey to becoming a GP, her day-to-day experiences in her job and how her role as GP fits into the wider medical profession. This directly helps us with our study of the Sociology of Health and, specifically, the role of medical practitioners. Dr Brown gave us a real insight into the world of medicine and healthcare and shared the challenges and rewards of working in this field. After the talk, students had the opportunity to ask Dr Brown questions relating to medicine and the Sociology of Health, and her responses really helped to deepen understanding of this unit.

We would like to thank Dr Brown for giving up her time and coming to speak to us.

We are looking forward to hearing from future speakers who are due to talk to us soon.

Year 12 Sociologists and Mrs Eden

## Senior Maths Challenge

On 9th October we had 39 A Level mathematicians take the Senior Maths Challenge. This is a 90-minute, multiple-choice competition aimed at high ability Maths students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems.

In this year's SMC we were awarded 4 golds, 9 silvers and 16 bronze certificates! To recognise the highest performers in the Challenge, UKMT awarded the top-scoring 66% of participants Bronze, Silver and Gold certificates in the ratio 3:2:1. Please see below for those who secured certificates!

Gold

Amy John(Best in School), Adam O'Flynn, Asir Iswiassi and Isaac Spiller (Best in Year)

Silver

Hilly Atkinson, Joe Ferdinand, Kuba Kluczynski, Tia Martin, Portia Ratcliffe, Finn Senior, Naomham Walker, PJ Warden and Maxim Zak

Bronze

Helena Bulacz, Raf Calumpiano, Lettie Davy, Jace Duffy, Alice Ellison, Oliver Green, Oliver Hayes, Piotr Ignaciuk, Matthew Jobbins, Brook Larner, Michael Maciejak, Nataniel Migula, Viktoria Pawlowski, Jakub Poczapinski, Kiara Suthakaran and Ben Warner

Following this challenge, UKMT have invited 6000 of the highest performing students to take part in the Senior Kangaroo, all four of our gold award students have qualified for this next round. Our outstanding mathematicians will sit this further round on Wednesday 19th November. We await the results and are proud of the achievements of all our pupils that took part in the Senior Maths Challenge. If you think that you could match the results of our award-winning students then try out one of the questions from their paper, I have included the question that Mr Jooee challenged all of the Maths teachers to complete.

*Mrs Nicholls*

21. A regular hexagon  $PQRSTU$  is inscribed in a circle of radius 5. A point  $X$  on the circumference of the circle is connected to the vertices of the hexagon to form six chords  $XP$ ,  $XQ$ ,  $XR$ ,  $XS$ ,  $XT$  and  $XU$ .

What is the value of  $XP^2 + XQ^2 + XR^2 + XS^2 + XT^2 + XU^2$ ?

A 150      B 216      C 256      D 300      E 360



## Christmas Concert

A reminder of the wonderful opportunity to participate in our school Christmas Concert on Sunday 14th December. This will be a collaboration with the Bury St Edmunds Youth Band, directed by Rob Head.

The time of this is 4:00PM-5:00PM with students arriving for a final rehearsal at 2:00PM. It will involve a variety of Christmas songs and carols, audience participation, followed by mince pies, drinks and a raffle!

Rehearsals are Monday lunch times in the Music Room, plus an extended rehearsal on Wednesday 3rd December 6:45-8:15PM.

If your child would like to participate, please confirm via the Microsoft Form link contained within the email you will have been sent or below. Please also feel free to contact Mrs Hamilton for any further information on [dhamilton@st-benedicts.suffolk.sch.uk](mailto:dhamilton@st-benedicts.suffolk.sch.uk).

Microsoft Form link: [Microsoft Form](#)

*Mrs Hamilton*



## Migration Stories

As part of our Year 8 Enrichment curriculum, students spend a term studying 'Migration'. We would really like to enrich the students' experience further and deepen their understanding of the experiences of individuals who have migrated to the UK. It would be great to be able to learn about the experiences of named people and what life was like for them.

If you have a personal or family story of migration, either recent or in the past, and would be happy to share those with us, then we would love to hear from you. The students study Migration right up to the present day and we would especially like to share stories of more recent migration with them. This will help us to celebrate our diverse community.

We would ideally love to put together a series of short video interviews or summaries that students could watch in lesson and/or use family stories to create lesson resources such as fact files so that students can learn about the experiences of real people. We would be very grateful for any help that our community can give. If you would like to help, or would like to find out more, please contact Mrs Eden: [eeden@st-benedicts.suffolk.sch.uk](mailto:eeden@st-benedicts.suffolk.sch.uk) or via the school office.

*Mrs Eden*

## Christmas Card Competition

**CHRISTMAS CARD HOUSE COMPETITION**

WE WANT TO SEE YOUR BEST CARD DESIGNS!



ENTRIES CAN BE IN ANY MEDIA, BUT MUST REPRESENT THE SCHOOLS CATHOLIC VALUES TO THOSE RECEIVING IT. WE ASK THAT ALL ENTRIES DISPLAY RELIGIOUS IMAGERY REPRESENTING PART OF A CATHOLIC CHRISTMAS.

**HOUSE COMPETITION PRIZES**

THERE WILL BE A FIRST, SECOND & THIRD PLACE FOR EACH YEAR GROUP !

 **WINNER: 100 HOUSE POINTS & ART PACK PRIZE**

 **SECOND: 60 HOUSE POINTS & MINI ART PACK PRIZE**

 **THIRD: 40 HOUSE POINTS & MINI ART PACK PRIZE**

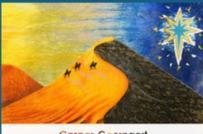
HOUSE POINTS ARE ADDED TO WHOLE HOUSE TOTAL ACROSS EACH YEAR GROUP (7, 8 AND 9).

**WHAT MAKES A GOOD ENTRY ?**

- Imagery reflecting a Catholic Christmas (choose part of the Christmas story to represent)...
- Care taken with your chosen materials and presentation & name written clearly on back.

**WINNING SUBMISSION NEEDS TO BE EASILY SCANNED OR PHOTOGRAPHED FOR PRINTING**

**LAST YEAR'S WINNER !**



**Casper's** beautiful scene was created using oil pastel and collage. The outcome is magical and showcases precision, skill and imagination.

**Casper Graemaert**

**SECOND PLACE**



**Alexis Rose Josy**

**THIRD PLACE**



**Sudlin Nolan**

**FOURTH PLACE**



**Fenny Newcombe**

YOU CAN ENTER OUTCOMES MADE ON A5 OR A4 MATERIAL

Collage

Oil Painting

Paper cutting

Watercolour

Colour Pencil

Acrylic Painting

*November 2025*

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**DEADLINE 24<sup>TH</sup> NOVEMBER !**

- Deliver completed entry to the Art Department
- Or
- Email: [CToms@st-benedicts.suffolk.sch.uk](mailto:CToms@st-benedicts.suffolk.sch.uk)

## Anti-Bullying Week - Odd Socks Monday

This is Anti-Bullying and at St Benedict's we educate our students to show compassion, resilience and wisdom in all they do.

THE CONCEPT OF 'POWER' For this year's Anti-Bullying Week theme, Power for Good, the focus on the importance of using power responsibly. The definition of bullying involves a

power imbalance, where one person uses their power to control or harm another. It's essential to guide young people to understand that where they may have power and/or influence, they have a choice and a responsibility to use that positively, encouraging kindness, support, and standing up for others. It's important to teach young people that power needs to be used carefully. Power should never be used to dominate, control, coerce or manipulate others. By equipping young people with the skills to recognise power dynamics and encourage respect for each other's rights, together we can foster an environment where everyone feels they belong, are safe and valued.

If you witness unkindness, report it and together we can prevent escalation to bullying.

Monday is odd socks day and we would love the students to show their support for National Anti-Bullying week. By wearing odd socks we are celebrating what makes us all unique.





Young Carers

Young Adult Carers

What is a Young Carer?

A young carer is a child or young person aged between 5 to 25 years old whose life is in some way different or restricted because they provide, or intend to provide, practical or emotional support to someone else.

The person they provide care for is often a parent, a relative who is physically or mentally ill, frail elderly, disabled or misuses alcohol or substances. Young carers could also be supporting and caring for a disabled brother or sister.

**If you think your child is a Young Carer, please call Ms Bourne on 01284 753512 to discuss, or contact Suffolk Young Carers directly at [www.suffolkfamilycarers.org](http://www.suffolkfamilycarers.org) or 01473 835477**



## 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



11 November - Year 8 Parents Evening

12 November - Annual Careers Fair Years 9-13

13 November - Year 9 Battlefields Trip Departs

14 November - Year 11 Mocks start

14 November - Year 8 Disco

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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