



St Benedict's Newsletter 328

8 May 2026



Catholic Social Teaching

This week, our focus has been on the Catholic Social Teaching theme of Peace. In assembly students were encouraged to think, “What is Peace?” We were encouraged to see it as a way of living that begins within our hearts and is shown through our actions towards others.

Our reflections were rooted in the words of Jesus from the Gospel of John: “All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” - John 14:25–27 In this passage, Jesus reassures his followers that true peace comes not from the world, but from God. It is a peace rooted in trust, love, and the guidance of the Holy Spirit. This peace does not remove all difficulties, but it helps us face challenges without fear and with hope.

To help us understand how peace can be lived out in the world today, we looked at examples of Nobel Peace Prize winners, particularly Mother Teresa of Calcutta (who is now Saint Teresa). Through her life and words, she showed us that peace begins with small, everyday actions.

When asked what could be done to promote world peace, Mother Teresa famously replied: “Go home and love your family.” This simple yet powerful message reminds us that

peace starts close to home, in our families, friendships, classrooms, and communities. If we cannot show love and kindness to those around us, it becomes much harder to bring peace to the wider world.

We also reflected on another of Mother Teresa's insights: "I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love." This challenges us to choose love even when it is difficult. True peace often requires patience, forgiveness, and selflessness, especially when relationships are tested. Finally, we considered her reminder that peace is something we experience when we share love: "Whenever you share love with others, you will notice the peace that comes to you and to them."

These reflections remind us that peace is not passive. It is something we actively create through our words, choices, and behaviour. In school, living out the Peace means recognising that our actions affect others. Peace is built when we show respect, listen to one another, and create environments where everyone feels safe, valued, and heard.

We can live out the value of Peace through our school values in practical ways:

- **Wisdom:** Choosing to pause, reflect, and seek understanding rather than reacting quickly in moments of disagreement. Wisdom helps us make choices that build peace instead of conflict.
- **Compassion:** Showing kindness, empathy, and concern for others, especially those who may be struggling.
- **Resilience:** Remaining calm and hopeful in challenging situations. Peace sometimes requires perseverance, forgiveness, and the courage to repair relationships.

As we reflect on Peace this week, we might ask ourselves: Do my words and actions create peace or add to division? How can I share love in simple, everyday ways? Am I allowing God's peace to guide my choices? And as we think of those questions we can follow the words of the Prayer below understanding that Peace is not passive, it requires action, intention and courage.

Lord, make me an instrument of Your peace; Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy.

O Divine Master, Grant that I may not so much seek To be consoled as to console; To be understood, as to understand; To be loved, as to love; For it is in giving that we receive, It is in pardoning that we are pardoned, And it is in dying that we are born to Eternal Life. Amen.

Careers Update

Former student (alumna) Lauren Buckley visited us on Friday 1st May to deliver a fascinating and energetic Talk about her current role as Social Events Manager for the 5-star Dorchester Hotel in Park Lane, London... and how she got there. Lauren had begun studying A Levels (including Business) at St Benedict's but soon realised that she was more suited to a practical approach for her learning (reinforced by her later ADHD diagnosis). As a result, Lauren switched after Year 12 to a Hospitality course at West Suffolk College and found her passion! After gaining her diploma, Lauren worked with a number of local event managers. Seeing her enthusiasm and realising her skills and potential to deliver, Lauren was quickly promoted and put in charge of wedding planning by one employer, a role which ultimately laid the foundation for her move to The Dorchester.

Lauren was keen to share with our students how important the soft skills of enthusiasm, problem-solving and a positive mindset were in her career. We were treated to a number of personal anecdotes that evidenced this, including how Lauren planned a wedding for a Saudi princess in just 10 days, and how she was determined and succeeded in booking Ronan Keating (then in Dubai) to sing at a wedding with only 3 days' notice! We were all enthralled by Lauren's exciting experiences but noted the long hours and late nights she worked to ensure clients were served to the highest standard.

We found out that The Dorchester offers a range of opportunities, including internships and graduate apprenticeships for students keen to gain knowledge and experience in high-end hospitality. Hopefully, we will see Lauren again at our Careers Fair in October, where she can continue to enlighten students about the hospitality industry and the pathways within it.

Careers Information, Advice and Guidance (IAG) Opportunities

Remember to **add** your experiences **to your CV!**

For parents and carers of students in Years 7-13

[Free Hands-on Workshop](#) about **Careers in Construction - from design to delivery**

Tuesday 19th May, 5:30-7pm

Location: 1st Floor, Blenheim House, Newmarket Rd, Bury St Edmunds, IP33 3SParents and students **register separately**: [Registration Confirmation - Pathway CTM](#)

Year 13

[Podiatry Degree Apprenticeship](#)

For information and applications contact Rachel Richardson, Suffolk Podiatry Clinical Lead at: rachel.richardson11@nhs.net. Closing Date: 14th May 2026 - Apply [Here](#)

[Police Constable Degree Apprenticeship \(PCDA\)](#)

For students who are unsure about going to university, or who want a more practical, hands-on option: the PCDA allows students to earn a salary of £42,000 while working towards a fully funded (BSc) Hons degree in Professional Policing Practice.

For more information visit: [Police Apprenticeship and Traditional Entry | Join The Police](#)

Year 11-13 students

Free online (Zoom) Business & Accounting Work Experience (May half-term)



**BUILD YOUR CHILD'S FUTURE:
CONSTRUCTION CAREERS WORKSHOP**

Discover the wide range of careers in construction – from design to delivery.
For parents and carers of students in year 7 - 13

An engaging, interactive workshop where students and parents can explore real career pathways in the construction industry.

In this FREE workshop, you'll:

- ✓ Understand the variety of careers in construction (not just trades)
- ✓ Hear from industry professionals about real opportunities
- ✓ Learn about routes into the industry (college, apprenticeships, university)
- ✓ Get practical advice on how to support your child's career decisions
- ✓ Discover local opportunities, including work experience

Helping you support your child's future
We connect families with employers, training providers, and real career pathways – so you can feel confident guiding your child.

All vacancies can be found here
- [Jobs | untypical](#)

[FIND OUT MORE](#)



Event Details
Date: Tuesday 19th May
Time: 5:30-7pm
Location:
1st Floor, Blenheim House,
Newmarket Rd, Bury St Edmunds,
IP33 3SB

[REGISTER TODAY](#)

A great opportunity to explore future career pathways together.

Tuesday **26th** and Wednesday **27th May**, 10am - 4pm

Discover what it takes to thrive at a top firm and start building your professional network from day one -*plus* a **business workshop with Dan Miller from The Apprentice**, and also the CEO and Founder of Young Professionals. Day 2 is spent with KPMG (Big 4!). Register here: [Young Professionals: Business Work Experience Survey](#)

Year 10-13 students

Get into Law - Virtual (Zoom) Work Experience Day - 28th May, 10am to 4pm

Take part in legal workshops, hear from international law firms and the UK's biggest university offering law degrees. Network in virtual booths (*under 18s should be safeguarded by a parent or carer*) and gain a Certificate of completion. Apply [here](#)

UCAT Support with "Get Into" Conferences

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

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

****Please do let me know** if your child/ren accesses/ access any of the above opportunities by completing the following short survey: [Careers Student Opportunities – Fill in form](#)

Thank you in advance.

Miss Hahn

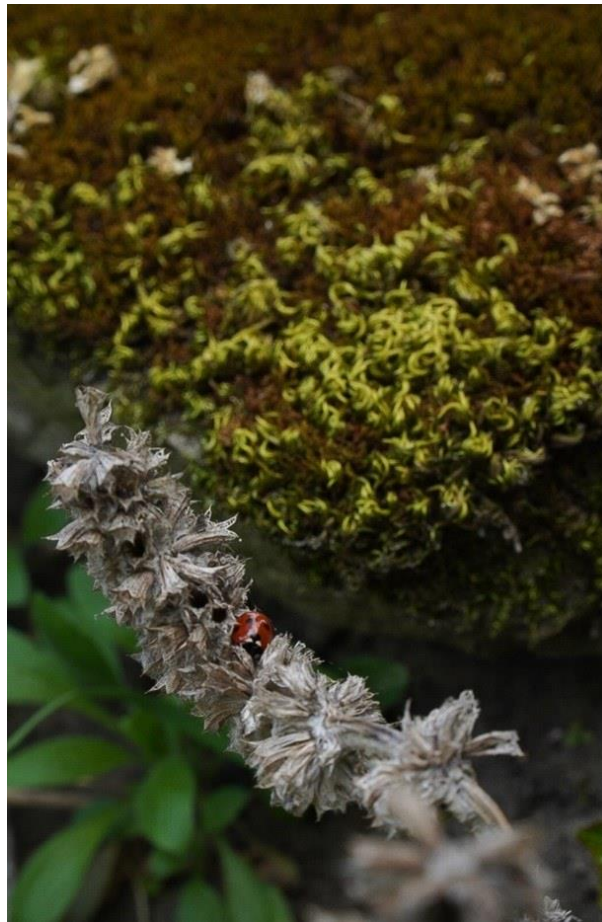
Photography Competition

Thank you to all students who entered the Inter-house Photography Competition. Inspired by the theme *Regeneration*, students produced a wide range of creative and thoughtful photographs, demonstrating strong use of composition and depth of field. The quality of entries was outstanding, making judging a difficult task. Congratulations to the following students, who have earned House points for their Houses!

Ms Quilton



1 - Winner - Ellen Beckwith, Nursia



2 - Second place - Patricia Golonka, Subiaco



3 - Third place - Harry Sheridan, Monte Cassino





Summer Celebration

We are busy planning the Summer Celebration evening where we celebrate the achievements of our students. Previously we have been fortunate enough to receive generous sponsorship for the overall year 13 prize, as well as the year 13 subject prizes.

If you would like to sponsor a prize for Year 13 please could you contact me: ecoogan@st-benedicts.suffolk.sch.uk by Friday 12 June.

Mrs Coogan

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

Just a reminder that if you do not inform us by 9.00am using 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

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

Dates for your Diary



11 May - Public Exams Start

11 May - **Year 10 Next Steps Assembly** with West Suffolk College

22 May - Break up for half term

[Term Dates](#)

Contact Us



St Benedict's Catholic School

Beetons Way

Bury St Edmunds, IP32 6RH

01284 753512

enquiries@st-benedicts.suffolk.sch.uk

www.st-benedicts.suffolk.sch.uk

[Instagram](#)