

A big thank you to everyone involved in the year 9 Options Evening last night, we hope you found it useful and has given your child food for thought in making the right option choices.

Congratulations to Gilbert Jackson who has been offered a place at Cambridge University.

The Elizabeth Huck Memorial Fund



It was a privilege to experience visiting Papworth Hospital with Dr Jonathan Huck to meet with some of the consultants who had been involved in Lizzie Huck's care towards the end of her life. I was humbled first by the support that the students, parents and staff had shown in their happiness to give their donations to The Elizabeth Huck Memorial Fund and then I was filled with a renewed sense of humility by the deep gratitude that Dr Huck, Lizzie's father, showed in his receiving of the donations. At the presentation our donation of £1000 was joined with all the other money that had been raised and through peoples amazing generosity and the grand total of £6,500 was presented to the Papworth Hospital Charity.

In the short discussions we were able to have before and after the presentation it was clear that Lizzie's family had greatly appreciated the thoughts and prayers of the school community, and that it was testament to Lizzie's great charm and charisma that so many members of our school community had such fond memories of her.

In recent years Lizzie spent considerable time and effort working with Dr Pedro to promote organ donation, which I realised as a school it's not something we often promote or discuss. All around us in our community there are people waiting an organ transplant, here in the parish church Fr John waits for a kidney transplant, and Lizzie spent years waiting for a pair of lungs. Perhaps in memory of Lizzie you may wish to consider adding your name to the Organ Donor Register, there are leaflets in the school office for further information or you can visit organdonation.nhs.uk.

Eternal rest grant unto her O Lord ; and let light perpetual shine upon her. May she rest in peace.

Matt Spiller

Further Fundraising

Thank you also to everyone for the fundraising at Christmas the talent show , magic show , year 8 ball etc, we have just sent a cheque to EACH for a grand total of £1256.

Beauty and the Beast

We are really excited about the production next week, thank you to everyone for their support by purchasing tickets.

Stretch and Challenge:

Museum of the Moon coming to Bury St Edmunds. From the 19th February to the 23rd February at the Apex

<https://www.theapex.co.uk/whats-on/details.cfm?id=450947&ins=595990>

50 years since the first man walked on the moon and Bury St Edmunds now has the exciting opportunity to experience a 7 meter spherical structure the in internally lit to show amazing detail of the moons surface.

This experience is free of charge and the Apex will be open from 10am-4pm. This event is part of the Suffolk Science Festival run by Kinetic Science.

Severe Weather

We are being advised that there may be a cold snap coming our way ,please keep an eye on our website, social media, Suffolk County Council website and local radio for up to date information.

Oslers Solicitors Careers Talk

As a sixth form student with a keen interest in the legal field, but who lacks any detailed knowledge of how said field operates, the careers talk from Osler Solicitors was invaluable. In the talk the visiting solicitors, one of whom was a partner, discussed the hectic nature of their work where no two days are the same, the ethical questions that arise from having to defend someone who you believe to be guilty and above all else their fierce commitment to both their clients and the principle that you are innocent until proven guilty. It was an insightful and inspirational talk which gave us all a unique perspective on a chaotic yet fascinating field of work.

Frankie Wright Year 13

Don't forget we have two more talks scheduled on Thursday and Friday next week with AJ Fleet from CIAT coming to talk about Architecture and Steve Flory from Hudson Group Plc coming in to talk about Graphic Design, Graphic Media and starting you own business.

Darrin Steward

GCSEPod

Y10 and Y11, do remember to register and use GCSEPod. It is a great revision tool that can very much support you in your studies. For registration, you just need to login in by using your name, school and date of birth before setting up your own unique password. Just go to www.gcsepod.com.

LSC Journal of Science & the New House System!

As reported in last Friday's Newsletter, Mr Croucher revealed the St Benedict's New House System to all students and staff at that Friday morning's assembly at the LSC. Much excitement indeed as the laser display board revealed which Houses the students had been assigned to.

What made it more notable was the inaugural Inter-House competition! This was brought about by the fact that the assembly also marked the publication of the new edition of the LSC Journal of Science (Vol 3, No 1). This issue features a variety of papers and posters containing many fascinating works ranging from one author's ultrasound scan when she was only 12 weeks old (ie., 12 weeks old and still inside her mother's womb!); biographies of some famous scientists; all about different states of matter; animals that don't have bones; and three very thoughtful and insightful papers comparing the work of Rosalind Franklin and that of James Watson & Francis Crick in the discovery of the structure of DNA – a topic that still causes much debate.

A total of 17 authors were included in this edition and the editor was proud to announce the very first Inter-House result to the assembly as follows:

INDUSTRIA	6
PATIENTIA	5
CARITAS	4
HUMANITAS	2

A close run thing, but congratulations to INDUSTRIA!

Sporting Highlights

Suffolk Schools Cross Country Final

Once again the Final Suffolk Schools Country Trials, known as the B races, were hosted by Woodbridge School, which was founded in 1577 for the poor of Woodbridge, but moved to its present location in 1864 on the site of the former Augustine Woodbridge Prior, set within 45 acres of wooded grounds.

It counts amongst its alumni a certain Desmond Longe, an S.O.E. agent and inspiration for James Bond who must have kept himself fit running around the undulating grounds which prove the old adage of Suffolk being flat to be a lie. As such, it was an excellent choice of venue for the races which were held on Thursday 10 January.

A record number of St Benedict's athletes reached this final stage of the Cross Country series, and all were hoping for a high placing in the hope of gaining selection to compete for Suffolk in the Anglian Schools Cross Country Championships in Northampton Saturday 2nd February.

Upon our arrival Alex Swarbrick (Yr 11) was elevated to team captain and dispatched his duties admirably by taking the rest of the St Benedict's athletes to walk the course, which included the 'Valley' with two steep hills on either side, which later in the day would resound with the runners spikes 'volleying and thundering' through the chill January air. Phoebe Harpur-Davies (Yr 7) was the first to compete for the St Benedict's team in the Minor Girls event, which consisted of a 2,300m loop on the testing course. Phoebe ran with purpose from the gun and quickly settled in to the top ten places, moving through to place 5th after an exciting sprint finish to the line.

Not to be outdone, Harry Fasey (Yr 7) also ran confidently to the front of the field in the Minor Boys race and quickly settled into fourth place, a position which he held on to until the finishing funnel, securing St Benedict's highest position of the day. Harry's main sports are swimming and football, which make his achievement even more impressive as he was racing against the finest club runners in the county.



Next to toe the line were Luc Wallace and Nathan White (Yr 8) in the Junior Boys race which consisted of two laps of the grounds. Both Luc and Nathan performed admirably in this race as they are currently at the bottom of their age group. Luc positioned himself well in the race and moved steadily through to finish in 15th position which bodes extremely well for next season. Nathan also ran a courageous race to finish in 42nd position which was a superb achievement especially as he had spent the previous evening in casualty as he had fallen and hurt his hip.

The Inter Girls race also saw two St Benedict's athletes compete. Ciara Gil-Ryan (Yr 11) and Alice Fasey (Yr 10) had an epic battle around the 3,800m two lap race. Ciara gained the upper hand in the early stages of the race, but Alice kept her in her sights until the home straight when Ciara managed to find an impressive burst of speed to increase the gap between them as they placed 21st and 22nd.

The final races of the day were the Inter Boys and Senior Boys competitions which featured one St Benedict's athlete apiece. Having enthusiastically supported the other athletes throughout the day, Alex Swarbrick ran with determination to finish in 24th position. From a spectator's point of view the Senior Boys race was a treat, as the finest runners in the county ran together for the first lap before making their moves. Tom Mead (Yr 13) ran extremely well to secure 7th position in a very keenly contested race.

All of these St Benedict's athletes should be very proud of their achievement in reaching this final stage of the Suffolk County Schools cross country series. The selection for the Anglian Counties Championships will be announced shortly, and some of our runners will have certainly qualified and have the honour of being selected to represent Suffolk.

Kevin Murphy