

Sixth Form Open Evening

Last night we held our open evening for prospective sixth form students. It was a spectacular evening with prospective students from St Benedict's and a number of other schools across West Suffolk and Norfolk attending. Our new head of sixth form, Mrs Senior, led parents and prospective students through the process of application and showed in a very compelling manner why St Benedict's sixth form is so excellent. We are very proud of our sixth form and of its students. Many thanks to all staff who took part and to all students who helped to make the evening so memorable. Particular thanks to Elizabeth and Alfie for their wonderful speeches.

All Souls

Today is the day that we remember those who have died and pray for them. We have prayed in school today for those we know who have died and we have a book of remembrance in school to write in throughout the month of November.

All Saints

Yesterday we held three school masses for the feast of All Saints. Our thanks to Father Jay for celebrating these for us.

Kate Pereira

Suffolk Young Poets

The Suffolk Young Poets competition has been held annually since 1989 and is one of the UK's oldest poetry showcases for children's writing. For the second year running, Bridget Martyn (9MAK) has been awarded the prize of being one of the 50 commended poets picked from over 1,200 entries annually. This year, however, Leah Wood (9WAT) has the distinction of being one of the 10 overall winners in the 2018 competition.

Leah's poem 'The Whisper', along with the other poems in the award ceremony, was judged by Poetry People. The collective is a community interest company made up of professional poets and academics who promote poetry through competitions, workshops and live events. Dr Jeni Smith said of Leah's poem, "What existed before the whisper? Or underneath it, behind it, beyond it? Mysterious and captivating, 'The Whisper' seeks to answer these questions. The voice of the poem has a prophetic and desolate quality that will keep you returning to the poem, long after the whisper has faded."

On Friday 19th October, the award ceremony was held at The Cut arts centre in Halesworth. Earlier in the day, there were poetry workshops for the commended poets and winners. Prizes for the ten winners included: an illustrated poster of their poem individually created by design group Silk Pearce, a £20 book voucher, a winner's certificate and publication on the Poetry People website and other social media.

During the evening, Leah got the chance to read her poem to the gathered audience in the theatre hall alongside the other winners.



Leah read beautifully and looked very smart in her uniform. It was a delight to be in the audience and hear Leah read her words with such clarity and resonance. Later on in the evening, the guest speaker for the ceremony, leading Latvian poet Ivea Flamingo, read aloud poems from her new collection of poetry, 'The Noisy Classroom'.

The evening ended with the local press taking photos and everyone heading home happy, with hearts and minds full of words and rhythms.



Mr Richmond & all those who attend the Creative Writing Club



National Citizen Service (NCS)

NCS is a 4-week experience for Year 11's to get involved with over the summer of 2019.

There are four phases Adventure, Discovery, Action and Celebration.

A representative from NCS will be coming in on the 9th January 2019 during assembly time to speak with Year 11 students about the 4 week programme.

Following on from this talk there will be NCS pop-up stalls during lunchtimes on the 16th January 2019, 6th February, 6th March, 3rd April and 2nd May for students to find out more about the experience and what NCS is about.

All of the pop-up events will take place in the careers room.

NHS Careers Talk 29/10/18



Nurses from the West Suffolk Hospital visited students on Monday to talk to some young, aspiring medical staff. The turnout was excellent. Students from years 9-13 were in attendance and the event was open to all students wishing to pursue a career in medicine or the wider Health Service. Wanting to study medicine myself, this presentation was very informative and all in attendance were able to learn about all the careers available within the NHS.

There, surprisingly, is a wide range of jobs that are open to work towards, ranging from volunteers that serve patients food and kind smiles, to a surgeon who has someone's life in their hands. Any job you can think of, they offer. However, anyone interested in a career in the NHS would have to uphold the NHS values. The Nurses that visited us told us that, in addition to qualifications, you have to have compassion, respect the patients and (most importantly) be dedicated to the quality of care you give the patients. Interestingly, we were told of some volunteer opportunities for Sixth Form, where you would get the opportunity to shadow Doctors or Nurses, serve food to patients and also receive some training from NHS staff.

All in all, it was a great opportunity for students to learn about careers in the NHS and we were glad to have the two lovely nurses visit us and would welcome them back at any time.

Sophie Pereira, Year 10.

Since the last newsletter we have added three more Careers Talks to the calendar.

20th November – Daryl Hearsom from Norwich City FC will be coming in to talk to students about their Regional

Development Programme and careers in football and the wider sports industry.

21st November – Peter Howard from RSM UK will be coming in to talk to students about the different types of work undertaken in accountancy, career opportunities, making applications for apprenticeships and interview techniques.

11 January 2019 – Claire Lockwood from Oslers Solicitors will be coming in to speak students interested in pursuing a career in law.

Also don't forget that we have Dominic Crame from JM Finn coming in on the 4th of December to talk finance, Investment, stocks and wealth management. All of these talks will take place during lunchtime; rooms are yet to be confirmed.

As always if any student is interested in any of the above Careers Talks please register your interest with Mr Steward. Also if any Parents out there would like the opportunity to come in and run a Careers Talk for our students please contact dsteward@st-benedicts.suffolk.sch.uk and we can arrange a date for you to come in to share your experiences of the work place and the opportunities available in your profession

Mr Steward Careers

Age Restrictions on Social Media

We would like to take this opportunity to remind you of some of the legal age limits that exist in relation to children and the use of Social Media. WhatsApp have an age limit of 16 and nearly all other social media platforms, such as Instagram, Facebook, Twitter and Snapchat have a minimum of 13 years. Whilst there is no age restriction on watching videos on YouTube, users do need to be at least 13 to have their own YouTube account.

The reasons for these age restrictions originate from privacy protection laws relating to the collection of data on children. They however also extremely relevant to safety. Our advice is that it is always better to wait until the required age to join a particular type of media, despite the social and peer pressure that exists. Media services designed for young children have additional protection, and users who supply fake ages will not benefit from this protection. They also run the risk of exposure to material that is not appropriate for their age.

We all know that social media is now popular with people of all ages. However as parents, carers and educators we have a responsibility to ensure that children are prepared before they go online and start to use social media. Many families can and do delay the use of smartphones with their children. We suggest that you consider the age restrictions carefully and talk to your children about the need for critical thinking and social responsibility when using social media. Childnet International even have a model family agreement that you could either use or just look to promote discussion on this topic. It can be found at www.childnet.com/blog/family-agreement.

Whatever you decide to do please encourage the safe and sensible use of social media in our community.

Mr D'Mello

'Once more unto the breach, dear friends'

Nearly 30 Year 11 students were able to take advantage of a highly acclaimed production of Shakespeare's *Henry V* being on our doorstep at the Theatre Royal on Wednesday afternoon. Exposure to other Shakespeare dramas plays an important role in enhancing familiarity with his recurring themes and rich of use language. Feedback from exam boards shows that the best performing candidates are those students who have a broader understanding of his plays, beyond that being studied for GCSE.

Exploring such themes as kingship, power and ambition in common with our chosen GCSE Shakespearean play, *Macbeth*, this contemporary production of *Henry V* provided a thrilling and engaging comparison for our students.

Transported directly to the battlefield at Agincourt during the Hundred Years War, yet addressing such questions as how to resolve our relationship with our closest neighbour across the Channel, our students, who were complimented by several members of the audience for their impeccable behaviour, were left with much to consider beyond the play's famous battle cry, 'Once more unto the breach, dear friends'. The play, it should be noted, does culminate in a happy alliance and a deal being negotiated between the nations, in spite of the blood, sweat and tears spent trying to reach that point!

Mrs Kelly

Star Gazing



The St Benedict's Newtonian Langley Telescope was out on Tuesday evening – we did get a lovely break in the clouds that allowed us to view the double stars known as Mizar and Alcor in the constellation of Ursa Major (The Great Bear, also known as The Plough), I as ever listened to the gasp of wonder and yes even experienced astronomers make that noise as they view the universe from the St Benedict's telescope.

Interesting fact on these double stars for our budding astronomers: Mizar and Alcor are not a true binary star system (i.e. orbiting each other) in that Alcor is actually about 1 light year beyond Mizar; but because they are very close in the line of sight they are classed as an 'optical binary'.

Thank you Mr Gregory for this astronomy snippet.

We were very fortunate to have members from the **Bury St Edmunds Athenaeum Astronomy Association** join us and we are looking forward to working with these enthusiastic astronomers. They are very impressed with our scope and will be joining us for star gazing evenings in the future; this is incredibly exciting as it will give us access to more telescopes and expertise so **watch this space** as **star gazing evenings** will be announced via **email/text and social media** (it is always weather dependent).

Miss Coogan

Reminders and Key Dates

29 November—year 7 & 8 Trip—Aladdin
30 November— LSC Christmas Disco
3 December 7.00pm—Carol Service
6 December— 6th Form Parents' Evening
13 December— Year 11 Parents' Evening
14 December— Year 8 Christmas Ball

Term Dates

Ends: Friday 21 December 2018

Christmas : Mon 24 December 2018 to Thursday 3 January 2019

Spring Term

Starts: Friday 4 January 2019

Students Return: Monday 7 January 2019

Half Term: Half Term Monday 18 February 2019 to Friday 22 February 2019

Ends: Friday 5 April 2019

Easter: Holiday Monday 8 April 2019 to Monday 22 April 2019 (Includes Bank Holidays)

PD Day (s): 4 January 2019

Summer Term

Starts: Tuesday 23 April 2019

Half Term: Monday 27 May 2019 (May Bank Holiday) to Friday 31 May 2019

Ends: Wednesday 24 July 2019

PD Day (s): 24 July 2019

Data Collection

Final Plea, if you have not returned your data collection sheet please can you do so as a matter of urgency.