



## St Benedict's Newsletter 318

6 February 2026



### Catholic Social Teaching

This week our focus within Catholic Social Teaching has been **The Common Good**. The Common Good reminds us that we are responsible not only for ourselves, but for everyone. It calls us to act in ways that help all people to flourish, recognising that our choices, words, and actions have an impact far beyond ourselves.

The Catechism of the Catholic Church helps us to understand this more clearly, teaching that: *“The common good is the sum total of social conditions which allow people, either as groups or as individuals, to reach their fulfilment more fully and more easily.”*— Catechism of the Catholic Church, 1906. This reminds us that the Common Good is about creating a community where trust, truth, and responsibility allow everyone to grow.

In assemblies this week, we reflected on what the Common Good looks like in a world shaped by information, technology, and artificial intelligence. We considered the importance of free and true information, recognising that while tools like AI can be helpful, they are not always accurate. We were challenged to think carefully about what we trust, what we use, and what we pass on to others, understanding that we are responsible for the information we share and the impact it can have.

Our reflection was grounded in the life of the early Christian community, as described in the Acts of the Apostles: *“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer... All the believers were together and had everything in common... They gave to anyone who had need.”*— Acts of the Apostles 2:42–47

This passage shows us a community built on trust, shared responsibility, and a commitment to truth. Their actions were guided by a desire to support one another and to ensure that no one was left behind, a powerful example of living for the Common Good.

Today, living for the Common Good includes how we engage with information. Sharing false (Disinformation) or unverified information, even unintentionally (Misinformation), can harm trust and relationships. The Common Good calls us to pause, question, and act responsibly, ensuring that what we say and share contributes to understanding rather than confusion.

We can live out the Common Good in practical ways within our school community:

- **Wisdom:** Taking time to question information, check sources, and think critically about what we read or use, especially online or through AI.
- **Compassion:** Considering how the information we share might affect others and choosing words and actions that build trust and understanding rather than harm.
- **Resilience:** Having the courage to challenge misinformation, admit when we are unsure, and take responsibility for learning from mistakes.

As we move through the week, let us reflect: Do I take responsibility for the information I use and share? How do my choices contribute to the wellbeing of others? Am I helping to build a community rooted in truth, trust, and care? When we act thoughtfully and responsibly, we help create a school community that reflects the values of the early Church, one that works together following the words of Christ for the good of all.

**Loving God,**

You call us to live not just for ourselves,

but for the good of all.

Guide us in truth and wisdom

as we learn, share, and communicate with others.

Help us to act responsibly,

to speak with honesty,

and to build a community rooted in trust and care.

May our school be a place where all can flourish,

working together for the Common Good.

Through Christ our Lord.

Amen.

**\*\*Children's Mental Health Week: "This Is My Place" 9–15 February 2026\*\***

As we reflect on **The Common Good**, we are reminded that a truly caring community is one where everyone feels they belong. During **Children's Mental Health Week**, the theme "*This Is My Place*" invites us to consider how important it is that every child feels valued, included, and connected, in school, at home, and within the wider community.

A key part of belonging is recognising and responding to loneliness. Loneliness is not always about being physically alone, but about feeling unseen or disconnected. Strong relationships, supportive friendships, and kind communities play a vital role in helping young people feel that they matter. When we choose inclusion, empathy, and care, we help create the conditions in which wellbeing can flourish, living out the Common Good in a very real and practical way.

As a school rooted in **Wisdom, Compassion, and Resilience**, we are committed to ensuring that every student feels safe, supported, and known. Children's Mental Health Week reminds us that wellbeing is a shared responsibility. By fostering a culture of kindness, respect, and understanding, we can build a community where no one feels alone and where every young person can say with confidence, "*St Benedict's is my place.*"

As always, if any student is struggling or unsure who to talk to, they are encouraged to speak to their tutor, SPL, Mrs Bailey, Mrs Bourne, Mrs Berry or any member of staff at St Benedict's.

## International Language Day - Results

We are delighted to share the results from last week's **International Languages Day**, which was a wonderful celebration of linguistic diversity, cultural awareness and spirit across our community.

## Tutor Group Quiz

Congratulations to **Tutor Group 8X**, who were the overall winners of the **International Languages Day Tutor Quiz**. Their excellent teamwork and language knowledge secured them first place — well done!

## Tutor Group Quiz - House Points

House points were awarded across the year groups as follows:

### Year 7

- Subiaco – **100**
- Nursia – **60**

### Year 8

- Nursia – **100**
- Subiaco – **60**
- Monte Cassino – **40**

### Year 9

- Monte Cassino – **100**
- Subiaco – **60**

### Year 10

- Subiaco – **100**

### Year 12

- Subiaco – **100**

## Flag Quiz

The Flag Quiz saw numerous participants!

Well done to **7C Tutor Group**, who were **the winners** of Flag Quiz. Their excellent geographical knowledge and team effort impressed the MFL team.

## Cake Sale

As part of the celebrations, we **raised an impressive £188.28** through the International Languages Day cake sale. All proceeds were donated to **EACH (East Anglia's Children's Hospices)**. Thank you to everyone who contributed by baking, buying and supporting this very worthwhile cause. The cakes reflected a wide range of cultures, and all entries

were **home-made**, making the judging extremely difficult. As a result, the **MFL team decided to draw three names from a hat** to select the winners:

- **Ayesha Siddiq 7X** – Pakistan Chocolate cake
- **Tilly Ferreira Da Silva Carreira 7C** – Portuguese *Pastel de nata*
- **Amelie Penine 8A** – French *Gâteau au yaourt*

Congratulations to our winners, and well done to all students who took part — the creativity and effort shown were outstanding.

Thank you again to all students and staff who helped make International Languages Day such a success.

*Ms Drabik*





## English Speaking Union

On the afternoon of Tuesday 20 January, the school's debating team set off to compete in the second round of the English Speaking Union's Mace at Langley School.

Having had a difficult journey, which lasted three hours instead of less than an hour and a half, we missed most of the first debate. Our team consisted of Alexis Rose Josy and Lyra Reimann, from Year 10, and Leona Jose, from Year 9. We were told their opponents had prepared the wrong motion so both teams would have to debate against "swing" teams (which wouldn't be judged or progress to the next round). This added an extra forty minutes to the evening.

The St Benedict's team had been allocated the difficult task of playing devil's advocate and opposing the motion that "This House would make technology companies legally responsible for the mental health of those who use their platforms." They had planned and practised for weeks in advance and acquitted themselves very well, with confidence and humour, as well as carefully researched points and a combative approach. As the youngest team amongst four sixth form teams, our students coped admirably with the stresses of the event, demonstrating an abundance of the resilience we foster at St Benedict's. Congratulations to them; I look forward to them all participating in future debates.

*Ms James*

## Degree Apprenticeship Discovery Day

Twelve students from year 12 went to Anglia Ruskin University on Monday 2 February to find out more about Degree Apprenticeships. During the day the students learnt what Degree Apprenticeships entail, how and where to apply for them and how they differ from ordinary degrees.

### Degree Apprenticeship Facts

- University Tuition Fees are covered by the company
- Degree Apprenticeship Students get paid around £18,000 - 28,000 depending on the degree and location
- Students gain real life work experience whilst studying
- Students have protected study time each week

For more information about degree apprenticeships please have a look at these websites:

[Amazing Apprenticeships](#)

[UCAS Apprenticeships](#)

[Apprenticeships](#)

*Mrs Slater*

## 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



9 - 13 February - Optional Year 11 In class mocks

9 - 15 February - National Apprenticeship Week (NAW2026)

10 February - Alumni Careers Talk with Dan Bourne, My Mace Consult/Sizewell-C Project Manager Graduate Scheme Experience

7 February - Year 10 Rome Trip Departs

12 February - Year 9 Parents' Evening

13 February - Sixth Form French Trip departs

13 February - Ski Trip Departs

13 February - Break up

23 February - Back to school

23 - 27 February - Year 11 mocks

6 March - Year 9 Options Deadline

[Term Dates](#)

## Contact Us



St Benedict's Catholic School

Beetons Way

Bury St Edmunds, IP32 6RH

01284 753512

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

[www.st-benedicts.suffolk.sch.uk](http://www.st-benedicts.suffolk.sch.uk)

[Instagram](#)