



St Benedict's Newsletter 332

12 June 2026



## Catholic Social Teaching

In a Gospel this week, Jesus speaks to His disciples using two powerful images:

**“You are the salt of the earth... You are the light of the world... Your light must shine in the sight of men, so that, seeing your good works, they may give praise to your Father in heaven.” — Matthew 5:13–16**

What is striking about this passage is the confidence Jesus places in His disciples. Many of them were ordinary people fishermen, tax collectors, and workers with no particular status or influence. Yet Jesus sees in them something far greater than they see in themselves. He does not tell them that they might become the light of the world one day. He tells them that they already are.

This Gospel reminds us that Jesus sees possibilities within us that we often struggle to recognise ourselves. He knows that small acts of faith, courage, mercy, and love can radiate far beyond what we imagine. A kind word, an act of forgiveness, a helping hand, or standing up for what is right may seem insignificant at the time, but these actions can transform the lives of others.

This message is especially relevant for our students as they reach the end of their exam season and begin to consider their next steps. Whether moving into sixth form, university, apprenticeships, training, employment, or moving into the next year up in school, there can be uncertainty about the future and questions about what comes next.

Today's Gospel reminds us that our value does not come from exam results, job titles, or achievements. Our dignity comes from being loved by God. Jesus sees in each person gifts and talents that can make a difference in the world. He calls us not simply to succeed, but to shine, using our unique gifts to serve others and contribute to the common good.

Catholic Social Teaching teaches that every human life has value and purpose. No person is insignificant. It's the belief that every person is created in the image and likeness of God and possesses an inherent worth that cannot be earned or taken away. Every individual has the potential to bring Christ's light into places that may otherwise seem distant, lonely, or forgotten. Often, it is through simple actions rather than grand gestures that this light shines most brightly.

As Pope Leo XIV has reminded Christians: "Never underestimate the good that God can do through a life offered generously in service to others." This reflects the heart of Matthew's Gospel. Jesus places His trust in us, just as He trusted His first disciples. He sees not only who we are today, but who we can become.

As we reflect on this Gospel, we are invited to live out our school values in simple ways:

- **Wisdom:** Recognising our own God-given gifts and understanding that our worth comes from being children of God, not simply from our achievements.
- **Compassion:** Helping others to recognise their value and dignity, encouraging rather than criticising, and celebrating one another's successes.
- **Resilience:** Having the courage to step into new opportunities and challenges, trusting that God has given us the gifts we need for the journey ahead.

This week we can ask ourselves; Do I see in myself the potential that Jesus sees in me? How can I use my gifts to bring light to others? Do I recognise the dignity and value of those around me? And may we remember that Christ sees in us more than we often see in ourselves, and that even the smallest acts of goodness can shine brightly in the world.

### **Loving God,**

We thank you for creating each of us in your image  
and for the gifts and talents you have placed within us.

Help us to see ourselves as you see us,  
with dignity, purpose, and potential.

Give us the courage to let our light shine,  
not for our own glory,  
but so that others may experience your love through us.  
We pray especially for our Year 11 and Year 13 students  
as they complete their examinations and prepare for their next steps.  
Guide them in their decisions,  
strengthen them in times of uncertainty,  
and remind them always of their worth in your eyes.  
Give us wisdom to recognise our gifts,  
compassion to encourage others,  
and resilience to follow where you lead.  
Through Christ our Lord.  
Amen.

## Careers Update

### Call to All Parents

Would you please complete this short survey by the end of June 2026: [Parent/Carer Feedback on St. Benedict's Careers Programme Academic Year: 2025-26 – Fill in form](#)

Your feedback will help me in planning our future Careers provision in school. *Thank you in advance!*



### Careers Information, Advice and Guidance (IAG) Opportunities

[All About Apprenticeships - Apprenticeships Norfolk](#)

**FREE - All About Apprenticeships Fair 2026**

Tuesday 16th June, 3.30pm - 7.00pm

the Forum, Norwich

All About Apprenticeships is Norfolk's largest apprenticeships and opportunities fair, hosting local employers of all sizes, apprenticeship training providers and experienced apprenticeship ambassadors. The event is for anyone looking for an apprenticeship or who would like to know more about them. There is no need to book and actual apprenticeship opportunities will be available.

### **New for 2026:**

- All About Apprenticeships Information Sessions – find out exactly how apprenticeships work, what employers and providers roles are, how much you'll be paid, how to find one, and much more.
- Detailed event programme and map outlining each exhibitor.
- Designated **quiet area** for those with SEND or additional needs to speak to Apprenticeships Norfolk staff.

### **Young Professionals Summer Conference**

Saturday 18th July | 9am–1pm or 2pm–6pm | London, Friends House, Euston (directly opposite Euston Station)

### **30+ global employers. Hiring for work experience, apprenticeships and graduate roles:**

KPMG · Google · Goldman Sachs · UBS · EY · HSBC · Visa · Unilever · Accenture · Lloyds Banking Group · Arm · Bird & Bird · A&O Shearman · Farrer & Co · Charles Russell Speechlys · BDO · Grant Thornton · FDM · PA Consulting · CIMA · TLT · World Wide Technology · The University of Law · and more still to be confirmed.

 **Secure your place now**

 **Morning session (9am–1pm):**

 **Afternoon session (2pm–6pm):** <https://buy.stripe.com/8x28wQc3x10lflMgrK5300l>

 £26 booking fee — covers venue, speakers, AV, & resources

### **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.

**INVESTIN**

### **Futures for All - Summer Work Experience programmes**

Futures for All offer a mix of in-person and remote work experience placements, as well as shorter Insight Days for students aged 14-19 years. These programmes are fully funded for students in state schools and colleges across the country. For more information, visit: [About Our Work Experience Programme | Futures for All](#)

Please let me know if you access any of the above opportunities by completing:

[Careers Student Opportunities – Fill in form.](#)

*Thank you.*

*Miss Hahn*

**FUTURES FOR ALL**

### Vinten STEM Engineering Experience

Year 10 Product Design students recently participated in an exciting and immersive 2-day STEM engineering experience sponsored by The William and Ellen Vinten Trust. This year it was held at Abbeygate 6th form College and the UPDC (University and Professional Development Centre) in Bury St Edmunds. Students collaborated with peers from other schools from around the region. The programme was designed to develop practical engineering skills, teamwork, problem-solving, and an awareness of career pathways within the engineering sector. Across the event, students engaged in a range of hands-on challenges, industry interactions, and innovative technology experiences.

A key component of the experience involved students working in teams to design, build, test, and refine gliders. These gliders were engineered to be propelled using compressed gas, requiring students to apply principles of aerodynamics, material selection, and iterative design. Teams analysed performance data and refined their prototypes to improve flight stability and distance, demonstrating resilience and engineering thinking.

In addition to the glider project, students also designed and built compressed gas-powered rockets, further exploring propulsion systems and trajectory. Students were sent F1-style model car kits, before the event, which they built and decorated in school, these were then raced competitively on a track at high speed. This activity emphasised precision design, drag reduction, and speed optimisation.

Throughout these challenges, students worked collaboratively, shared ideas, and learned to adapt designs based on testing outcomes.

As part of the programme, each group produced a professional presentation poster outlining their design process, testing methods, and outcomes. This helped students to communicate technical ideas clearly, reflect on successes and improvements and develop confidence in presenting engineering projects.

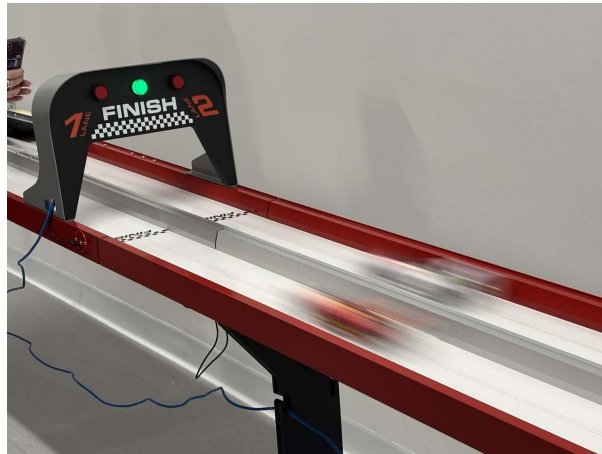
The experience was greatly enriched by strong links with industry. Students had the opportunity to attend a careers fair, gaining insight into a wide range of STEM pathways. They were able to visit the HAAS engineering workshop, where they explored real-world manufacturing processes and advanced engineering equipment. At the latter part of day 2 they were able to take part in a live video call with a keynote speaker, from Rolls-Royce Aeronautical UK, who shared expertise and insights into high-level engineering design. A key part of the experience focused on the opportunities available to young people today, and as part of this, students were championed by an alumni (who attended this STEM experience over 10 years ago), who is now working as an aeronautical engineer at BAE Systems, this provided a relatable and inspiring example of career progression. Students were also supported throughout the experience by current year 12 ambassadors studying A-Level Physics at Abbeygate. All these interactions helped students understand how their learning connects to real-world applications and future employment opportunities.

Students additionally had access to the UPDC XR (Extended Reality) lab, where they explored virtual reality headsets. This immersive experience allowed them to engage with engineering environments and simulations in a highly interactive way, adding an exciting and memorable dimension to the programme. The students all loved this experience, and it was great fun watching them interact in their virtual worlds!

The event concluded with awards, prizes (we were 'pipped at the post' in the fastest F1 car race!), and speeches, recognising student achievement, creativity, teamwork, and innovation. This provided a strong sense of accomplishment and celebrated the effort and enthusiasm shown by all participants. It was great to see how the students, by the end of day two were really collaborating well with people they had only just met the day before. I did hear that group chats were made with their team members from other schools at the end of day one to discuss their strategies, iterations, and ideas for the next day.

The STEM engineering experience was a highly successful and enriching opportunity for Year 10 students. It combined practical engineering challenges, collaboration with other schools, exposure to industry professionals, and engagement with emerging technologies. Students developed valuable technical and transferable skills while gaining inspiration for future STEM careers. The programme has undoubtedly strengthened students' confidence and enthusiasm for engineering and innovation. And I had great fun watching their enthusiasm and excellent behaviour.

Mrs Kellett









## Orienteering

On Wednesday 10 June, 4 students (Sidney Astle, Evan Cameron, Sophie Bolton and Bea Harpur-Davies) went to Haughley Park to take part in the schools orienteering competition run by the Suffolk Orienteering Club: [Suffolk Orienteering Club](#). There were about 9 other schools competing, with each entering at least two teams, making it a very competitive event.

The event started with a briefing for the students where they were given maps and instructions on what they needed to do. Each team had four members who ran in pairs and prizes were awarded to individual pairs as well as to the teams.

The first event was a practice where the students were given a route and a corresponding map and they had to navigate around the course in the correct order from 1 - 15. This provided a great opportunity for the students to learn how to use the maps and the dibbers (electronic timing devices used for checking at each marker to confirm which order they were done in, as well as timing). The second event was the scored competition. The competitors were given new maps which included all the markers and they could choose their own route. All the competitors collected their maps at the same time and set off together working in their pairs to plan the best route to go to as many markers as possible in 20 minutes. A horn was blown at 18 minutes and another at 19 minutes so the teams knew they hadn't got long to finish, anyone who went over 20 minutes collected penalties.

St Benedict's performed really well, getting to grips with the map reading and enjoying the competitive element of using both their fitness and stamina for the running alongside their brains for the map reading. The team came second out of 18 teams which was brilliant.

If you think this sounds like fun then do have a look at the Suffolk Orienteering Club's website where there is more information about upcoming local events where you can have a go at orienteering.

*Mrs Slater*



## Languages

Languages are very important to me, and I enjoy speaking different languages whenever I have the opportunity. My mum is English, so I speak English at home, while my dad is Welsh and speaks Welsh to me, which means I can understand everything he says. My dad's family also speak Welsh with me. I would like to become more confident in speaking and writing Welsh. At school, I study French and enjoy practising it during holidays in France. I also know some Spanish and have learned a few Polish phrases from visiting Poland. In the future, I hope to learn even more languages and continue developing my language skills.

Edwyn Lloyd 8L

## Year 11 Revision Guide Donations

We have been immensely proud of the dedication, focus, and hard work our Year 11 students have demonstrated throughout this intense exam season. As they look forward to a well-deserved break and begin clearing their study spaces, we kindly ask for your support in helping our upcoming cohort.

If you have any current revision guides or study resources that are no longer needed, please consider donating them to the school. We will sell these books to our Year 10 students next term to support their preparation for the 2027 exams, with all funds raised going to charity.

Please drop off any donations at the main school reception. Thank you for your continued support and generosity.

*Mr Murphy*

## Bury Youth Group BBQ

Dear Year 8 parents,

We'd like to invite all Year 8 pupils to our Youth Group Barbecue on Saturday 4th July 2026, 7-9pm in the Crypt.

Our parish Youth Group runs every 1st Saturday of the month outside school holidays and gives young people a chance to have fun, strengthen their Faith and share food together. It is open to Year 9, 10 and 11 but we thought that Year 8 might want to have a preview of what it's all about before the September session!

It is free of charge to attend, however we need a Parental Consent Form (please contact Mr Wallace for a form: [dwallace@st-benedicts.suffolk.sch.uk](mailto:dwallace@st-benedicts.suffolk.sch.uk)) to be filled in BEFORE FIRST ATTENDANCE for safeguarding and catering purposes.

If you wish your child to attend the July 4th session, please email a completed form to [buryteens@gmail.com](mailto:buryteens@gmail.com), or return in paper form to St Edmund's Presbytery **by 30th June 2026 at the latest**.

We are looking forward to hearing from you.

Yours in Christ,

The Bury Youth Group Team

## PE Celebration Evening

This exciting event is coming up soon! You will have received an invite via email if your child has been selected to attend this event.

Our special guest for the evening is professional football player Megan Wearing, who plays for Ipswich Town and has played for Scotland U19 Squad.

Please ensure that you have returned your reply slip, confirming your attendance and the names of any guests who will be accompanying you.

We look forward to seeing you there!

*Mr Bates*

## St Benedict's Day Raffle

As we look ahead to our St Benedict's Summer Fayre this July, we are beginning preparations for one of the highlights of the day – our raffle. We are reaching out to ask for your support in donating prizes, which play a vital role in the success of this event. All funds raised from the Fayre will once again go to My WiSH (West Suffolk Hospital Charity). This is a cause very close to our hearts as a school community. My WiSH supports patients, families and staff at West Suffolk Hospital by funding equipment, improving facilities and enhancing care beyond what the NHS alone can provide. We are proud to continue supporting this charity, particularly in memory of members of our community, and to help make a difference locally.

Thanks to your generosity, our fundraising has gone from strength to strength:

- In 2023, we raised £2,544
- In 2024, we raised £2,504
- Last year, we were delighted to raise an incredible £3,544.29, exceeding our target

We would love to match or even surpass this total again this year, and every donation—no matter how big or small—truly helps us achieve this.

During the Fayre, each tutor group runs its own fundraising activity, and the raffle runs alongside these stalls, creating a fantastic community atmosphere and a real sense of shared purpose. If you are able to contribute a raffle prize, we would be extremely grateful.

Donations can be dropped into the School Office, clearly labelled with your name and contact details so that we can thank you personally.

If you would prefer to get in touch directly, please feel free to email me at: [dhamilton@st-benedicts.suffolk.sch.uk](mailto:dhamilton@st-benedicts.suffolk.sch.uk)

Thank you, as always, for your continued support of our school and this wonderful cause—it genuinely makes a difference.

*Mrs Hamilton*

## 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)

**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](mailto:Arbor@st-benedicts.suffolk.sch.uk) where we will be able to help you.

Thanks

*Mrs Defew*

## Dates for your Diary



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

2 July - Lunchtime Careers Talk with Fr Richard White - **Here I am Lord - Don't send me!**

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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[Instagram](#)