

Mental Health Week



We held interviews this week for the Headship of the school and I am delighted to announce that Mrs Imogen Senior was appointed as Headteacher of St Benedict's from the Summer Term. Mrs Senior is our current Head of Sixth Form and will take up the post of Head on 23rd April 2019. Congratulations to Mrs Senior who has only been with us since September 2018 and has already made such a difference to the Sixth Form. I am sure you will want to congratulate Mrs Senior and wish her well in her new role.

I know that the school will be in excellent hands as it moves forwards into its next exciting phase of development and that you will be fully supportive of the school as the journey continues.

Kate Pereira

Assessment Point 2

The second assessment of the year will be approaching for the majority of our pupils and is likely to take place over the next few weeks. Teachers will make it clear to pupils the exact date of the assessment and the material that needs to be prepared. We will also ask them to make sure that this information is placed on Show My homework. Please do encourage our pupils to prepare for these assessments as we believe that regular revision practice will stand them in good stead for the revision that is needed for formal examinations.

Students in Year 11 and 13 are of course now preparing for real examinations and should be drawing up revision timetables that include the approaching half term. Please keep an eye on the resources that are available on the VLE to assist them in this process.

Mr D'Mello

Congratulations

Our brilliant debating team, consisting of seasoned campaigner Frankie Wright (Year 13), who is also one of our esteemed recipients of an offer from Oxbridge, and newbie Dermot Gray (Year 11), who has recently appeared as the eponymous Beast in the school production of "Beauty and the Beast", have won through to the next round.

Having won in the local heat and the county heat, they stormed through to the East Anglian round of the ESU "Mace" competition, held at Langley School near Beccles on the 23rd. They opposed the motion that "no essential services should be provided on a for-profit basis" with well researched and perfectly organised and delivered speeches, points of information and rebuttal.

We are looking forward to discovering where and when we face our next challenge - the last before the national final in London. Given the other pressures on our two orators, of exams and other aspects of school life, their determination and dedication to this competition are deserving of our admiration and pride: well done, gentlemen!

Miss James

Next week, 4th - 10th February, is Children's Mental Health Week. As a school we believe it is important to get students talking about this area and we will be promoting good mental health throughout the week. We will be offering assemblies for all year groups to highlight the area and inform students of support available and tips to improve their mental health.

We will also be fundraising for the Mental Health Foundation during the week with a cake sale and non-uniform day on Friday 8th February. Students are encouraged to wear something green as this is the colour for mental health awareness.

We are passionate about getting students talking about mental health and understand it is nothing of which to be ashamed. We hope this week will help them to share this view.

I am also running the 2019 London Marathon for Mental Health Foundation as I know this is an area that has touched many lives. Details on how you can support me and this fantastic charity will follow soon.

Mrs Hyden

Student Investor Challenge Update

Our team of investors from year 11 have been investing their virtual £100,000 in stocks and shares in the Student Investor Challenge. Over the Christmas period the team peaked at 18th place out of 5512 teams, and just prior to the Brexit vote in the commons were healthily placed at 78th position.

Sadly the Brexit vote signalled our downfall. The quote 'we can't possibly drop 200 places' has come back to haunt us. Over the past two weeks we have seen the portfolio tumble, leaving us in a final position of 395th, outside of the top 300 places to make it through to the semi-finals.

But despite our dramatic fall from grace, the team have done fantastically well, beating over 5100 other teams, so they can hold their heads high.

We have all learnt that politics can affect our finances. Well done to team Taiwan No. 1, Aidan Mayall, Euan Dance, Indiana Hughes and Tay Lennox. I look forward to working with another set of intrepid investors next year.

Mrs Cornforth

Mosquito Club

The first Club meeting of the year was held last Friday (January 25th) in the Mosquito Ops Room at the USC. The members present were treated to a presentation by Charlie Green (Year 8).



Charlie gave a very well researched and detailed talk about one of the most remarkable, but lesser known, versions of the De Havilland Mosquito: the FB Mark XVIII 'Tsetse'. Only 18 of this variant were built, but they were remarkable in that they were fitted with a 57mm cannon! This weapon was based on the successful British Army 6pdr anti-tank gun for which the Molins Company of Peterborough (more used to building cigarette-packaging machinery) had designed and built an auto-loading mechanism, enabling the Mosquito pilot to fire and reload the weapon automatically.

The 'Molins Gun', as it became known, could hold up to 25 shells and fire at a rate of about 1 per second. Coming into service in the summer of 1943, the 'Tsetse' Mosquitos were used by RAF Coastal Command against U-boats and surface vessels in the Bay of Biscay and the Norwegian fjords. On one notable occasion over the Bay of Biscay an enemy Ju-88 made the mistake of flying across the front of a 'Tsetse' Mosquito flown by Squadron Leader Tony Phillips, who fired his Molins gun to such effect that it blew the port engine of the Ju-88 clean off!

Charlie then hosted a quiz competition where members were presented with 10 extremely challenging questions about the Mosquito. This was great fun and stirred a vigorous debate! Charlie then rewarded members with chocolate treats for their outstanding efforts.

Unfortunately the RAF ground crews disliked the Molins Gun as the force of its recoil caused significant damage to the Mosquito, especially to the forward armament of 4 303" Browning machine guns, that had to be repaired after every sortie. Very soon this unique variant of the Mosquito was taken out of service to be replaced by ones firing the less damaging, but also less accurate, rocket projectiles.

However, thanks to Charlie Green and the St Benedict's Mosquito Club, the memory of the Mosquito FB Mk XIII 'Tsetse' lives on!

Jon Gregory

Stretch and Challenge

This is the International year of the Periodic Table, it is amazing to this that everything around us is made from just 90 naturally occurring building blocks. This first recognised periodic table was published in 1869 and UNESCO has designated 2019 as the year of the periodic table to celebrate its 150th anniversary. The following article <https://phys.org/news/2019-01-periodic-table-version-elements-endangered.html> warns of elements that are endangered and although in most cases elements are not lost as we use them they do become dissipated and much less easy to recover. This article is very interesting and provides an insight as to the uses of elements and how we can help to conserve and recycle these precious building blocks.

Wonk Magazine

Freshly launched teen science magazine "WONK!" here is a link to the first issue <https://www.wonkmagazine.co.uk/issues> with a very interesting article on brain changes in teens resulting from chronic bullying. There is definitely a feminine focus to this teen targeted magazine.

Miss Coogan

Sporting Highlights

Year 7 reach the quarter finals of the Suffolk cup!!

Year 7 played Felixstowe Academy away in the 3rd round of the Suffolk FA school cup.



Captain Harry Fasey, led his team out on a cold winters afternoon against a tough side from the onset. The visitors conceded in the first 10 minutes from a goal score by Felixstowe's right winger. In the second half, St Benedict's raised their game and equalised through a great ball by Ben Freese and Rafael Martinez latched onto the ball and placed it into the top corner to make it 1-1 at full time.

The game was limited with light and it went straight to penalties. Some great saves from Cian Murphy in the sticks kept us in it. It then went to sudden death and Lukas Brezinski scored the winning penalty to put St Benedict's through to the quarter finals.

Man of the match (s): Oliver Wozniak and Luis Flowers

Year 8 Boys' progress to the Quarter finals after a tough clash against Hartismere high school!!

St Benedict's' 3 v 3 Hartismere. St Benedicts win 4-3 on penalties!



The U13 Boys' football team's third round match was against a tough opposition, Hartismere high school. It was a cold Friday afternoon away for St Benedict's and the game started strongly. Within

five minutes the visitors went ahead with a scintillating strike from Salvador Forte Vaz De Noronha to make it 1-0. By half time two more goals put the visitors 3-0 up at half time and we were controlling the game against a strong and physical Hartismere side. The second half commenced with Hartismere putting on the pressure, scoring immediately. They continued to put the pressure on St Benedict's defence and caused problems for the last twenty minutes of the game. Two more goals from Hartismere made it 3v3 at full time. St Benedict's needed resilience to see the game off in extra time, the visitors started to play some nice attacking play through Santi Davies but no goals were scored in extra time so the game had to be decided through a penalty shootout. Bennies scored their first penalty a cool calm finish from Santi Davies. The deciding penalty was down to the captain Keleigh Dixon and she powered the ball down the middle to send St Benedict's through where they will play Farlingaye in the Quarter finals.