



St Benedict's Newsletter 330

22 May 2026



Catholic Social Teaching

This Sunday, the Church celebrates the great feast of **Pentecost**, the moment when the Holy Spirit came upon the disciples and filled them with courage, wisdom, and hope. Pentecost is often called the “birthday of the Church” because it was through the gift of the Holy Spirit that the disciples were strengthened to go out into the world and share the message of Christ with others.

Before Pentecost, the disciples were frightened and uncertain. After receiving the Holy Spirit, they were transformed, no longer hiding away, but speaking with confidence, compassion, and faith. Pentecost reminds us that God does not leave us alone. The Holy Spirit continues to guide, strengthen, and inspire us in our daily lives.

In this Sunday’s Gospel from the Gospel of John, Jesus says to His disciples: **“Peace be with you. As the Father sent me, so am I sending you... Receive the Holy Spirit.” John 20:21–22** These words remind us that the gift of the Holy Spirit is not only for comfort, but also for mission. We are called to go out and make a difference in the lives of others through the way we live, speak, and act.

This links deeply with Catholic Social Teaching. The Holy Spirit calls us to build communities rooted in justice, dignity, compassion, and the common good. Pentecost reminds us that faith is not something we keep to ourselves, it is something we live out in service to others. Pope Leo XIV has spoken about this call to action, reminding Christians that: “The Holy Spirit does not simply comfort us; He sends us out to bring hope, unity, and love into the world around us.” This reminds us that even small acts of kindness, encouragement, and inclusion can become signs of God’s presence in the world.

This Friday also marked an important moment in the life of our school community as we said goodbye to our Year 13 students on their official leavers’ day. Like the disciples at Pentecost, our Y13’s now stand on the threshold of something new. There may be a mixture of excitement, anticipation, and perhaps some uncertainty as they prepare for their next steps, whether that is university or the world of work.

Pentecost reminds us that stepping into the unknown is not something to fear. The disciples were sent out not because they had everything figured out, but because they were filled with the Spirit, guided by faith, and supported by community.

To our Year 13 students:

We give thanks for all that you have contributed to our school, your leadership, your presence, and the ways you have shaped our community. As you go forward, we pray that you carry with you:

- **Wisdom:** in the choices you make
- **Compassion:** in the way you treat others
- **Resilience:** in the challenges you face

Above all, we remind you that your worth is not defined by results or destinations, but by who you are individuals of dignity, purpose, and promise.

As our Y13 students prepare to leave we are reminded that Pentecost and Catholic Social Teaching offer a powerful message: **Human Dignity:** Each of us is uniquely created and valued, far beyond achievements or outcomes. **Solidarity:** We are a part of a community here at St Benedict’s that will always support and stand with us. **The Common Good:** Our gifts are needed in the world; we should go forward to use them in ways that uplift others. In this way, our journey continues as one of service, contribution, and hope.

As we reflect on this week, we can ask ourselves: How do I use my gifts to help others? In what ways can I bring peace and encouragement to my community? Am I open to allowing the Holy Spirit to guide me? Pentecost reminds us that God works through ordinary people. Through the Holy Spirit, we are each called to bring light, hope, and love into the lives of others.

Just as Jesus sent out the disciples with the words “*Peace be with you,*” we send our Year 13 students forward with our prayers and encouragement. May they have the courage to step into new opportunities, the strength to navigate challenges, and the faith to know that they are never walking alone.

Come, Holy Spirit,

Guide our Year 13 students as they take their next steps.

Give them courage in uncertainty,

wisdom in their decisions,

and peace in their hearts.

Help all of us to continue walking together in faith,

supporting one another with kindness and hope.

Amen.

Careers Update

Careers Workshop with Top Magician

On Thursday 14 May, a group of 10 budding Bennies Magicians were treated to an exclusive workshop delivered by Master of Mystery, [Matthew Le Mottee](#), the highest ranked close-up Magician in the UK!

Being a long-standing family friend and one who has watched his career in Magic evolve from the age of 6 years, Matthew kindly agreed to my request to break from his busy performance schedule to share his Magic with our group. Firstly, we were treated to a display of Matthew's most practised trick with three ropes - at least we think there were three?! - in what Mr Stubbs (himself a close-up Magician and member of the Magic Circle) described as "perfection". Next, our students were shown how to chase the four Aces across their card decks and bring them to the surface of shuffled and split sections of cards. Finally, Matthew shared his tips on presenting the trick... having an imaginative and engaging story to run with it and provide a hook for their audience.

Matthew was impressed with how quickly and deftly our students mastered the four Aces trick and encouraged them to keep practising to make it as smooth and intriguing as possible.

We all thoroughly enjoyed the show/workshop... and it looks like Matthew may be visiting us again later in the year to test our Magician's own tricks! As one of our group commented: "I'll be counting the days!" echoing the sentiment of all present.



Careers Information, Advice and Guidance (IAG) Opportunities

[INVESTIN](#)

We are now a partner school with INVESTIN which means our students have access to a discount on the cost of work experience programmes they register for with the organisation. INVESTIN is currently offering London-based work experience [summer programmes](#) for students aged 15-18 across 15 different industries including Law, Banking, Medicine, Psychology and Media. Students aged 12-14 have access to the [Career Discovery](#) programme.

See Miss Hahn for details of discounts and a bursary.

Students aged 14yrs+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](#)

Lloyds Banking Group - May Half-term Virtual Work Experience (WEX)

Friday 29th May, 1.00pm to 3.45pm

This WEX will help you develop your problem-solving, teamwork and decision-making skills with hands-on practical workshops, provide opportunities to network with Lloyds Banking Group members and learn how to spot financial crime. There will be a live panel and Q&A to further explore this career path.

Apply at: [Lloyds Banking Group May Half-Term Virtual Event \(Via YouTube\) Survey](#)

Business & Accounting - Virtual May Half-Term WEX

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](#)

Remember to add all completed WEX (online and in person) to your CV!

Miss Hahn

Silver Duke of Edinburgh

On the weekend of the 16th May we set off with 17 Silver students to complete their practice Duke of Edinburgh Expedition. Students set off in good spirits and persuaded the rain to stay away, until heavy rainfall throughout the night. We set up camp in Thorpe Woodlands and once we had put up our tents we quickly began to explore. Everyone enjoyed an improvised game of rounders with a ball made out of tin foil and several sticks for the bases and the bat. We also played football and other games at the campsite. Nobody missed their phones!

Dinner ranged from pasta with a variety of sauces to chicken tortilla and a homemade vegetarian soup, breakfast involved pancakes, porridge and a scrambled egg burrito!

Despite the sleep deprivation, day 2 was just as amazing as the first. We followed the National trail through the countryside and encountered many pigs, we also walked through Knettishall Heath and among other things saw the Dartmoor ponies wandering around freely.

Participants listed great many great moments which included the rounders game in the evening, a long trek to find a place to cook our pasta lunch off the reserve on the second day and Nate and his chef's hat!

Mrs Reeman told us we were a pleasure to take out and all students behaved exceptionally. The staff's highlight "was the rounders game which was very exciting!"

Many thanks to Mrs Berry, Mrs Reeman and George for taking our students. It was a very successful weekend.

By Jacob Gurrell





Mildenhall Debate

On the 15 May 2026, I was accompanied by 7 other people, all with the intention of a debate at the Mildenhall College Academy, here's how it went.

But firstly, the teams! St Benedict's Catholic School was represented by two teams, the first team consisted of Sebastian Peasey, Amelie Pickering, Leona Jose and Jake Atkinson. Meanwhile, in the second time, James Davey, Adam Herd and Saoirse Walker spoke their share of the speech, while I (Daniel Herd) answered any questions the opposing teams had.

At 15:00 (3PM), we left the school via minibus, accompanied by Mr Hempel and Mrs Slater, those at the back of the bus (Including me) waved at the people in their cars who drove behind us. By the time we reached the Mildenhall College Academy, school had ended for the students learning there, and we were swiftly accommodated to what I assume was the assembly hall, right outside the lunch hall. In total there were 4 schools being represented by 7 teams alongside special guest and local MP Nick Timothy (Who made the deciding vote in the voting), the schools being Bottisham Village College, Breckland School, Mildenhall College Academy and obviously, St Benedict's Catholic School. From what I recall, the first team of St Benedict's opened the series of speeches, with the second team stating their views second-to-last in the running order.

After every team had finished and voted for another school (not themselves), the ballot paper was counted, and it was revealed that none other than the two people representing Bottisham Village College had won! On Monday morning it was announced that St Benedict's had placed second! (whether that was team one or two.) On our trip back to school, we were rewarded with McDonalds for our public speaking, so I want to say a massive thank you to both Mr Hempel and Mrs Slater for both driving us to and from this debate, but also for buying us food when they didn't have to.

In conclusion, I would highly recommend this experience to anyone remotely interested in debating or public speaking, I believe that the people who ran this competition would like to do it annually, so this would be a great opportunity to take advantage of what the school offers, I imagine this would also benefit your chances to be in our school's sixth-form, if anyone reading is interested in that. The only thing I would highly advise you to do if you were to take part in this is to check the reliability of your sources in the speech. Thank you for reading!

Daniel Herd



Art Show



St Benedict's Art Department

Art & Design Show 16th June

Art and Design Exhibition
Tuesday 16th June 2026

Please join us to celebrate the work of our talented Art and Design students and see the inspiring work by students on our A Level and GCSE courses in Art, Product Design, and Textiles.

Please join us for light refreshments provided by Year 10 Food GCSE students on **Tuesday 16th June** between 6pm - 7pm in D5 & D7.



16th June 6pm - 7pm Room D5 & D7

Maths Challenge Success

Junior Maths Challenge (JMC) 2026

The JMC is a 60-minute, multiple-choice competition aimed at high ability year 7 and 8 Maths students across the UK. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. 30 of our students were entered into this year's challenge to attempt to answer as many of the 25 number and geometry logic problems. There is a significant amount of work included in the maths challenge, so students are not expected to finish all 25 questions in the allotted time frame.

The top scoring 50% of participants are awarded certificates; Bronze, Silver or Gold in the ratio 3:2:1, so we would expect 15 students to end up with certificates. At St Benedict's, we achieved 8 Golds, 12 Silvers and 8 Bronze awards for the following students.

Gold

Hattie Baldock, Sebastian Brokenshire-Dyke, Tony Butler, Lochlan Murray, Angus Palmer, Oliver Petchey, Scarlett Pullen and Emily Wightman

Silver

Sidney Astle, Raffie Atuah, Solomon Brokenshire-Dyke, Adam Bulacz, Orlaith Daly, Hosannah Gee, Otto Geerhaert, Dithira Jayaneth, James Knight, Caspian Migula, Phaino Olugbemi and Jefferson Ward-Keane

Bronze

Praison Binish, Josh Delaney, Caiden Evans, Josh Hutchins, Ethyn Juwe, Nancy Stebbing, Merry Taylor and Alice Wong

Following this challenge, UKMT have invited 10,000 of the highest performers from all of the entrants to take part in the Junior Kangaroo, and this includes Sebastian Brokenshire Dyke, Oliver Petchey and Emily Wightman (3 of our year 8 students). This follow on round will take place on Tuesday 9th June. We are so proud of the achievements of all our pupils that took part in the Junior Maths Challenge and would love to see all of our students developing their logic and problem solving skills so we have included a taste of the Maths Challenge for you to try.

The top 1000 to 1200 students in the country get to go forward to compete in the Junior Maths Olympiad, our top scoring student, Sebastian Brokenshire Dyke was only 4 marks away from the threshold.

This year the United Kingdom Maths Trust is working with Parallel Academy and provided free online seminars to all entrants to help them prepare for the maths challenge. In addition, our top scoring year 7 student, Angus Palmer, and our top scoring year 8 student, Sebastian Brokenshire Dyke met the threshold to take part in the Parallel Academy development program for the year, this is an excellent opportunity to help them develop their logic and problem solving skills and introduce them to challenging maths problems outside of the National Curriculum. We hope this trains them into our future mathematicians.

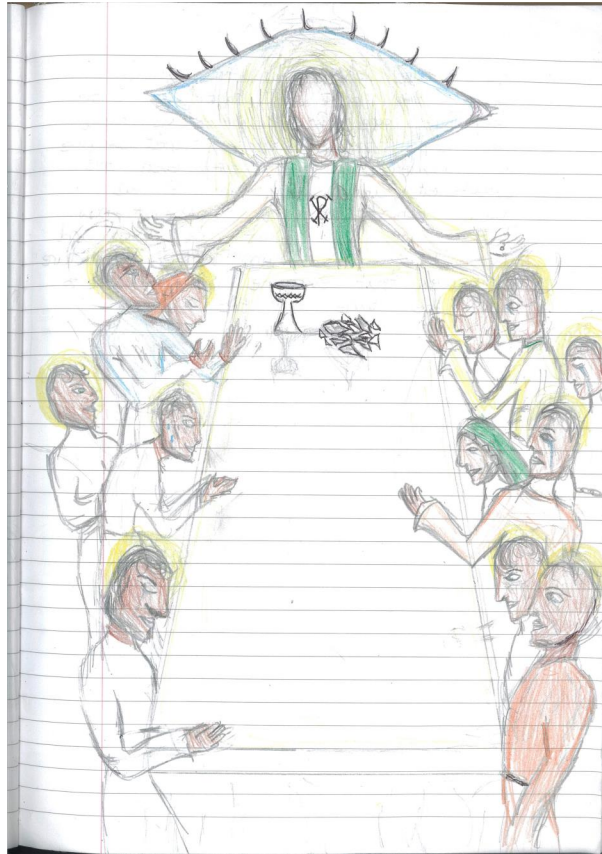
Mrs Nicholls

Year 7 RE

As part of their RE topic, year 7 have been studying 'The Paschal Mystery' - Catholic beliefs about the Eucharist and how this is expressed through art.

They demonstrated their own understanding of Catholic Belief in words and a piece of art .

Mrs Herring

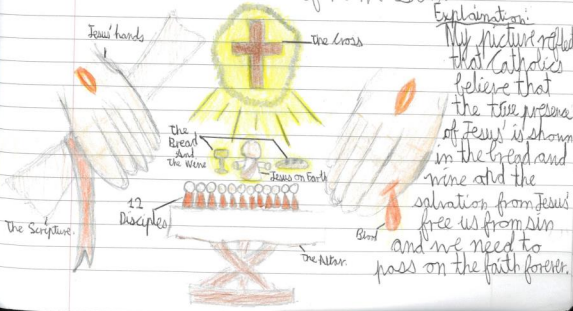


This picture represents Catholic belief in the Eucharist. Jesus is seated at the top of the table, and there are 12 pieces of bread on the table, symbolising that everyone is invited to eat and even the unbelievers (Judas). There is an eye behind Jesus to represent how Jesus is a part of God and to level his importance. This picture symbolises that everyone is welcome to share the table of the Lord.

7/5/26 Understanding Catholic Beliefs about the Eucharist through Religious Art

The Last Supper by Fr. Roder

- 1) There is a shadow of a cross on the table, so I think the artist is trying to explain and show Jesus' death on the cross, which give us salvation and also pieces of bread is in the middle of the cross, which I think the artist is trying to express the fact that who ever believed in God and have Jesus' body and blood (Blessed Sacraments), which is shown real presence in the bread and wine can be forgiven for the sins and live forever with God in heaven.
- 2) It reflects Catholic belief about the Eucharist, by expressing the fact that if you believe in the Eucharist and God, about Jesus' sacrifice, you will be saved from sin.



3) my own picture that reflects:



Extension:

My picture describes Catholic Belief in the Eucharist because the picture shows Jesus in them. The cross, is Jesus because he died on the cross. Then the bread and wine also relates to Jesus because at the Last Supper, Jesus and his disciples had bread and wine. The wine is Jesus' blood, and the bread is Jesus' body. The body and blood of Jesus Christ, which is the Blessed Sacrament.

Year 13 Leaver's Day

Today has seen some high jinks from the Y13s due to it being their last day in sixth form! After half term they are only expected to be in school for their exams. Pranks included wrapping Mr Richmond's office, dyeing the goats (don't worry, animal approved dye was used), some interesting car parking and a great display of what AI is really for.

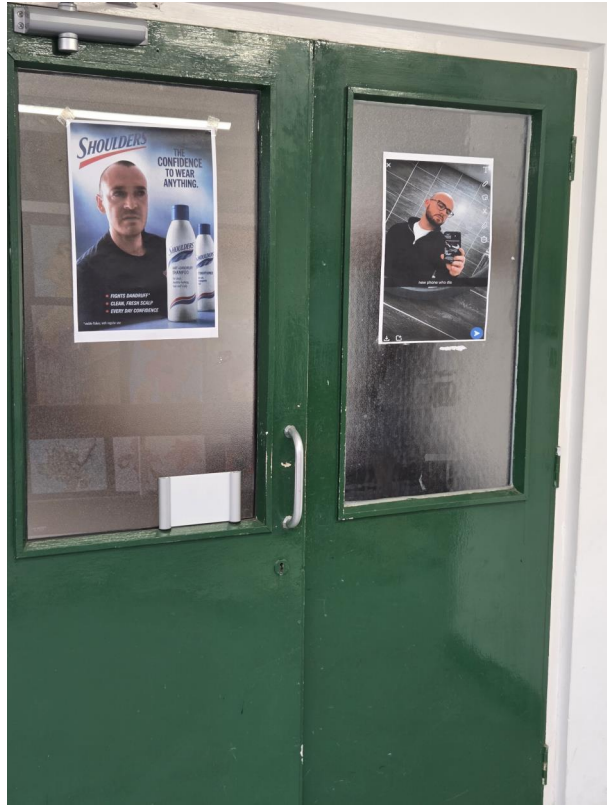
The day culminated in a Leaver's Assembly where a few tears were shed (obviously by the students) and some silly awards were given out, this was followed by a BBQ and the annual teachers vs year 13 rounders match, which I am pleased to say the teachers won!

It has been a wonderful journey with you year 13s, we have watched you grow and mature since you joined us, and now here you are about to enter the big wide world and take your next steps; whether that be to university, travelling or straight into work. We hope you take a bit of Bennies with you and keep us updated with your progress.

Good luck for the rest of your exams, you will be missed Y13.

Mr Richmond









Side Saddle Success

Tia Wynne-Rogerson from year 11 competed at the Hadleigh Show last weekend and was placed well in both of her classes, finishing 3rd and top junior. This was followed by the prestigious Royal Windsor Horse Show where Tia managed her revision on the journey down there! She and her horse, Midnight Maggie, competed in a very large competitive side saddle class and were absolutely delighted to receive a very creditable 6th place and top junior qualifying for national championships in Addington in the summer holidays.

We would like to thank St Benedict's School for all of the support we have been given to enable us to compete at this high level and be able to share our success with everyone.

Mrs Wynne-Rogerson and Tia Wynne-Rogerson



Photographic Exhibition

Dear Parents and Guardians,

Please see below a special invitation to a photography exhibition. Please do contact John Saunders if this is something your child (and you!) are interested in.

Kind regards,

Daniella Hamilton

Photographic Exhibition:

As part of the Diocesan Jubilee celebrations, St Edmund's Parish is providing an exhibition of photographs of the past 50 years. This will take place at St Edmund's School Hall, Bury St Edmunds on 27 and 28 June 2026 with free admission. Although this is not a school event and children will not be supervised, you are encouraged to attend, reminisce and see the changes that have occurred over time.

If you and your child are prepared to help please contact John Saunders 07794409793 as soon as possible.

Arbor Reports

Half Term 5 Attitude to Learning Reports for Years 7, 8, 9, 10 and 12.

These should be published on ARBOR by the end of the week. Please look out for them on the ARBOR parent platform and then via email shortly after.

Mr D'Mello

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



22 May - Break up for half term

1 June - Summer term starts

15 -19 June - Year 8 French Trip

17 June - Year 11 Celebration Day
18 June - Year 12 Mocks start
19 June - Year 11 Transition Morning
19 June - Year 13 Prom
22 June - Year 11 Prom
22 June - Year 10 Mocks Start
24 June - Exam Contingency Day
7 July - Sports Day
10 July - St Benedict's Day and Fayre
17 July - Break Up for Summer
13 Aug - A Level Results
20 Aug - GCSE Results Day and Sixth Form Enrolment

[Term Dates](#)

[Contact Us](#)



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