



St Benedict's Newsletter 315

16 January 2026



1 - Year 7 summer camp clay models

Catholic Social Teaching

This week our focus within Catholic Social Teaching has been **Dignity of Work and Participation**. The Church teaches that work is more than just a task or a job, it is a way for people to use their gifts, grow in confidence, and contribute to the world around them.

Participation reminds us that everyone has a role to play and that each person's contribution matters.

In assemblies this week, we reflected on the idea that learning is not something that simply happens *to* us, but something we actively take part in. Students were encouraged to think about what participation looks like in everyday school life. This includes active listening, asking questions, seeking new knowledge, and being willing to stretch and challenge themselves. When we engage fully in our learning, we honour the dignity of our work and show respect for the opportunities we are given.

This approach also helps to build a culture of ambition, not ambition that seeks status or comparison, but ambition that seeks growth, effort, and the desire to become the best version of ourselves. Our reflection was rooted in scripture, reminding us that true participation requires action, not just intention: *Our love should not be just words and talk; it must be true love, which shows itself in action.*" 1 John 3:18. This verse challenges us to move beyond good intentions. Participation means showing our commitment through effort, engagement, and responsibility, especially in how we approach our learning and support one another.

The Bible also reminds us that work, when approached with purpose and gratitude, is a gift from God: *"Everyone should eat and drink and take pleasure in all his toil — this is God's gift to man."* Ecclesiastes 3:13. This encourages us to see learning and effort not as burdens, but as opportunities for growth and fulfilment. When we participate fully, we can take pride in our work and recognise its value.

We are invited to live out this Catholic Social Teaching in simple practical ways:

- **Wisdom:** Understanding that learning is a shared responsibility. And recognising that effort, curiosity, and engagement are essential to growth and success.
- **Compassion:** Being patient with ourselves and others as we learn. Supporting classmates, valuing everyone's different strengths, and creating a learning environment where everyone feels included.
- **Resilience:** Having the courage to keep going when learning feels challenging. Embracing stretch and challenge, learning from mistakes, and remaining ambitious even when progress feels slow.

As we move through the week, let us ask ourselves no matter how old we are, how am I participating in my own learning? Am I listening actively and asking questions? How can I challenge myself to grow while supporting others to do the same? By participating fully, we honour the dignity of our work and contribute positively to our school community.

Prayer

Loving God,

You have given each of us gifts, talents, and opportunities to learn and grow.

Help us to value our work and to participate fully in all that we do.

Give us wisdom to seek understanding,

compassion to support one another,

and resilience to persevere when learning is difficult.

May our efforts be a reflection of our love in action,

and may we use our gifts for the good of others.

Through Christ our Lord.

Amen.

Language Assistant

We are lucky enough to welcome to the school language assistants for both Spanish and French. The language assistants work with small groups of students to help them with their speaking.

Spanish Assistant - Marta

My name is Marta and I am delighted to be here at St. Benedict's. My connection to this country began through its books; I have always been a passionate reader, which led me to study English Literature at university. This only deepened my love for England, and I truly hope to move here in the future. Currently, I am training to become a teacher, and this experience is a wonderful first step in my career. Both the students and the staff have been incredibly welcoming, and I am really enjoying my time here.

Mr Stubbs



Interact - Writing Competition

Please see the poster for information about a new competition being launched by the Interact Club.

If you have any questions about the competition please speak to Mrs Hamilton.

Mrs Hamilton

Rotary **YOUNG WRITER** COMPETITION



CALLING ALL YOUNG WRITERS

Let your imagination run wild, and get creative with the written word by taking part in the annual Rotary Young Writer competition. (Up to the age of 17)

Young Writer Competition!

Theme Happiness in Nature

A Piece of Prose or Short Story up to 550 words, or a Poem up to 40 Lines

Age Categories 11-13 and 14-17 (Age on 31st August)

Closing Date 29th January

Entries to be emailed to: dhamilton@st-benedicts.suffolk.sch.uk

or a hard copy, named and with age and tutor group to either

Mrs Hamilton or Naomhan Walker (Year 12)



Shrek Rehearsal Schedule

Date	Where	Time	What	Who is needed
Monday 19 th January	G1	Lunch	Recap	Whole Cast
Tuesday 20 th January	G2	Lunch	Pages 31 - 34	Shrek, Donkey, Lord F
Wednesday 21 st Jan	G2	Lunch	I know it's today	Young, teen and real Fiona
Thursday 22 nd Jan	G2	Lunch	Duloc	All Dancers
Thursday 22 nd January	Hall G2	3.45 - 5	Recap everything Duloc	Whole cast All Dancers

Lost Property

The reception team endeavour to return all named items of clothing to their owner, however, there are a large number of un-named items currently in our lost property, including a lot of coats.

Please can you encourage your children to collect their lost property.

Thank you very much.



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



19 January - Careers Assembly: **Year 10 Next Steps** Hosted by West Suffolk College

19 January - Year 13 Mocks

21 January - Year 11 RE Trip to Norwich

22 January - Year 12 Art Pot Throwing trip

28 January - Year 7 Parents' Evening

2 -5 February - Year 11 Language Speaking Mocks

5 February - Year 9 Options Evening

9 - 13 February - Optional Year 11 In class mocks

7 February - Year 10 Rome Trip Departs

12 February - Year 9 Parents' Evening

13 February - Break up

[Term Dates](#)

Contact Us



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