



St Benedict's Newsletter 325

17 April 2026



Catholic Social Teaching

As exam season approaches, many in our school community may be feeling tired, anxious, or overwhelmed. It is at moments like these that this Sunday's Gospel speaks with particular gentleness and relevance.

Luke 24:13–35 The Road to Emmaus. In this passage, two disciples walk away from Jerusalem, confused and heartbroken. Their hopes have been shaken, and they struggle to make sense of what has happened. Jesus walks alongside them, but they do not recognise him at first. He listens patiently to their fears, helps them reflect on the Scriptures, and finally reveals himself in the breaking of the bread. Their journey shifts from despair to hope, from isolation to renewed purpose. This is a powerful reminder that God walks with us, especially when the road feels longest and most uncertain.

For students preparing for exams, this journey may feel familiar. Expectations are high, worries can be persistent, and it may feel as though you are walking alone. Like the disciples, it is easy to lose sight of hope when we focus only on pressure or disappointment. We should however be reassured that: It is okay to name our fears and frustrations, we are not meant to carry stress alone and growth often happens quietly, through encouragement, reflection, and community.

The Road to Emmaus reflects key principles of Catholic Social Teaching, especially as we face busy and demanding weeks ahead. It reminds us that Every person is made in the image of God and is more than their grades or achievements. Exam results do not define worth. Respect for ourselves and others means allowing space for rest, care, and compassion, especially during stressful times. Jesus does not leave the disciples to struggle alone. In the same way, we are called to support one another, checking in on friends, encouraging classmates, and being patient with ourselves and others. We succeed best together.

Simple actions this week can show those around us that we are living this out by:

- Wisdom: knowing when to work hard and when to seek rest, recognising our limits, and asking for help when it is needed.
- Compassion: being patient with ourselves, understanding when others are stressed, and choosing kindness over comparison. A word of encouragement, shared notes, or simply checking in can make the road easier for someone else.
- Resilience: not about pretending everything is easy; it is about continuing the journey even when it feels difficult. Each revision session, each setback overcome, is part of a larger journey of perseverance.

As we continue this week, we might ask ourselves: Who needs someone to walk alongside them right now? How can I show kindness, even in small ways, to those under pressure? Where can I pause to reflect, pray, or rest, rather than rushing ahead?

Loving God,

As we walk the road of exams and expectations,

stay with us when we feel anxious or uncertain.

Help us to recognise your presence in those who support us,

and to be signs of hope, patience, and kindness to one another.

May we remember that we never walk alone.

Amen.

Careers Update

I hope you all enjoyed a restful Easter.

I would love **your feedback** on the **Student Opportunities** outlined in my last Careers Update, so if your child(ren) took advantage of any of the Insight Days, webinars or virtual conferences that were linked in the Careers Update, please do let me know by completing this form: [Careers Student Opportunities – Fill in form](#)

Thank you!

Over the past week, I have been asked to share the following Degree Apprenticeship and other opportunities with you:

Student Opportunities

Year 13

Degree Apprenticeships with [Barnes Construction](#)

Barnes Construction are inviting Year 13 students to apply for a range of degree apprenticeships in Management, Site Management and Construction Planning. Applications will close at the end of next week and interviews will be held in May.

Note: applications must, in the first instance, be made **in writing, enclosing your current CV** and marked: "For the attention of Mr S Severwright, Divisional Surveying Director" to the address below or by e-mail to: recruitment@barnesconstruction.co.uk.

[Podiatry Degree Apprenticeship](#)

Interested? Have questions? Just wondering? Please get in touch with: Rachel Richardson, Suffolk Podiatry Clinical Lead at: rachel.richardson11@nhs.net

Closing Date: 14th May 2026 - Apply [Here](#)

Students aged 14yrs +

UCAT Support with "Get Into" Conferences

Get Into Medicine Conference: Sunday 19th April, 9am-1:30pm/ Saturday 25th April, 9am-1:30pm

https://medicmentor.org/get-into_medicine_conference_signup/Register at:

[Get Into Medicine Conference Sign Up - Medic Mentor](#)

Get Into Dentistry Conference: Sunday 31st May, 9am-1:30pm

Register at: [Get Into Dentistry Conference Sign Up – Dental Mentor](#)

Miss Hahn

A Brave Chop for a Beautiful Cause

There are moments in life when a simple act can make a big difference—and for Lexie, that moment came with the snip of a pair of scissors.

Lexie made the inspiring decision to have her hair cut for a meaningful purpose: to donate it to the Little Princess Trust charity. Known for providing real-hair wigs to children and young people who have lost their hair due to illness, the charity brings confidence and comfort to those who need it most.

4 years ago Lexie did her first hair donation, donating 10” of hair and since then she has been growing it to donate again. And with a smile and a sense of determination, she embraced the change, knowing her donation could help someone else feel more like themselves during a difficult time.

The haircut itself was filled with excitement and a few nervous laughs. As each section was carefully tied and cut, it marked not just a physical transformation, but a powerful act of kindness. 12 inches of lovely long locks donated to a child who will now be able to have their own transformation.

Now sporting a fresh new style, Lexie has shown that generosity can start with something as simple as sharing what you already have. Her thoughtful gesture will go on to make a real difference in someone else’s life, turning hair into hope, raising over £600 in the process (£1100 in total for both cuts!). Well done, Lexie, for your courage, compassion, and willingness to give back.

Mrs Walker

Inter-house Photography Competition

Interhouse
Photography
Competition!

Regeneration

Closing date for entries: Friday 24th April



Synonyms: Rebirth, Reconstruction, Transform

To enter email:
SStemp@st-benedicts.suffolk.sch.uk
Or
EQilton@st-benedicts.suffolk.sch.uk

The email should include the image and a sentence about how it links to the theme 'Regeneration'.

Come along to room D5 on Tuesday 24th March for an optional photography workshop to help you with the competition!

Entries to be selected from each house and house points will be awarded!



Abbeycroft Youth Club 'Teen Chill' Bury St Edmunds



**BE YOUNG,
BE FREE,
BE YOU!**
AT TEEN CHILL

Find out more



Are you aged 11-16?
Our Teen Chill sessions are designed to give you the chance to get together with friends in a safe environment. Whether you want to play games, have a kick-about, or do nothing at all - you choose!

Turn up & pay
£1
a session

Newbury community centre
Monday 19:00-21:00
abbeycroft.org.uk

Abbeycroft
Let's Love Life

Finance Information

ParentPay

Lockers

If your child has a locker allocated, the £10 annual hire fee is available to pay via ParentPay. Kindly log into ParentPay to make this payment. Thank you to those parents and guardians that have already paid.

If the locker is no longer required, please let the Finance Office know so that the locker can be reallocated to another student. Locker availability is limited and we try our best to issue a locker to those students that request one.

Should your child require a replacement key, please pay the £5 replacement key fee via ParentPay and a new key will be issued to your child via tutor registration.

Dinner Money

We kindly ask parents and guardians to review their child's dinner money balance on ParentPay. If there is an overdrawn amount, please arrange payment as soon as possible.

If you have any questions regarding lockers, dinner money or ParentPay in general, please do not hesitate to contact the Finance Office directly.

Thank you for your support.

Mrs Ellis

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 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



20 - 21 April - GCSE Art exam

20 - 25 April - MFL Speaking exams, year 11 and 13

24 - 27 April - Sixth Form Assisi Pilgrimage

28 April - Lunchtime Careers Talk with Dorcas Sukami, Growth Officer at West Suffolk Council

5/6/7 May - A Level Art Exam

11 May - Public Exams Start

22 May - Break up for half term

[Term Dates](#)

[Contact Us](#)



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[Instagram](#)